

## Media Library

[Click here](#) to download highlighted media archive files.

Email [to request Resource Article](#) or Call 416-533-6488 to arrange an interview with Dr. Mel Borins.

\*How to survive the holidays: advice from U of T experts

U of T News  
12.09.16

\*Travel for the Health of it

By Dr. Mel Borins

Family Lawyer Magazine  
02.19.16

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

Sanitas Radio  
01.05.16

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

"The Conversation" HPR-2 Radio  
12.07.15

\*The Thrill of Sandhill Cranes

By Dr. Mel Borins

Doctor's Review  
08.15.15

\*Family fun in Tennessee

By Dr. Mel Borins

Doctor's Review  
05.05.15

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

with Thomas C. Wilmer  
04.17.15

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

Intelligent Medicine  
03.19.15

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

LA Talk Radio "On the Couch"  
03.06.15

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

By Dr. Mel Borins

Family Lawyer Magazine  
02.04.15

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

The Dr. Pat Show  
01.28.15

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

WOCA the Source Radio  
01.21.15

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

01.18.15

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

MedPage Today  
01.14.15

\*The Natural Nurse and Dr. Z &ndash; Dr. Mel Borins

PRN.fm  
12.16.14

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

with Jerry Agar

CFRB NEWSTALK1010  
11.12.14

\*A doctor's take on alternative medicine

By Michael Kennedy

U of T News  
10.26.14

\*Virginia is for Lovers &ndash; of Trains and Trails

By Dr. Mel Borins

The Medical Post  
06.24.14

\*Quebec&rsquo;s Gaspé is (Great) for the Birds

By Dr. Mel Borins

The Medical Post  
05.06.14

\*Grief and Loss: An Approach for Family Physicians

By Dr. Mel Borins

DFCM Open  
04.10.14

\*Students Stress, Suicide Rates On The Rise

By Dilara Kurtaran

Humber Et Cetera  
11.08.13

\*Traffic Stress And How To Deal With It

680 News  
10.29.13

\*Photosongbook Review

By Maria Grande M.D.

