

Health Articles

Health Articles

Complete listing of published articles, written by Dr. Mel Borins.

Click on download link, to view sample.

Acupuncture

Integrate Acupuncture into your Practice?
Patient Care Canada November/December 1996

Acupuncture for Nausea and Vomiting
Canadian Journal of Diagnosis December 2004

Poking Around: Acupuncture for OAK
Canadian Journal of Diagnosis July 2005

Headaches & Acupuncture Treatment
Canadian Journal of Diagnosis January 2007

Healing the Hurt: Acupuncture for Elbow Pain
Canadian Journal of Diagnosis April 2007

Pain in the Neck: Try Acupuncture
Canadian Journal of Diagnosis July 2007

Alternative Medicine

Ear Candling Benefits, Safety Questioned
Patient Care Canada November 1998

Alternatives for Post Traumatic Stress Disorder
Journal of Diagnosis October 2004

Massage Therapy: A Universal Alternative
Canadian Journal of Diagnosis February 2005

Probiotics: Do they work?
Canadian Journal of Diagnosis March 2005

Zinc for the Common Cold with Cheryl Pearson
Canadian Journal of Diagnosis March 2007

Antibiotics

Antibiotic Resistance and AECB with
Drs. Zhanel and Balter
The Medical Post October 2004

Anxiety

How to Calm Those Anxiety Disorders
Ontario Medicine December 1988

Anxiety Disorders in Family Practice with
Drs. Rosser and Audet
Canadian Family Physician January 1994

Asthma

Manipulation for Asthma

Canadian Journal of Diagnosis April 2006

Back Pain

Back Pain Manipulation: Can it help?

Canadian Journal of Diagnosis June 2005

All Bent out of Shape: Yoga for Lower Back Pain with A. Jennifer Fink

Canadian Journal of Diagnosis May 2007

Healing Herbs: Treatments for Back Pain

Canadian Journal of Diagnosis June 2007

Blood Pressure

24-hour BP monitoring: When? How to Interpret?
with

Drs. Pickering and Myers

Patient Care Canada July 1995

Breasts

When the Breasts are Lumpy and Painful
with

Drs. McCready and Eskin

Patient Care Canada February 1996

Cardiovascular Disease

Psychosocial Aspects of Cardiovascular Disease
New Zealand Family Physician February 1996

Emotions and Heart Disease

Toronto Star January 1998

Chelation Therapy for Angina
Patient Care January 2000

Communication

Communicating with Patients
Humane Medicine July 1992

Telephone Therapy
Physician's Management Manuals October 1992

Dealing With Difficult Patients
Physician's Management Manuals March 1993

Be a One Minute Manager
Outlook April 1995

Complementary Medicine

Complementary Medicine: In the Know
Canadian Journal of CME January 2004

Complementary Medicine:
A Guide to Alternative Health Practices
Parkhurst Exchange April 2005

Counseling

Practical Tips in Marital Counseling
Patient Care Canada May 1995

Counseling and Psychotherapy with Dr. Brian Morris

Canadian Family Physician May 1995

Death

Cremation Taught Lesson in Living
Ontario Medicine March 1991

Funeral-Burial Rites of Torajan People are Nothing Short of Shocking

The Medical Post May 1994

Death Helps Relieve Burnout
Humane Health Care International January 1996

Off the Beaten and Path
in Bali

The Medical Post May 2007

Depression

The Role of Insomnia in Depression
Canadian Psychiatric Review October 1992

Alternatives for Depression: Does Exercise Work?
Canadian Journal of Diagnosis November 2004

St. John's Wort: An Alternative for Depression
Canadian Journal of Diagnosis January 2005

Is it Physical Disease or Depression?
Patient Care Canada April 1995

Folic Acid for Depression Treatment?
Canadian Journal of Diagnosis July 2006

Diabetes

Take Caution: Traveling with Diabetes
Canadian Journal of Diagnosis October 2004

Energy Healing

New Holistic Book Helps Unlock 'Ki'

