

# Keynotes / Workshops / Seminars

***“In the domain of Canadian healthcare nationally...one of the most consistent and most influential leaders of our generation...”***

Dr. Gordon Hardacre, Faculty of Medicine,  
University of Toronto



**Dr. Mel Borins**

Physician • Author • Speaker

[www.melborins.com](http://www.melborins.com)

*Dr. Mel Borins is sure to bring insight, joy and laughter to his audiences worldwide. As a leading expert in health and wellness, he uses a fun-loving approach and offers a fresh perspective to the often serious subjects of health and stress management.*

## \*Speaking Topics

***Dr. Mel Borins guarantees that his audiences will have fun while learning. His most popular topics can be customized for any audience or group.***



### LAUGHTER IS THE JEST MEDICINE

*This interactive session will leave you in stitches, and explain why laughter and play is essential to good health. Dr. Borins provides playful exercises and right brain activities that are guaranteed to put audiences in a positive frame of mind, while showing how laughter can relieve anxiety, discharge hostility, release guilt, build rapport, break down barriers and strengthen the will to live. Learn how to impact negative emotions, while releasing stress with laughter, in order to create more joy in the workplace and see the world in a more humorous way.*

### THE SCIENCE OF COMPLEMENTARY & ALTERNATIVE MEDICINE

*Alternative treatments are becoming more common as a modern complement to conventional forms of medicine. Learn practical approaches to using alternatives, while understanding how to make informed choices based on scientific evidence. Discover the mind-body approach towards integrated health practices including herbs, homeopathy, acupuncture and manipulation. Dr. Borins discusses common herbs including Echinacea, Gingko, Saw Palmetto, Ginseng, and St. John's Wort. He provides the most current research to help participants understand how to safely and effectively use alternative approaches in their own healthcare.*

### GO AWAY JUST FOR THE HEALTH OF IT

*Do you need a reason to take a break? In this session Dr. Borins explains why you need to go away, before they put you away! Learn the importance of vacations and leisure time for stress management, health and lifestyle balance while understanding the benefits to intellectual functioning and family relationships. Participants will learn that travel and vacation are investments in life, as Dr. Borins reviews research showing that vacations are important as work to maximize career potential and personal satisfaction. He will help you prepare for your next vacation by sharing his experiences as a world traveler and photojournalist.*

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## EXPERIENCE PRONOAIA

*Pronoia is the opposite of paranoia. It is the belief that the universe is plotting to make you happy and there is nothing you can do about it. Dr. Borins promotes laughter, play, optimism and humor in this session...all signs of "pronoia" that are an integral part of health promotion. Matching his poetry and music to a special collection of photographs from his travels around the world, Dr. Borins highlights a variety of cultures with like human possibilities. His message, "Our planet is a friendly, amazing place..." has endless global appeal not limited by class, geography or form.*

## TRADITIONAL HEALING AROUND THE WORLD

*Dr. Borins traveled to many countries around the world where he researched traditional healing practices of many cultures. As a trained Medical Doctor, he shares his perspectives on alternative healing from his first hand experiences with traditional healers from India, Indonesia, New Zealand, Africa, China and the South Pacific. He will discuss organized systems used by traditional healers including the use of herbal remedies, acupuncture, bone setting, massage and spiritual healing as complementary methods of health care to modern medicine.*

## AN APPLE A DAY

*In family practice for over twenty-five years as a Physician and Psychotherapist, Dr. Borins shares his knowledge and wisdom about staying healthy by addressing the whole person - body, mind and spirit. Based on his popular book, "An Apple A Day-A Holistic Health Primer", he provides a fresh perspective on health promotion and delivers an interactive presentation that inspires individual action. Learn how emotions, attitude, diet and exercise, relaxation and personal relationships can impact behaviors and affect overall health. Dr. Borins provides motivation and inspiration towards positive healthy behaviors.*

## GRIEF AND LOSS

*Loss is part of being human. Grief affects your life and your relationships. Mixed in with sadness, individuals experience feelings of anger, fear and guilt. Dr. Borins explores the impact that grief has on overall health and performance while teaching individuals how to deal with personal loss and accept the progression through stages of anger, painful dejection, loss of interest and temporary interruption of the capacity to love. He will teach strategies and techniques to help participants resolve unfinished feelings from the past and move them towards realizing their full emotional potential.*

## COMMUNICATION AND PERFORMANCE

*Effective communication ability is not a fixed part of personality but is a skill and technique that can be learned. Good communication not only improves relationships but impacts on performance outcomes at work. Dr. Borins helps professionals identify critical communication skills and techniques that provide for better communication in office, clinical and personal settings. He qualifies the linkage between effective communication and enhanced health outcomes with proven medical research, and provides an opportunity for participants to discover and practice strategies that will enhance all relationships.*

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