GP Psychotherapist  
Fall 2013

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

By Curtis Rush

Toronto Star  
10.08.13

\*Welcome To Wisconsin, Where The 'Door' Is Always Open

By Dr. Mel Borins

Metro News  
10.00.13

\*Ann Arbor: A College Town With Class

By Dr. Mel Borins

The Medical Post  
08.00.13

\*A Whale Of A Time On The St. Lawrence River

By Dr. Mel Borins

The Medical Post  
05.00.13

\*Doctor Spotlight

Ontario Medical Association  
03.00.13

\*New Year's Resolutions

Dr. Marla Show CTV News  
12.31.12

\*Stress of the Holiday Season

Le Drew Live CP24 News  
12.05.12

\*Holistic Holidays

Huffington Post  
12.05.12

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

Travelocity.ca  
11.20.12

\*Awash in Colour in India

By Dr. Mel Borins

The Medical Post  
10.00.12

\*Holidays are Good For You Panel Discussion

Travelocity.ca Media Release  
06.25.12

\*Eastern Quebec Has Plenty For The Flower Lover

By Dr. Mel Borins

Metro News  
03.00.12

\*Kerala: India's Tropical Paradise

By Dr. Mel Borins

The Medical Post  
10.00.11

\*Off the Beaten Path in Lanai

By Dr. Mel Borins

The Medical Post  
05.00.11

\*Integrated Health - Panel Discussion

Let It Heal TV  
05.13.10

\*How Sweet it is-Sampling Quebec's Maple Syrup

By Dr. Mel Borins

The Medical Post  
03.00.10

\*Galapagos Galore

By Dr. Mel Borins

The Medical Post  
11.00.09

\*Savouring Quebec's Gourmet Route

By Dr. Mel Borins

The Medical Post  
09.00.09

\*Back In The Saddle Again

By Dr. Mel Borins

The Medical Post  
09.00.09

\*Supernatural Sooke

By Dr. Mel Borins

Just for Canadian Docs  
09.00.09

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

by Nick Kyonka

Toronto Star  
06.21.09

\*Return to Rab

By Dr. Mel Borins

The Medical Post  
06.00.09

\*Wildly Beautiful Alaska

By Dr. Mel Borins

The Medical Post  
04.00.09

\*Chills and Thrills at Quebec Winter Carnivale

By Dr. Mel Borins

The Medical Post  
01.00.09

\*Choosing cruising

By Dr. Mel Borins

Just for Canadian Doctors  
09.00.08

\*Take Only Photos, Leave Only Footprints

By Dr. Mel Borins

Just for Canadian Doctors  
07.00.08

\*Seaside Sojourn - Florida's Panhandle

By Dr. Mel Borins

Just for Canadian Doctors  
06.00.08

\*Green Getaway



By Dr. Mel Borins

The Medical Post  
06.00.08

\*Quebec City fetes 400 years

By Dr. Mel Borins

The Medical Post  
05.00.08

\*Unleash Your Artist-Take Time Off To Get Creative

By Dr. Mel Borins

Just for Canadian Doctors  
04.00.08

\*It's Wise to Retreat

By Dr. Mel Borins

Just for Canadian Doctors  
01.00.08

\*Maui Wowee

By Dr. Mel Borins

The Medical Post  
02.00.08

\*A Stitch in Time

By Patricia Post

Sideroads of Halton Hills  
12.03.07

\*Miami on the Cheap

By Dr. Mel Borins

The Medical Post  
12.00.07

\*Just the Two of Us

By Dr. Mel Borins

Just for Canadian Doctors  
11.00.07

\*Dear Diary - Keeping A Journal Or Travel Dairy

By Dr. Mel Borins

Just for Canadian Doctors  
10.00.07

\*Melatonin for Jet Lag

By Dr. Mel Borins and Carol Chan

Canadian Journal of Diagnosis  
09.00.07

\*The Joy of Cruising

By Dr. Mel Borins

Just for Canadian Doctors  
09.00.07

\*Go Away-For the Health of It

By Dr. Mel Borins

Just for Canadian Doctors  
08.00.07

\*Pain in the Neck? Try Acupuncture

By Dr. Mel Borins

Canadian Journal of Diagnosis  
07.00.07

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

By Dr. Mel Borins

Just for Canadian Doctors  
06.00.07

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

By Dr. Mel Borins

Just for Canadian Doctors  
06.00.07

\*Healing Herbs: Treatment for Back Pain

By Dr. Mel Borins

Canadian Journal of Diagnosis  
06.00.07

\*Off the Beaten Path

By Dr. Mel Borins

The Medical Post  
05.25.07

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

By Dr. Mel Borins and A. Jennifer Fink

Canadian Journal of Diagnosis  
05.00.07

\*Healing The Hurt: Acupuncture for Tennis Elbow

By Dr. Mel Borins

Canadian Journal of Diagnosis

04.00.07

\*Education is A Trip!

By Dr. Mel Borins

Just for Canadian Doctors  
04.00.07

Zinc for the Common Cold

By Dr. Mel Borins and Cheryl Pearson

Canadian Journal of Diagnosis  
03.00.07

\* The Risk of Vitamin D Deficiency

By Dr. Mel Borins

Canadian Journal of Diagnosis  
02.00.07

\*Me? Take a Cruise?

By Dr. Mel Borins

The Medical Post  
02.00.07

\*Sun Sets on Bali of Old

By Dr. Mel Borins

The Medical Post  
01.23.07

\*Headaches and Acupuncture Treatment

By Dr. Mel Borins

Canadian Journal of Diagnosis  
01.00.07

\*L Carnitine: What the Studies Show

By Dr. Mel Borins

Canadian Journal of Diagnosis  
12.00.06

\*North American Ginseng

By Dr. Mel Borins

Canadian Journal of Diagnosis  
11.00.06

\*Oscillocochinum: A Flu Treatment

By Dr. Mel Borins

Canadian Journal of Diagnosis  
10.00.06

Vitamin E Treatment of NAFLD/NASH

By Dr. Mel Borins

Canadian Journal of Diagnosis  
08.00.06

\*Calgary Stampede

By Dr. Mel Borins

The Medical Post  
07.04.06

Folic Acid for Depression Treatment?