The Medical Post October 2000

The Healing Powers of Chi
The Medical Post February 2006

Geriatrics

Essential Geriatrics: Managing 6 Conditions with
Drs. Goldist and Turpie

Patient Care Canada September 1997

Falls in the Elderly
Toronto Star April 1998

Remembering
Stitches February 1998

Grief

Grief Counseling
Canadian Family Physician July 1995

Why We Need to Grieve
Toronto Star 1996

Happiness

Happiness Is – Letting Go of Fear

Ontario Medicine September 1994

Herbs

Some Remedies Made with Herbs may be Toxic
Toronto Star 1996

The Danger of Using Herbs: What your Patients Need to Know
Post Graduate Medicine July 1998

What to Tell Your Patients About Herbs
Hospital Medicine August 1999

Ginger for Nausea and Vomiting
Patient Care Canada February 2001

Echinacea: How it can Help Combat URI's
Canadian Journal of Diagnosis October 2005

Tea Tree Oil with Jason Mackie, Cheryl Tanaga and Heather Boon
Canadian Journal of Diagnosis December 2005

Problems with Herbs
Canadian Journal of Diagnosis January 2006

Ginseng: The Imperial Herb
Canadian Journal of Diagnosis March 2006

Horse Chestnut Seed Extract and Venus Insufficiency
Canadian Journal of Diagnosis June 2006

North American Ginseng
Canadian Journal of Diagnosis November 2006

Treatments for Back Pain
Canadian Journal of Diagnosis June 2007

Holistic Medicine

Holistic Medicine in Family Practice
Canadian Family Physician January 1984

Holistic Medicine – is Wholly Realistic says Dr. Siegel
The Medical Post September 1988

Homeopathy

Homeopathic Remedies: Skepticism Abounds
Canadian Family Physician June 1994

Homeopathy: Is it Safe for my Patient
Patient Care August 2001

Homeopathy in Medicine: Is there an Alternative
Canadian Journal of Diagnosis September 2003

Homeopathy: Reply Letter to the Editor
Canadian Journal of Diagnosis December 2003

Update on Homeopathy
Patient Care Canada April 2004

Oscillococcinum: A Flu Treatment

Canadian Journal of Diagnosis October 2006

Humour

Humour in the Doctor's Office

Canadian Medical Association February 1995

Insomnia

Nightmares in Children:
Overcoming Bad Dreams through Drawings

Canadian Family Physician May 1992

The Role of Insomnia in Depression
Canadian Psychiatric Review October 1992

Drawing Nightmares

Toronto Star February 1995

Coping With Insomnia

Toronto Star September 1995

What Does it Mean When Your Patients Can't Sleep?

Canadian Journal of Diagnosis December 1996

Melatonin for Jet Lag with Carol Chan

The Medical Post September 2007

Laughter

Here's Proof Laughter is Best Medicine

Toronto Star October 1988

The Life Cycle of a Laugh

The Medical Post June 1991

A Laugh a Day Keeps the Pupil Awake

Horizons Magazine September 1995

They Who Laugh Last

Wellness MD

The Tears with a Clown

The Medical Post April 2002

Are you Suffering from a Laugh Deficiency Disorder?

Canadian Family Physician June 2003

Love

Bernie Siegel: Peace, Love and Healing

Humane Medicine Spring 1991

Is There a Place for Love in Healing?

The Medical Post August 1998.

