

# A Visionary Doctor: Combining Science and Spirituality

BY JUDY MEYER

**A**s I walked through the doors of Dr. Carolle's Wellness and Retreat Center, I was greeted by her dynamic smile, along with large panes of glass that overlooked the beautiful pool and intricate gardens beyond. Dr. Carolle admits



Dr. Carolle at her  
Wellness and Retreat Center,  
in the garden that she designed

that the first time people enter, they usually begin to cry, as they sense that they are enveloped in love and feel completely safe inside.

Dr. Carolle Jean-Murat is unique in that she stands firmly on the middle ground of medicine: the rare and often unnoticed space between science and spirituality. Born in Haiti to a family of healers, she is an experienced MD with more than two decades as a holistic practitioner and board certified OB/GYN; she is also a medical intuitive healer who uses that gift in diagnosing and treating her patients.

To meet her is to instantly feel a connection with her. It feels as if she skips right past the superficial exterior façade, and looks directly into your heart. She has a warm gentle way about her, one that must be so comforting to the many patients that seek her out either for surgery, consultations or examinations.

"As a healer, I try to be the mirror that can show people where they are in their lives: mentally, physically and spiritually," Dr. Carolle said. "I can show them what they need to address so they can be their own healer and live their lives powerfully."

## The Wellness and Retreat Center

Dr. Carolle began her Wellness and Retreat Center after she closed her traditional gynecological practice in 2005. She became disillusioned with the restrictions imposed by mainstream medical protocols. For instance, she desired more time with each of her patients than the 10 minutes that was allotted.

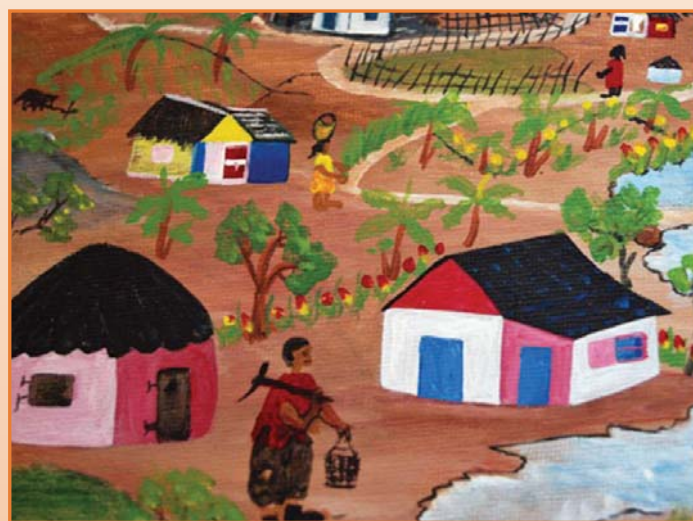
"I kept seeing the same problems appear in my patients, and I didn't feel able to properly assist them in that setting," she explained, as she walked through the garden, plucking ripe plums and oranges along the way.

Since she closed her practice, she has been spending as much time as needed with her patients. Women come to her for second opinions and consultations that can last anywhere from one to two hours, to the entire day. Some even spend a few days to have additional one-on-one time with her and enjoy the beautiful surroundings.

Those who choose a weekend or a week-long retreat with Dr. Carolle get to stay in one of the adorable cottages that are nestled in the garden. Holistic practitioners come to them to give healing massages and treatments. They also leave behind their phones, computers and stress. "People are stressed because of their life and work situations, they are unhappy, and this reflects in their bodies," she says. "When they are here, they can take a deep breath, relax, and just be."

### Hormones or Something Else?

Dr. Carolle is also a renowned expert on hormones, menopause and perimenopause. She is interested in helping women answer the question: "Is it my



A painting by Edgar Printemps, a young participant of one of the Health Through Communications Foundation programs in Haiti

hormones or something else?" Through her many years of working with women, she has found that the answer to that question usually is: 'It is something else.' Namely, emotions that have been bottled up throughout the years.