By Dr. Mel Borins

Canadian Journal of Diagnosis  
07.00.06

Finding yourself in a Strange Place

By Dr. Mel Borins

The Medical Post

06.00.06

\*Horse Chestnut Seed Extract and Venous Insufficiency

By Dr. Mel Borins

Canadian Journal of Diagnosis  
06.00.06

\* Manipulation for Asthma

By Dr. Mel Borins

Canadian Journal of Diagnosis  
04.00.06

\*Vacationing with Kids Helps Family Reconnect

By Dr. Mel Borins

The Medical Post  
03.28.06

\*Ginseng: The Imperial Herb

By Dr. Mel Borins

Canadian Journal of Diagnosis  
03.00.06

\*A Swing Through Mazatlan

By Dr. Mel Borins

The Medical Post  
02.14.06

\*Omega 3 Fatty Acids: Are they Beneficial

By Dr. Mel Borins

Canadian Journal of Diagnosis  
02.00.06

\*Problems with Herbs

By Dr. Mel Borins

Canadian Journal of Diagnosis  
01.00.06

\*Tea Tree Oil

By Dr. Mel Borins, Jason Mackie, Cheryl Tanaga and Heather Boon

Canadian Journal of Diagnosis  
12.00.05

\*Volcanic Delights Abound in Magical Hawaii

By Dr. Mel Borins

The Medical Post  
11.00.05

\*Multitasking with Coenzyme Q10

By Dr. Mel Borins

Canadian Journal of Diagnosis  
11.00.05

\*Echinacea: How it can Help Combat URI's

By Dr. Mel Borins

Canadian Journal of Diagnosis  
10.00.05

\*Letting Nature Do the Healing

By Dr. Mel Borins

The Medical Post  
09.06.05

\*Go Away Just For The Health of It: Interview

With Norm Goldman and Lily Azerad

Sketch and Travel.com  
09.03.05

\*Go Away Just For The Health of It: Interview

With Norm Goldman, Editor

Bookpleasures.com  
09.03.05

\*Mindful Based Stress Reduction: Meditating on the Benefits

By Dr. Mel Borins

Canadian Journal of Diagnosis  
09.00.05

\*Job Security Fears Cut Into Vacation Time: Survey

Canada Press  
09.00.05

\*Preventing AMD: Using Vitamins, Minerals and Lutein

By Dr. Mel Borins

Canadian Journal of Diagnosis  
08.00.05

\*Dr. Mel Borins Interview on Stress and Anxiety

Global National  
News  
07.15.05

\*Poking Around: Acupuncture for OAK

By Dr. Mel Borins

Canadian Journal of Diagnosis  
07.00.05

\*Finding Yourself In a Strange Place



By Dr. Mel Borins

The Medical Post  
06.28.05

Practice Tips: Being a Camp Doctor

By Dr. Mel Borins

Canadian Family Physician  
06.00.05

\*Back Pain Manipulation: Can it Help?

By Dr. Mel Borins

Canadian Journal of Diagnosis  
06.00.05

\*Saw Palmetto Extract: An Alternative for Prostatism

By Dr. Mel Borins

Canadian Journal of Diagnosis  
05.00.05

\*Glucosamine: An Osteoarthritis Alternative

By Dr. Mel Borins

Canadian Journal of Diagnosis  
04.00.05

\*Complementary Medicine: A Guide to Alternative Health Practices

By Dr. Mel Borins

Parkhurst Exchange  
04.00.05

\*Permission to Play

By Polly Campbell

Family Circle Magazine  
03.08.05

\*Probiotics: Do they work?

By Dr. Mel Borins

Canadian Journal of Diagnosis  
03.00.05

\*Massage Therapy-A Universal Alternative

By Dr. Mel Borins

Canadian Journal of Diagnosis  
02.00.05

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

By Dr. Mel Borins

Canadian Journal of Diagnosis  
01.00.05

\*Letter from Mexico

By Dr. Mel Borins

Canadian Family Physician  
01.00.05

\*Back to Sri Lanka

By Dr. Mel Borins

The Medical Post  
01.00.05

\*Travel Can Help Mend a Fractured World

By Rick Steves

USA Today  
12.18.04

\*Acupuncture for Nausea and Vomiting

By Dr. Mel Borins

Canadian Journal of Diagnosis  
12.00.04

\*A Timeshare May Be Just What the Doctor Ordered

Media Release

Coyne Public Relations  
11.17.04

\*Alternatives for Depression: Does Exercise Work?

