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*Dr. Borins talks about grief & the death of Gord Downie

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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 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 take on alternative medicine

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*Virginia is for Lovers “ of Trains and Trails

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*Students Stress, Suicide Rates On The Rise

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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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*Quebec City fetes 400 years

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*Just the Two of Us

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*Off the Beaten Path

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

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*Education is A Trip!

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*Me? Take a Cruise?

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*Sun Sets on Bali of Old

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*Tea Tree Oil

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*Mindful Based Stress Reduction: Meditating on the Benefits

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*Travel Can Help Mend a Fractured World

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*Acupuncture for Nausea and Vomiting

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*Peak Experiences

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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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*Staying in Touch on Vacation

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*Take Charge of Your Health

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*Going on Vacation can Save your Life

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*Go Away â€œ Just for the Health of It!

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

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*Risky Hires may Regret this Search

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* Complementary Medicine: What You Should Know

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*Sandy Sanibel

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*Holidays Sometimes the Best Medicine Researcher says

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*Traditional Mexico

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