

## **My Story (continued):**

### **Questioning**

Although I could see the benefits of certain essential medications (antibiotics, insulin, antihypertensives, etc.), my initial enthusiasm soon began to fade when I realized that the medications prescribed for health problems—especially chronic ones—did not truly cure them. They relieved symptoms, yes, but rarely addressed the root causes. The “illness” continued to progress despite the medications, which multiplied, along with their side effects. Patients therefore took medications “for life,” with the number increasing over time, as did the list of adverse effects.

I kept telling myself that the body must have the capacity to regain a better natural balance or to defend itself—if only it were given the chance—which, clearly, did not really align with the medical approach I had studied.

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

Here I would like to pause to emphasize that if I no longer practice pharmacy, it is neither in opposition to conventional medicine nor against its “chemical tools,” medications. When it is no longer possible to hope for a return to better health, controlling or relieving symptoms is necessary. Moreover, in emergency situations, conventional medicine reigns supreme. Some medications are essential, and it would be dangerous to deprive oneself of them. I am thinking in particular of antibiotics, which save thousands—if not millions—of lives every year, and insulin, which is essential for patients with type 1 diabetes.

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

My dissatisfaction, my research, and life’s “coincidences” led me, in 1990, to meet the person who would redirect my professional path: Dr. Jean Pierre Muyard. He is a psychiatrist and homeopath. He had founded the “Institut des thérapeutiques naturelles” in Montreal. Until 1999, he taught homeopathy as well as certain principles of Chinese medicine to several hundred pharmacists, physicians, dentists, veterinarians, nurses, and other professionals. I studied at his school for three years, and his teaching changed forever my perception of the human being, illness, and medicine.

### **A holistic understanding of the human being and of “illness”**

I had been trained to understand the human being according to official university medical education—that is, in its “chemical-physical” dimension. I did not realize that this university training, while not false, was incomplete. It lacked at least the energetic dimension, as taught by several ancient medical traditions, including Chinese medicine. It also lacked a more global understanding of illness—one that makes bridges between the physical, mental, emotional, and of course energetic dimensions.

## **The language of the body**

Gradually, however, I began to observe the effectiveness of these natural medicines. For example, a “simple” eczema was no longer, for me, merely a skin disease to be made to disappear as quickly as possible with a cortisone-based cream. This eczema had meaning. It was both the expression of a “discomfort” and the body’s “struggle” to eliminate it. Its form, the conditions under which it appeared, and its location became so many clues—a language of the body—to interpret in order to find the right remedy or the appropriate acupuncture treatment, allowing the whole organism to free itself, by its own means, from a particular problem.

The same applied to a multitude of signs and symptoms presented by patients—so many leads to follow, connections to establish, clues to decode. In short, thanks to new knowledge—in Chinese medicine and in homeopathy—using holistic analytical frameworks, I began to build logical bridges between the dimensions of the human being, in order eventually to treat causes rather than symptoms...

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

In 1993, I felt confident and mature enough to take the “big leap.” I wanted to devote my career to natural medicine. After seven wonderful years in community pharmacy, I sold my pharmacy and began a full-time homeopathy practice. For a few years, I saw many ill patients. I became firmly convinced of the effectiveness of homeopathy in view of the good results I observed. I also understood that homeopathy did not have an answer to everything—like no medicine, in fact. That is why I support the complementarity of approaches, including that of conventional medicine.

## **A second return to school**

In 1996, I began a three-year full-time training program in acupuncture at Collège de Rosemont in Montreal. I was fortunate to discover an ancient medicine and a complete medical system used to treat the Asian population effectively for more than 3,000 years. I studied the principles of Traditional Chinese Medicine and how to use one of its main “tools,” acupuncture. I learned how to interpret the symptoms of illness and how to question the body through tongue observation, palpation of specific areas, and the taking of the distinctive Chinese pulse.

## **Opening of the Health Clinic**

Finally, in 1999, diploma in hand, after more than ten years of diverse health training, I opened the Clinique de Santé Michel Morissette, located at 118 St-Joseph in Gatineau (Hull sector), where I practice acupuncture (note that I no longer practice homeopathy in Québec). Thus, I have had—and still have—the pleasure and privilege of helping thousands of people regain better health: first by listening to them, then by treating them, supporting them, and advising them to the best of my ability.

I also 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... For life is mysterious, profound, and wonderful. The infinite intelligence that animates nature, and that makes life possible, asks only to express itself.

I sincerely believe, as Hippocrates probably said, that the first duty of any physician or therapist is, “above all, to do no harm.” We must help, nourish, support, guide—and nature will do the rest. This is what the approaches I have studied and practice advocate, as I work like a “gardener” of the body: attentive and caring, in the service of the human being.

My best teachers have been—and will always be—my patients. They are the ones who push me to surpass myself, to keep learning. I thank them sincerely: those whom I have been able to cure or relieve, but also those whom I did not know how to help as I would have wished. I sometimes have to accept my limits, even if it is not easy.

It has happened a few times that, years later, I saw again a patient I had not been able to relieve the first time—and had the happiness, the second time, of succeeding. These experiences convinced me of the importance of perseverance—both for the patient seeking a solution and for the therapist in the learning process.

I look forward to meeting you and helping you!

**Michel**