By Dr. Mel Borins

Canadian Journal of Diagnosis  
11.00.04

\*Peak Experiences

By Dr. Mel Borins

General Practice Psychotherapist  
10.00.04

\*Take Caution! Traveling with Diabetes

By Dr. Mel Borins

Canadian Journal of Diagnosis  
10.00.04

\*Alternatives for Post-Traumatic Stress Disorder

By Dr. Mel Borins

Canadian Journal of Diagnosis  
10.00.04

\*Antibiotic Resistance and AECB

By Dr. Mel Borins with Drs. Zhanel and Balter

The Medical Post  
10.00.04

\*Americans Shortchanging Themselves

By Peter Yesawich

PR Newswire  
09.30.04

\*Traveler Heal Thyself

By Dr. Mel Borins

Outpost Magazine  
09.10.04

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

By Michael Kaufmann, MD

Ontario Medical Review  
09.00.04

\*Alternatives for Menopausal Symptoms

By Dr. Mel Borins

Canadian Journal of Diagnosis  
09.00.04

\*Overworked Ready for a Break

By Amy Joyce

The Miami Herald  
08.30.04

\*Vacation Deprivation

Canada AM Interview

CTV  
08.24.04

\*Vacations are Good for All, So Take Them

By Michael Kinsman

San Diego Union-Tribune  
07.20.04

\*Forget Your Troubles: It's Good For Your Well-being

By Susan J. Landers

AMNews  
07.20.04

\*38% of Working Canadians Don't Use Up Holidays

By Chris Kitching

Toronto Star  
07.16.04

\*Take off and Turn it Off

By Judy Gerstel

Toronto Star  
07.16.04

\*Vacation Time

By MaryAnn Hulick  
The Mid-week Caledon Enterprise  
07.07.04

\*Working Hard but Playing Less

By Evelyn Lee  
Metro New York  
06.14.04

\*Staying in Touch on Vacation

By Nick Easen  
CNN  
06.09.04

\*Take Charge of Your Health

By Pippi Wysong  
Homemaker Magazine  
06.00.04

\*Going on Vacation can Save your Life

By Barbara Hollingsworth  
Northern Virginia Journal  
05.28.04

\*Go Away &ndash; Just for the Health of It!

Omega Source  
Health Digest News.com

05.26.04

\*Time Away from Work Gives Americans a Kick in the Career

Media Release  
Adelman Public Relations  
05.11.04

\* Early Show

CBS  
05.07.04

\*The Best Medicine

RCI Ventures Magazine  
05.06.04

\*Risky Hires may Regret this Search

By John Eckberg  
The Cincinnati Enquirer

05.02.04

\*Doctor's Orders: Take a Longer Vacation

By Coyne Public Relations

Media Release

04.29.04

\*Doctor's Orders: Buy a Timeshare

By Alicia Agugliaro

04.15.04

\*Update on Homeopathy

By Dr. Mel Borins

Patient Care Canada

KTRK-ABC

News

04.00.04

04.01.04

\*One Last Stop with Dr. Mel Borins

By Geri Bain

RCI Venture Magazine

CFTO NEWS

WOFL-FOX

News

04.00.04

03.30.04

03.26.04

\*Go Away Just for the Health of It

Satellite Media Tour

03.25.04

Dr. Mel Borins Interviews  
Medstar National 80 Stations

WJBK-FOX - Detroit - Live

KSAZ-FOX- Phoenix - Live

KMAX - UPN - Sacramento - Live

WBRC-FOX &ndash; Birmingham

WOFL-FOX - Orlando

WVIT-NBC- Hartford - Live

WGHP-FOX - Greensboro &ndash; Live

ABC Radio - National

WBNS-CBS - Columbus - Live

WHKY-IND - Charlotte

WDAF-FOX-Kansas City - Live

WAVE-NBC-Louisville &ndash; Live

KFTY-IND-San Francisco

FOX2NWS-Houston

KMAX-UPN-Sacramento

WGHP-FOX-Greensboro

KMPH-FOX-Fresno-Visalia

KMPH GOOD-NEWS

WICS-NBC-Champaign

WHNT-CBS-Huntsville

KBFX-FOX-Bakersfield

\*The Beach Less Travelled

By Dr. Mel Borins  
The Medical Post  
02.03.04

\* Complementary Medicine: What You Should Know

By Dr. Mel Borins  
The Canadian Journal of CME  
01. 00.04

Letter to the Editor: Homeopathy

By Dr. Mel Borins  
Canadian Journal of Diagnosis



10.00.03

\*The Road to Health

By Pippi Wysong  
MD Canada  
10.00.03

\*Homeopathy in Medicine: Is there an Alternative

By Dr. Mel Borins  
Canadian Journal of Diagnosis  
09.00.03

\*Are You Suffering From a Laugh Deficiency Disorder?

By Dr. Mel Borins  
Canadian Family Physician  
06.00.03

\*You Could be Dying for a Vacation

By Chris Rodell  
National Enquirer  
05.06.03

\*Our Best Medical Advice

By Dr. Mel Borins  
Dreamscapes Magazine  
05.00.03

\*Is There a Place for Love in Healing?

By Dr. Mel Borins

GP Psychotherapist  
04.00.03

\*Cutting Work is Good for You and Skipping Can Kill You

By Sue Shellenburger  
The Wall Street Journal  
03.28.03

\*You Asked Us

By Dr. Mel Borins  
Dreamscapes Magazine  
03.00.03

\*Benefits of Taking A Vacation

By Fraser Brenneis  
Canadian Family Physician  
02.00.03

\*MDs Discuss Alternative Therapies

By Susan LaBlanc

The Tears With a Clown

By Dr. Mel Borins  
The Sunday Herald

The Medical Post

06.02.02

04.00.02

\*From the Editor's Travel Bag

By Donna Vieira  
Dreamscapes Magazine  
03.00.02

\*Sandy Sanibel

By Dr. Mel Borins  
The Medical Post  
01.22.02

\*Holidays Sometimes the Best Medicine Researcher says

By Professor Thomas McIntyre  
U of T Research News  
01.22.02

\*Traditional Mexico

By Dr. Mel Borins  
The Medical Post  
11.06.01

Homeopathy: Is It Safe for My Patient?