Geopsychotherapist April 2003

Menopause

Alternatives for Menopausal Symptoms

Canadian Journal of Diagnosis September 2004

Men's Health

Health and the Mid-Life Man
Sharpe Magazine Nov 2009

Do You Need Viagra?
Sharpe Magazine Sept 2009

Why Men Need Check-Ups
Toronto Star 1996

Migraines

Biofeedback, Relaxation Techniques and Attitudinal Changes
In Adolescents with Migraines: A Feasibility Study with Crystal Hawke
Canadian Family Physician February 1987

Nightmares

Nightmares in Children

Canadian Family Physician May 1992

Orthopedic Medicine

Orthopedics: A Medicine Dating to Hypocrates

The Medical Post August 1992

Osteoarthritis

Glucosamine: An Osteoarthritis Alternative

Canadian Journal of Diagnosis April 2005

Prayer

Health and Prayer

Toronto Star December 1995

Prevention

Lots of Play Keeps the Doctor Away

Toronto Star October 1988

MDs as Advocates for the Poor
Family Practice October 1990

Doctor Breeds Clean Living in Japanese Healthcare Garden
The Medical Post December 1993

Preventing Accidents
Toronto Star 1996

How I Treat Neck Pain
Family Practice June 1999

Keeping your Mouth Healthy
Toronto Star 1999

Practice Tips: Being a Camp Doctor
Canadian Family Physician June 2005

Prostate

Saw Palmetto Extract: An Alternative for Prostatism
Canadian Journal of Diagnosis May 2005

Psychotherapy

Counseling and Psychotherapy Skills Training for Family Physicians
Families, Systems and Health 2009

Dealing with Emotional Problems Behind Those Physical Complaints
Ontario Medicine May 1987

12 Basic Communication Strategies

for Psychotherapy
Patient Care Canada June 1998

Finer Points of FP Psychotherapy
Ontario Medicine September 1991

Training General Practitioners to do Psychotherapy
General Practice Psychotherapist April 2000

Spiritual Healing

Have Some Faith, Come to Fiji and Get Healed
The Medical Post June 1981

Spiritual Interventions in Bali

Canadian Family Physician February 1998

Stress Management

Teaching your Patients how to Relax
Canadian Journal of Diagnosis May 1997

Massage Therapy: A Universal Alternative

Canadian Journal of Diagnosis February 2005

Mindfulness-Based Stress Reduction: Meditating on the Benefits
Canadian Journal of Diagnosis September 2005

TB Screening

Most FPs Don't Routinely Screen Infants for TB: Study Says with Drs. Morris and Jhirad
Family Practice December 1994

Traditional Healing

Never Knock the Local Healer – His Cures Often Beat Modern Drugs
The Medical Post June 1981

Tahunga Know-How is Passed Down Through Family
The Medical Post July 1981

Ancient Herbal Remedies Hit the Spot in Thailand
The Medical Post December 1981

Snakes, Monkeys used in Oriental Healing
The Medical Post June 1982

Traditional Healing on an Island Paradise
The Medical Post October 1984

Healing Through the Eyes of Traditional Cultures
Canadian Doctor December 1984

Traditional Medicine of India
Canadian Family Physician April 1987

Traditional Healing Around the World
Humane Medicine July 1990

First World should Help Third World

Maintain Traditional Healing Practices
Canadian Medical Association Journal 1991

Native Healing Traditions must be Protected and Preserved for Future Generations
Canadian Medical Association Journal November 1995

Healing Through the Eyes of Traditional Cultures
Horizons January 1996

Traditional Healing: An Old Solution
The Family Doctor July 1997

Vacation Therapy

Go Away Just for the Health of It
Doctors Review November 2000

Take a Holiday – It’s Good for You
Canadian Family Physician December 2000

Vitamins

Preventing AMD: Using Vitamins, Minerals and Lutein
Canadian Journal of Diagnosis August 2005

Multitasking with Coenzyme Q10
Canadian Journal of Diagnosis November 2005

Omega 3 Fatty Acids: Are they Beneficial
Canadian Journal of Diagnosis February 2006

Vitamin E Treatment of NAFLD/NASH

Canadian Journal of Diagnosis August 2006

L-Carnitine: What the Studies Show
Canadian Journal of Diagnosis December 2006

The Risk of Vitamin D Deficiency
Canadian Journal of Diagnosis February 2007

Woman’s Health

How I Treat Vaginal Discharges
University of Toronto Medical Journal January 1973