

## **My story (continued) :**

### **Questioning**

Although seeing the benefits of some essential medications (antibiotics, insulin, antihypertensives, etc...), fairly quickly, however, my initial enthusiasm began to wane when I realized that medications prescribed for health problems, especially chronic ones, did not really cure them. They relieved the symptoms, yes, but rarely addressed the causes. The "disease" continued to progress in spite of the medications, which were multiplying and their side effects were increasing. Patients were therefore taking drugs "for life", with the number of drugs increasing over time, and the list of side effects increasing. I figured that the body must have the ability to regain a better natural balance or defend itself if given the chance, which obviously didn't really fit with the medical approach I had studied.

### **The essential role of conventional medicine**

I pause here to emphasize that if I am no longer practicing pharmacy, it is neither in opposition to conventional medicine nor against its chemical "tools", drugs. If it is no longer possible to hope for better health, symptom control or relief is necessary. Moreover, in emergency situations, conventional medicine is king. Some medicines are essential and it would be dangerous to do without them. I am thinking, among others, of antibiotics, which save thousands, if not millions of lives every year, and insulin, which is essential for patients suffering from type I diabetes.

### **A decisive meeting and a first return to school**

My dissatisfaction, my research and the "hazards" of life led me to meet in 1990 the man who would redirect my professional career, Dr. Jean Pierre Muyard. He is a physician-psychiatrist and homeopath. He had founded the "Institute of Natural Therapeutics" in Montreal. Until 1999, he taught homeopathy as well as some principles of Chinese medicine to a few hundred pharmacists, physicians, dentists, veterinarians, nurses and other professionals. I studied at his school for 3 years and his teaching forever changed my perception of the human being, disease and medicine.

### **Global conception of the human being and of "disease"**

The first of these was to conceive of the human being according to the official university medical training, that is to say in its "chemical-physical" dimension. I did not realize that this university teaching, without being false, was incomplete. It lacked at least the energetic dimension as taught by several ancient medical traditions, including homeopathy and Chinese medicine. It also lacked a more global understanding of illness that would allow us to build bridges between the physical, mental, emotional and, of course, energetic dimensions.

### **Body language**

Gradually, however, I began to observe the effectiveness of these natural medicines. For example, a "simple" eczema was no longer just a skin disease that I wanted to get rid of as quickly as possible under a cortisone cream. This eczema made sense. It was both an expression of "discomfort" and a "struggle" of the body to get rid of it. Its form, the conditions in which it appeared, its location, all became clues - a body language - to be interpreted in order to find the right remedy or the appropriate acupuncture treatment allowing the whole body to free itself, by its own means, from a

particular problem. The same goes for a host of signs and symptoms presented by patients, so many clues to follow, links to make, clues to decode. In short, thanks to new knowledge - in Chinese medicine and homeopathy - using global analysis grids, I have begun to establish logical bridges between the dimensions of the human being in order to eventually treat the causes rather than the symptoms...

### **Selling my pharmacy and starting a new career**

In 1993, I was confident and mature enough to take the "big leap". I wanted to dedicate my career to natural medicine. After eight wonderful years of community pharmacy, I sold my pharmacy and started a full-time homeopathic practice. For a few years I saw many patients. I became firmly convinced of the effectiveness of homeopathy in view of the good results observed. I also understood that homeopathy did not have an answer for everything, nor like any other medicine for that matter. This is why I am in favour of complementary approaches, including that of conventional medicine.

### **2<sup>nd</sup> return to school**

In 1996, I began a 3-year full-time training in acupuncture at Rosemont College in Montreal. I had the chance to discover a millennia-old medicine and a complete medical system that has been used to effectively treat the Asian population for over 3000 years. I studied the principles of traditional Chinese medicine and how to use mainly one of its "tools", acupuncture. I learned how to interpret the symptoms of the disease and how to question the body by observing the tongue, by palpating specific areas and by taking the particular Chinese pulse.

### **Inauguration of the Health Clinic**

Finally, in 1999, with my acupuncturist diploma in hand, after more than 10 years of various medical training, I inaugurated the Clinique de Santé Michel Morissette located at 118 St-Joseph in Gatineau (Hull sector). This is how I have had, and still have, the pleasure and privilege of helping thousands of people to regain better health, first by listening to them, then by taking care of them, accompanying them, advising them, to the best of my ability. Also, I have never stopped studying, humbly and methodically. And the more I learn, the more I broaden my horizons, the more I realize that I know nothing, well, not much...

Because life is mysterious, deep and wonderful. The infinite intelligence that animates nature, and that allows this life, is just waiting to be expressed. I sincerely believe, as Hippocrates probably said, that the first duty of any doctor or therapist is "above all to do no harm". One must help, nourish, support, guide, and nature will do the rest. This is what is advocated by the approaches I have studied and that I practice like a "gardener" of the body, attentive and loving, at the service of the human being.

My best teachers have been and always will be my patients. They are the ones who push me to surpass myself, to continue to learn. I sincerely thank them; those I was able to heal or relieve, but also those I was not able to help as I would have liked. Sometimes I have to accept my limits, even if it is not easy. Sometimes, years later, I have received a patient whom I had not been able to help the first time, and this second time I was happy to do so. These experiences convinced me of the

importance of perseverance. As much for the patient in search of a solution, as for the therapist in his learning process.

I look forward to getting to know you and helping you!

Michel