By Dr. Mel Borins

Patient Care

08.00.01

\*Here's Another Reason to Take a Break and Recharge

By Vanessa Thomas

Toronto Star  
04.09.01

\*The Benefits of Retreat

By Dr. Mel Borins

Omega Source  
04.00.01

\*Benefits of Vacations

Dr. Mel Borins Guest Appearance

Canada AM CTV  
03.07.01

\*Ginger for Nausea and Vomiting

By Dr. Mel Borins

Patient Care Canada  
02.00.01

\*Take a vacation, It's Good for  
Your Health, Professor Says

National Post  
01.24.01

\*Dr. Mel Borins Guest Appearance  
Breakfast Television

CITY TV  
01.24.01

\*Getting Away for the Health of It  
By Michael O'Riordan

WEB MD Canada  
12.27.00

\*Go Away Doc!  
By Nikki McManus

Medical Post  
12.05.00

\*Take a Holiday: It's Good for You  
By Dr. Mel Borins

Canadian Family Physician  
12.00.00

\*Go Away Just for the Health of It  
By Dr. Mel Borins

Doctor's Review  
11.00.00

\*Avoid Those Post-Vacation Blues

By Dr. Mel Borins

Dreamscapes  
11.00.00

\*New Holistic Book Helps Unlock The Mystery of 'Ki'

By Dr. Mel Borins

The Medical Post  
10.00.00

\*Beauty and Deceit

By Dr. Mel Borins

The Medical Post  
09.26.00

\*Are you a Traveller, Tourist or Pilgrim?

By Dr. Mel Borins

The Medical Post  
09.19.00

\*The Train Keeps a Rollin'

By Dr. Mel Borins  
The Medical Post  
09.05.00

How Does He Find The Time?

Dr. Lynn Wilson  
Family Medicine Times  
07.00.00

Training General Practitioners to do Psychotherapy

By Dr. Mel Borins

The Medical Post

04.00.00

\*Chelation Therapy for Angina

By Dr. Mel Borins

Patient Care

01.00.00

\*Coping With Insomnia

By Dr. Mel Borins

Toronto Star

10.09.99

\*Gourds and Grass Skirts

By Dr. Mel Borins

The Medical Post

08.10.99

\*What to Tell Your Patients About Herbs

By Dr. Mel Borins

Hospital Medicine

08.00.99

\*How I Treat Neck Pain

By Dr. Mel Borins

Family Practice

06.23.99

\*Keeping your Mouth Healthy

By Dr. Mel Borins

Toronto Star

05.28.99

\*Tantalizing Hawaii

By Dr. Mel Borins

The Medical Post  
11.17.98

\*Ear Candling Benefits, Safety Questioned

By Dr. Mel Borins

Patient Care Canada  
11.00.98

\*Is There a Place for Love in Healing?

By Dr. Mel Borins

The Medical Post  
08.25.98

\*The Danger of Using Herbs: What Your Patients Need to Know

By Dr. Mel Borins

Postgraduate Medicine  
07.00.98

\*Forget 1 st Class-Here's No Class

By Dr. Mel Borins

Family Practice  
06.15.98

\*12 Basic Communication Strategies for Psychotherapy

By Dr. Mel Borins

Patient Care Canada  
06.00.98

\*Have Family Will Travel

By Dr. Mel Borins

Family  
05.06.98

\*Falls in the Elderly

By Dr. Mel Borins

Toronto Star  
04.10.98

\*Orangutans! Meeting Sumatra's 'men of the forest'

By Dr. Mel Borins

The Medical Post  
03.31.98

\*Trouble in Indonesia

By Dr. Mel Borins

Family Practice  
03.19.98

\*Spiritual Interventions in Bali

By Dr. Mel Borins

Canadian Family Physician  
02.00.98

\*Remembering

By Dr. Mel Borins

Stitches  
02.00.98

\*Emotions and Heart Disease

By Dr. Mel Borins  
Toronto Star  
01.23.98



China's Medicine-A Perfect Mix

By Dr. Mel Borins  
Family Practice

11.00.97

\*Essential Geriatrics: Managing 6 Conditions

By Dr. Mel Borins , Drs. Goldist and Turpie

Patient Care Canada  
09.00.97

\*Letter from Taiwan

By Dr. Mel Borins

Canadian Family Physician  
09.00.97

\*'Regroup Your Energies' with a Travel Diary

By Dr. Mel Borins

Family Practice  
07.21.97

\*Traditional Healing: An Old Solution

By Dr. Mel Borins  
The Family Doctor  
07.00.97

\*Teaching your Patients How to Relax

By Dr. Mel Borins

Canadian Journal of Diagnosis  
05.00.97

\*Sinking to New Depths

By Dr. Mel Borins

Family Practice  
04.07.97

\*Life's a Beach-So Take Five!

