



Dr. Mel Borins
Pronoic MD

A Practicing 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 offers a fresh perspective to the often serious subjects of health and stress management.

Dr. Borins delivers a humorous and interactive presentation approaching wellness by addressing the whole person, involving body, mind and spirit. He treats his audiences with a prescription for psychosocial, spiritual and somatic medicine that results in motivation, inspiration and action.

Not your average, M.D., this Physician advocates “pronoia” as an integral part of health promotion, along with alternative medicines and holistic healing. Borins is an Associate Professor at the University of Toronto in the Faculty of Medicine and a Fellow of the College of Family Physicians of Canada. He is widely respected by medical and non-medical audiences alike, and a sought after advisor to international media on the topics of stress management, laughter, grief, travel, health, alternative and complementary medicine.

In addition to promoting health in his books, *An Apple a Day – A Holistic Health Primer*, and *Go Away Just for the Health of It*, Dr. Borins, musician and photojournalist, illustrates the concept of “pronoia” in his latest release, *Photos and Songs of a Pronoic Physician*. This unique collection features a CD of his healing music and poetic verse, along with photographs telling stories of different cultures, from his travels to many countries around the world.

Dr. Borins has appeared on major television networks CBS, ABC, FOX, CTV, CITY & GLOBAL, and radio stations across North America. He is regularly interviewed by local, national and international news media. He has numerous articles appearing in medical journals including Post Graduate Medicine, Canadian Family Physician, Canadian Medical Association Journal and New Zealand Family Physician.