"Unfortunately, women who are experiencing emotional and physical symptoms are being told that they have a hormone imbalance, or that it is due to PMS, perimenopause, or menopause. They are being advised to ask their doctors to check their hormone levels, and then use hormones to deal with these problems. Unfortunately, time, money and energy are all being lost while their health deteriorates. There are indeed times when women need hormones, but it is not always the case," she said.

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Some of the symptoms attributed to hormone imbalance, PMS, perimenopause and menopause that Dr. Carolle sees in her patients include: anger, anxiety, weight gain, memory problems, depression, fatigue, hot flashes, irregular bleeding, mood swings, sexual problems and sleep disturbances, among others. Often, she finds that women have gone to traditional medical doctors as well alternative practitioners who are unable to fully explain what is happening to them, or how to reduce or eliminate the symptoms.

"Women tend to take care of everyone else around them before themselves," she said. "When they get older, this starts to take its toll on the body."

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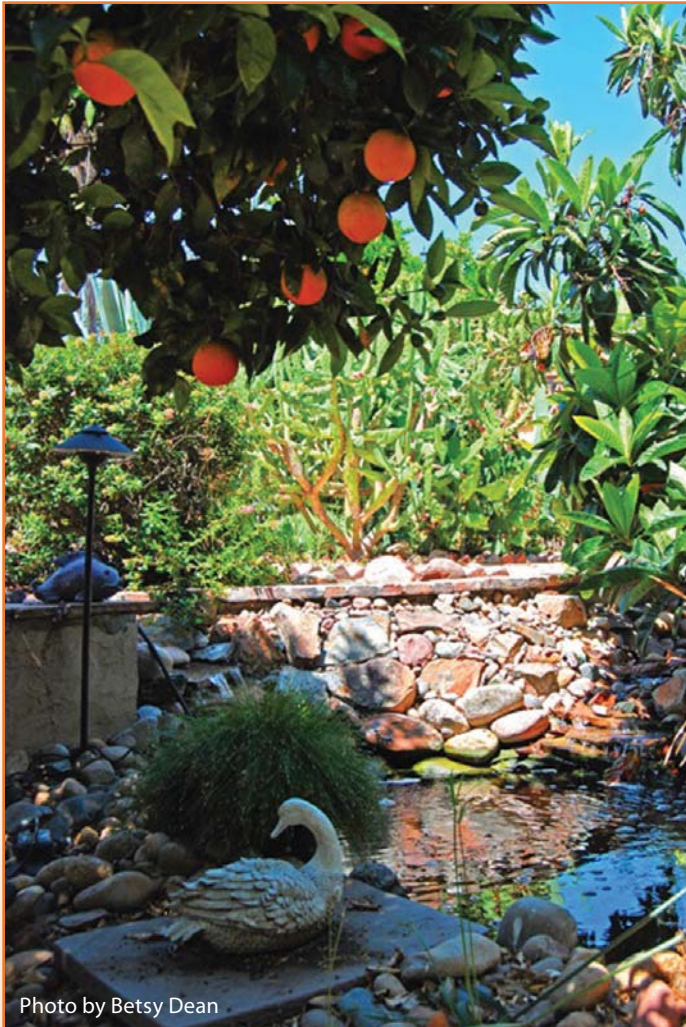


Photo by Betsy Dean

### A water feature that runs through the gardens at Dr. Carolle's Wellness and Retreat Center

She has a succinct answer when asked about the solution to most symptoms: "There is no time to waste seeking answers outside of oneself, since the answer is within."

In order to fulfill her goal of meeting with and educating a greater number of women, Dr. Carolle gives seminars on this topic, where she discusses bio-identical hormones, and what solutions are available for menopausal and perimenopausal women. When participants sign up, she provides a series of worksheets and questionnaires so that the time spent at the seminar is individualized for each woman's needs.