By Dr. Mel Borins

The Medical Post

\*Taiwan: Where a Touch of the West meets the East

By Dr. Mel Borins

The Medical Post  
02.18.97

\*A Worthwhile Trip off China's Main Roads

By Dr. Mel Borins

Family Practice  
02.03.97

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

By Dr. Mel Borins

Canadian Journal of Diagnosis  
12.00.96

\*Integrate Acupuncture into your Practice?

By Dr. Mel Borins

Patient Care Canada  
11.00.96

\*Suzhou: the Venice of China

By Dr. Mel Borins

The Medical Post  
10.08.96

\*Birds of a Feather Flock over to Algonquin Park

By Dr. Mel Borins

Toronto Star  
08.19.96

\*Preventing Accidents

By Dr. Mel Borins

Toronto Star  
07.20.96

\*The Multitudinous Masses of Beijing

By Dr. Mel Borins

The Medical Post  
06.04.96

\*Some Remedies Made with Herbs may be Toxic

By Dr. Mel Borins

Toronto Star  
04.25.96

\*In the Jungle the Lions Didn't Sleep at Night

By Dr. Mel Borins

Family Practice  
04.08.96

\*When Men Need Check-Ups

By Dr. Mel Borins

Toronto Star  
03.30.96

\*The Healing Powers of "Chi"

By Dr. Mel Borins

The Medical Post  
03.26.06

\*Why We Need to Grieve

By Dr. Mel Borins

Toronto Star  
03.09.96

\*Holidays for Health's Sake

By Dr. Mel Borins  
Leisureways  
02.00.96

We Pay Dearly When Ontario Cuts Spending

By Dr. Mel Borins

Toronto Star

02.00.96

\*Psychosocial Aspects of Cardiovascular Disease

By Dr. Mel Borins New Zealand  
Family Physician  
02.00.96

\*When the Breasts are Lumpy and Painful

By Drs. Mel Borins, Pickering and Myers

Patient Care Canada  
02.00.96

\*Death Helps Relieve Burnout

By Dr. Mel Borins

Humane Health Care International  
01.00.96

\*Healing Through the Eyes of Traditional Cultures

By Dr. Mel Borins  
Horizons Magazine  
01.00.96

\*Native Healing Traditions must be Protected & Preserved for Future Generations

By Dr. Mel Borins

Canadian Medical Association Journal  
11.00.95

\*Laughter is the Best Medicine

Dr. Mel Borins Guest Appearance

Breakfast Television

CITY TV  
09.08.95

\*A Laugh a Day Keeps the Pupil Awake

By Dr. Mel Borins

Horizons Magazine  
09.00.95

\*Coping with Insomnia

By Dr. Mel Borins

Toronto Star  
09.00.95

\*Holidays for Health's Sake

By Dr. Mel Borins

Canada Wide Magazine  
07.30.95

\*Preventing Accidents

By Dr. Mel Borins

Toronto Star  
07.20.95

\*Grief Counseling

By Dr. Mel Borins

Canadian Family Physician  
07.00.95

\* 24-hour BP monitoring: When? How to Interpret?

By Dr. Mel Borins and Drs. Pickering and Myers  
Patient Care Canada  
07.00.95

\*Practical Tips in Marital Counseling

By Dr. Mel Borins

Patient Care Canada  
07.00.95

\*Role of Family Physicians in Counseling and Psychotherapy

By Dr. Mel Borins and Dr. Morris  
Canadian Family Physician

05.00.95

\*Is it Physical Disease or Depression?

