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\*Family fun in Tennessee

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\*"A Doctor's Guide to Alternative Medicine" interview

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\*"A Doctor's Guide to Alternative Medicine" podcast interview with Dr. Ronald Hoffman

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\*"A Doctor's Guide to Alternative Medicine" radio interview with Dr. Michelle

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\*Mindfulness-Based Stress Reduction to Help You Deal with Stress

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\*"A Doctor's Guide to Alternative Medicine" radio interview

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\*"A Doctor's Guide to Alternative Medicine" radio interview

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\*"A Doctor's Guide to Alternative Medicine" radio interviewÂ with Liz Sommers

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\*5 Steps in Talking With Patients About Alternative Medicine By Dr. Mel Borins

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\*The Natural Nurse and Dr. Z â€“ Dr. Mel Borins

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\*"A Doctor's Guide To Alternative Medicine" radio interview

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\*A doctor's take on alternative medicine

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\*Quebecâ€™s Gaspé is (Great) for the Birds

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\*Grief and Loss: An Approach for Family Physicians

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\*Students Stress, Suicide Rates On The Rise

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\*Traffic Stress And How To Deal With It

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\*Photosongbook Review

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\*Tips For Colorado Avalanche Coach Patrick Roy To Control His Temper

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\*Welcome To Wisconsin, Where The â€˜Doorâ€™™ Is Always Open

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\*Stress of the Holiday Season

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\*Travelocity.ca Presents The Health Benefits of Travelling, with Dr. Mel Borins

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\*Awash in Colour in India

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\*Eastern Quebec Has Plenty For The Flower Lover

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\*When love dies, go to [relationshipobit.com](http://relationshipobit.com)

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\*Return to Rab

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\*Wildly Beautiful Alaska

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\*Chills and Thrills at Quebec Winter Carnivale

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\*Dear Diary - Keeping A Journal Or Travel Dairy

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\*Melatonin for Jet Lag

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\*Pain in the Neck? Try Acupuncture

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\*Take a tour-many benefits of guided vacation tours

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\*The Best of Bangkok, Five Sights Not to Miss

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\*All Bent Out of Shape: Yoga for Lower Back Pain

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\*Healing The Hurt: Acupuncture for Tennis Elbow

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\*Education is A Trip!

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\* The Risk of Vitamin D Deficiency

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\*Me? Take a Cruise?

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\*Sun Sets on Bali of Old

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\*Headaches and Acupuncture Treatment

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\*L Carnitine: What the Studies Show

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\*North American Ginseng

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\*Oscillococcinum: A Flu Treatment

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\*Vacationing with Kids Helps Family Reconnect

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\*Tea Tree Oil

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\*Volcanic Delights Abound in Magical Hawaii

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\*Mindful Based Stress Reduction: Meditating on the Benefits

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\*Job Security Fears Cut Into Vacation Time: Survey

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\*Preventing AMD: Using Vitamins, Minerals and Lutein

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\*Dr. Mel Borins Interview on Stress and Anxiety

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\*Poking Around: Acupuncture for OAK

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\*St. John's Wort: An Alternative for Depression

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\*Back to Sri Lanka

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\*Travel Can Help Mend a Fractured World

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\*Acupuncture for Nausea and Vomiting

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\*A Timeshare May Be Just What the Doctor Ordered

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\*Alternatives for Depression: Does Exercise Work?

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\*Peak Experiences

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\*Take Caution! Traveling with Diabetes

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\*Alternatives for Post-Traumatic Stress Disorder

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\*Antibiotic Resistance and AECB

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\*Americans Shortchanging Themselves

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\*Traveler Heal Thyself

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\*Break Away From Work: the Restorative Value of Effective Vacationing

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\*Alternatives for Menopausal Symptoms

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\*Overworked Ready for a Break

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\*Vacation Deprivation

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\*Vacations are Good for All, So Take Them

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\*Forget Your Troubles: Itâ€™s Good For Your Well-being

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\*38% of Working Canadians Donâ€™t Use Up Holidays

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\*Take off and Turn it Off

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\*Vacation Time

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\*Going on Vacation can Save your Life

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\*Update on Homeopathy

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\*One Last Stop with Dr. Mel Borins

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\*The Beach Less Travelled

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\* Complementary Medicine: What You Should Know

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\*Holidays Sometimes the Best Medicine Researcher says

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\*Traditional Mexico

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Homeopathy: Is It Safe for My Patient?

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\*Hereâ€™s Another Reason to Take a Break and Recharge

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\*The Benefits of Retreat

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\*Ginger for Nausea and Vomiting

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\*Take a vacation, Itâ€™s Good for

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\*The Train Keeps a Rollinâ€™™

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\*Essential Geriatrics: Managing 6 Conditions

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