"When people connect with me, they will clearly understand who they are, how to listen to their

body, and what it is trying to tell them," she said. "It is important for women to re-awaken their intuition so that they can heal."

She gave the example of a woman who came to see her for a second opinion because of heavy vaginal bleeding and anemia, who was not responding to hormonal treatment and was not happy about having surgery. Dr. Carolle found out that the abnormal bleeding started when she lost her son. Teaching her how to deal with her loss eventually resolved her abnormal bleeding.

In her many years as a practicing physician and healer, she found the connection between emotions and physical symptoms to be undeniable. For example, she found that in many instances, women who were experiencing diseases or conditions involving their reproductive systems had been the victims of molestation, rape, incest, or sexual harassment.

"These women often were plagued by negative emotions, and felt they were not worthy enough," she said. "The disease then attacked the weakest part of their bodies."

### Healing

According to Dr. Carolle, we all have an inner child, who often comes out to play when we experience stress or challenges. Events or situations which occurred before the age of eight are locked into our psychology. "The healing comes in realizing that the wounded little girl will always be there with us," she said. "The key is to nurture her."

Dr. Carolle illustrated a system she uses in her own life when making choices. She takes a piece of paper and divides it into three columns:

1. Things you want or need
2. Things you can compromise
3. Things you will not accept.

This can be a helpful tool for women to clarify their boundaries.

“You have to heal your hurt inner child, or she will just keep popping up, often manifesting as emotional and physical symptoms.”

## Growing Up

Dr. Carolle literally is “a visionary.” All of the children in her family wear eyeglasses, except for her, and she is the eldest child. In fact, she sees so well that she can see every vein in a leaf sitting several yards away.

As a child, she lived in a small town in her native Haiti. Her mother separated from her father, but afterwards, her mother found herself pregnant with twins, and reluctantly agreed to have her and her sister go to Port-au-Prince and live with their paternal grandmother.



Photo by Betsy Dean

Inside one of the cottages nestled in the garden at Dr. Carolle's Wellness and Retreat Center

Her grandmother, Eugenie, was a big part of her life, and an inspiration in many ways. She taught her that she could be and do anything that she wanted, despite being a woman in a traditionally male-dominated society. “I think I learned the basic elements of surgery very young: my grandmother made sure that I knew how to clean chickens. There I was, a young girl with a big knife, trying my best not to knick the gallbladder and ruin our dinner!”

## Global Charity Work

In addition to the healing work she does in the United States, Dr. Carolle supports women and children internationally with her non-profit foundation, Health Through Communications Foundation ([www.healththroughcommunications.org](http://www.healththroughcommunications.org)). Founded in 1993, the organization works with global communities, especially in Dr. Carolle's native Haiti, to help provide health care access, education, and economic development opportunities.

The charity has several different projects happening simultaneously, including Angels for Hope, Artists for Hope, and Angels for Haiti. HTCF presently funds three different schools in Haiti, and provides meals, educational learning supplies, and tuition. The Louise L. Hay scholarship pays the admission fees for 200 poor students to attend school. Dr. Carolle is a contributor to several Hay House books, and she and Louise Hay are long-time friends.

Dr. Carolle also routinely volunteers her medical services for the poorest residents of San Diego, mainly at Father Joe's Villages. She also works with The Trinity House, ([www.thetrinityhouse.org](http://www.thetrinityhouse.org)) a non-profit agency in San Diego which provides housing for homeless women and children.

*Dr. Carolle Jean-Murat is hosting a one-day seminar on July 25<sup>th</sup> at the Mission Valley Marriott entitled “Is it My Hormones or Something Else? Understanding What's Happening to My Mind, Body and Soul - and What to Do About It”. She has a book by the same name coming out this fall from Silvercart Publishing. Visit [www.DrCarolle.com](http://www.DrCarolle.com) or call 800-275-9185 for more information.* &