By Dr. Mel Borins

Patient Care Canada  
04.00.95

\*Be a One-Minute Manager

By Dr. Mel Borins  
Outlook  
04.00.95

\*Carrying a Weapon Can be A Frightening Experience

By Dr. Mel Borins

The Medical Post  
02.14.95

\*Humour in the Doctor's Office

By Dr. Mel Borins

Canadian Medical Association  
02.00.95

\*Drawing Nightmares

By Dr. Mel Borins

Toronto Star Lifeline  
02.10.95

\*Health and Prayer

By Dr. Mel Borins

Toronto Star Lifeline  
12.24.94

\*Most FP Don't Routinely Screen Infants for TB

By Dr. Mel Borins , Drs. Morris and Jhirad  
Family Practice  
12.00.94

\*Travelers' Spirit of Giving

By Dr. Mel Borins  
Family Practice  
11.00.94

\*Happiness Is — Letting Go of Fear

By Dr. Mel Borins

Ontario Medicine  
09.00.94

\*Homeopathic Remedies: Skepticism Abounds

By Dr. Mel Borins

Canadian Family Physician  
06.00.94

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

By Dr. Mel Borins

The Medical Post  
05.17.94

\*Anxiety Disorders in Family Practice

By Drs. Mel Borins, Rosser and Audet

Canadian Family Physician  
01.00.94

\*Doctor Breeds Clean Living in Japanese Healthcare Garden

By Dr. Mel Borins  
The Medical Post  
12.00.93

\*Bali High: Spiritual Celebrations on this

Tropical Paradise are an Intoxicating Experience

By Dr. Mel Borins  
The Medical Post  
11.30.93

\*Algonquin Bound

By Dr. Mel Borins

The Medical Post  
06.22.93

\*Dealing With Difficult Patients

By Dr. Mel Borins

Physician's Management Manuals  
03.00.93



\*Cook Islands&rsquo; Messengers From Heaven

By Dr. Mel Borins  
The Medical Post  
02.16.93

Getting Away From It All&hellip;Again

By Dr. Mel Borins

The Medical Post  
02.09.93

\*Role of Insomnia in Depression

By Dr. Mel Borins  
Canadian Psychiatric Review  
10.00.92

\*Galungan &ndash; Here Comes Our Ancestors

By Dr. Mel Borins

Doctors Review  
10.00.92

\*Telephone Therapy

By Dr. Mel Borins

Physician&rsquo;s Management Manuals  
10.00.92

\*Orthopedics: A Medicine Dating to Hypocrates

By Dr. Mel Borins

The Medical Post  
08.24.92

\*Communicating With Patients

By Dr. Mel Borins

Humane Medicine  
07.00.92

\*Afghanistan: I'll Be Back Again

By Dr. Mel Borins

The Medical Post  
05.05.92

\*Nightmares in Children

By Dr. Mel Borins

Canadian Family Physician  
05.00.92

\*Laughter: It's the Best Medicine

By Marta Marychuk  
The Guardian  
10.23.91

\*Finer Points of FP Psychotherapy

By Dr. Mel Borins

Ontario Medicine  
09.16.91

\*The Life Cycle of a Laugh

By Dr. Mel Borins  
The Medical Post  
06.25.91

\*Bernie Siegel: Peace, Love and Healing

By Dr. Mel Borins

Humane Medicine  
05.00.91

\*First World should Help Third World Maintain Traditional Healing Practices

By Dr. Mel Borins  
Canadian Medical Association Journal  
05.00.91

\*Go to Goa before Goa Gets Gone!

By Dr. Mel Borins

The Medical Post  
04.30.91

\*Cremation Taught Lesson in Living

By Dr. Mel Borins

Ontario Medicine  
03.18.91

\*FPs Needed to Help Save Psychotherapy

By Elaine McNinch

Family Practice  
03.09.91

\*Healthy Back Depends on Lifestyle

By Peter MacDonald  
Hospital News  
03.00.91

\*MD's Food Drive a 'Triumph'

By Caroline Gray

Ontario Medicine  
10.22.90

\*Bali-ho!

