



**Dr. Mel Borins**  
**Pronoic MD**

A Family Physician, Author, Musician and Transformational Trainer, Dr. Mel Borins is guaranteed 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 delivers a fresh perspective to the often serious subjects of health and stress management.

Borins is an Associate Professor in the Faculty of Medicine at the University of Toronto and a Fellow of the College of Family Physicians of Canada. He is widely respected as an innovator, writer and speaker by the scientific community, medical and health professions, and non-medical audiences, alike. He is a regular contributor to medical journals, and sought after advisor to media for his knowledge of healing through the use of psychosocial, spiritual and somatic medicine.

Not your average, M.D., Dr. Borins, a talented musician and photojournalist, advocates the concept of “pronoia” as an integral part of health promotion. In his newly released book, *Photos and Songs of a Pronoic Physician*, a unique collection of his healing music and poetic verse is featured on CD, along with photographs telling stories of different cultures, from his travels to many countries around the world.

Dr. Borins has written 2 other books, *An Apple a Day – A Holistic Health Primer*, and *Go Away, Just for the Health of It*, in which he provides a refreshing prescription for staying healthy. He has many featured articles appearing in medical journals including *Post Graduate Medicine*, *Canadian Family Physician*, *Canadian Medical Association Journal* and *New Zealand Family Physician*. He is a sought after expert to the media on the topics of stress management, laughter, grief, travel, health, alternative and complementary medicine. Dr. Borins has appeared on major television networks CBS, ABC, FOX, CTV, CITY & GLOBAL, and radio stations across North America, and is regularly interviewed by local, national and international news media.

Dr. Borins is on active staff at St. Joseph’s Health Centre in Toronto, in addition to his private practice in Family Medicine. He became certified by the College of Family Physicians of Canada in 1981. He has been active and instrumental in training physicians in Complementary and Alternative Medicine, Counseling and Psychotherapy, and Communications at the University of Toronto, Ontario College of Family Physicians, General Practice Psychotherapy Association, and the Institute for Healthcare Communication.

Dr. Borins has captured the attention of audiences in several countries throughout the world including Canada and the USA, India, Japan, Korea, China, Indonesia, Taiwan and New Zealand. He delivers a humorous and interactive presentation which motivates individuals towards positive health practices and inspires a healthier mind, body and spirit with the goal of building a healthier society.