By Dr. Mel Borins

The Medical Post  
10.02.90

\*MD's As Advocates for the Poor

By Dr. Mel Borins

Family Practice  
10.00.90

\*Food For Thought

By Staff Writer

The Medical Post  
09.04.90

\*Traditional Healing Around the World

By Dr. Mel Borins

Humane Medicine  
07.00.90

\*Laughter's the Best Medicine at York Central

By Bethany Keddy  
Hospital News  
03.00.90

\*My Son Cried for His Fuzzy Friend, the Sacrificial Lamb

By Dr. Mel Borins

The Medical Post  
02.13.90

\*What To Do With Old Charts

By Dr. Mel Borins

Ontario Medical Review  
01.00.90

\*Escape to Kashmir

By Dr. Mel Borins

Doctors Review  
01.00.90

\*Laughter is the Best Medicine

Dr. Mel Borins Guest Appearance

The Dini Petty Show

CITY TV  
11.30.89

\*Yorkshire Sculpture Park A Vast Open-air Art Gallery

By Dr. Mel Borins

Toronto Star  
11.00.89

\*How to Calm Those Anxiety Disorders

By Dr. Mel Borins

Ontario Medicine  
12.05.88

\*Laughter Matters

By Cheryl Conacchia

Montreal Gazette  
11.27.88

\*Lots of Play Keeps the Doctor Away

By Dr. Mel Borins

Toronto Star  
10.00.88

\*Here's Proof Laughter is the Best Medicine

By Dr. Mel Borins  
Toronto Star  
10.00.88

\*Holistic Medicine &ndash; It's Wholly Realistic says Dr. Siegel

By Dr. Mel Borins  
The Medical Post  
09.06.88

\*Dealing with Those Emotional Problems Behind Physical Complaints

By Dr. Mel Borins

Ontario Medicine  
05.00.87

\*Traditional Medicine of India

By Dr. Mel Borins

Canadian Family Physician  
04.19.87

\*Biofeedback, Relaxation Techniques and Attitudinal Changes

In Adolescents with Migraines: A Feasibility Study

By Dr. Mel Borins and Crystal Hawke

Canadian Family Physician  
02.00.87

\*New Poems

By Dr. Mel Borins

Nuclear Madness

By Dr. Mel Borins  
's Companion

Canadian Medical Association Journal

12.00.86

04.00.86

\*Healing Through the Eyes of Traditional Cultures

By Dr. Mel Borins

Canadian Doctor  
12.00.84

\*Traditional Healing on an Island Paradise

By Dr. Mel Borins

The Medical Post  
10.16.84

\*Holistic Medicine in Family Practice

By Dr. Mel Borins

Canadian Family Physician  
01.00.84

\*Book Review: An Apple A Day

By Drs. JJ and N. Hajec

Toronto Dimensions  
02.23.84

\*Review: An Apple a Day, A Holistic Health Primer

Homemaker Magazine

The Medical Post

South China Morning Post  
03.00.83

\*Australian Doctor Dedicates Life to Healing

By Dr. Mel Borins

The Medical Post  
09.24.82

\*Orthopedics: A Medicine Dating to Hypocrates

By Dr. Mel Borins

The Medical Post  
08.24.82

\*Snakes, Monkeys used in Oriental Healing

By Dr. Mel Borins

The Medical Post  
06.01.82

\*Ancient Herbal Remedies Hit the Spot in Thailand

By Dr. Mel Borins  
The Medical Post  
12.00.81

\*Recalling the Horrors of Hiroshima

By Dr. Mel Borins

The Medical Post  
11.17.81

\*Traditional Healing in Thailand

By Dr. Mel Borins

Kissan World  
08.00.81

\*Tahunga Know-How is Passed Down Through Family

By Dr. Mel Borins

The Medical Post  
07.28.81

\*Never Knock the Local Healer

By Dr. Mel Borins  
The Medical Post  
06.02.81

\*Have Some Faith, Come to Fiji and Get Healed

By Mel Borins

The Medical Post  
06.16.81

\*How to Stay Healthy- the Holistic Way

By Marcia Johnston  
South China Morning Post



O5.03.81

\*Holistic Pioneer Practices Conventional Medicine, Too

By Peter de Vries

04.21.81

\*Gair's Statement on Health Supported By Visiting Doctor

Otago Daily Times  
02.18.81

\*Review: An Apple a Day, A Holistic Health Primer

By C. Norman Shealy, M.D., PhD

American Holistic Association News  
02.00.81

\*Go Away Doc!

By Nikki McManus

Medical Post  
12.27.80

\*Welcome 1981 with Plans for a Brand New You

By Lillian Newberry

Toronto Star  
12.27.80

\*Illness Can be Good For You

By Lillian Newberry  
Toronto Star

12.18.80

\*How I Treat Vaginal Discharges

By Dr. Mel Borins

University of Toronto Medical Journal  
01.00.73

\*Traditional Healing Around the World

Dr. Mel Borins

Guest Appearance TAKE 30 CBC Television

\*They Who Laugh Last

By Dr. Mel Borins  
Wellness MD

\*Yield to Vacation Temptation for Health

By Kristen Brownell  
Humber Ecetera

\*Life's a Beach, So Take Five

By Dr. Mel Borins

The Medical Post

\*Go Away Just for the Health of It

Omega Source

Global News

Dr. Mel Borins on

\*Crime Fear in Children

\*Grief Counseling by Jillian Robinson

\* Dying Young

\* Travel for Health by Laura Zilke

Money Wise

Giving and Health

By Dr. Mel Borins

The Medical Post

\*Doctors Must Listen To Patients

By Dr. Rosana Pellizzari

\*Vacation for the Health of It

By Neil Chesanow

\*Mitzvah Technique Aims at Improving Posture

By Karen Shopsowitz