

Will You Invest *in Your Own Health?*

Are you willing to invest your time, your energy, and your resources in your long-term health?

This question comes from Bobbie Barbrey, a registered pharmacist, a certified clinical nutritionist, and owner of Medicap Pharmacy in North Raleigh.

Beyond these titles, Mr. Barbrey is an expert and passionate advocate in working with clients to develop comprehensive and transformative health plans that have a simple goal: to create a path to achieving optimal levels of health.

“Look back a few decades, and it seems that life—and health care—were simpler,” he notes. “Now, for example, I see many people complaining of brain fog, a condition that was rarely, if ever, mentioned when I was growing up. In many respects it is a sign of the time. There’s a dramatic increase in diabetes, depression, heart disease, and other chronic diseases. We’ve rapidly moved beyond the one-problem, one-drug, magic bullet solution that was standard fare some generations ago. Inflammation is now recognized as a trigger for most of the conditions we see today. Over time, these conditions often turn into a disease diagnosis.

“So the question becomes, what can we do, early on, to identify and reduce the inflammatory process? I often talk about critical lifestyle choices: an excellent diet, restorative rest, proper hydration, therapeutic movement, stress reduction, and time for peaceful relaxation. These are not simply desirable choices; they are essential to attaining and preserving good health. In our current information age, addressing these basic lifestyle changes is not new news to many people, so why aren’t most people doing them?”

Mr. Barbrey explains, “I believe it is partly because the chronic conditions we see today are more complex than in the past and working with them needs a different, more innovative approach. The 21st century disease needs a 21st century solution. People are so overwhelmed that they don’t



Bobbie Barbrey, RPh, CCN

know where to start and they often don’t have the energy to make changes on their own. Their conditions have many layers and, just like peeling the layers off an onion, you can’t start with the inner layer. It is important to prioritize and meet the body where it has the ability effect change.

“We help people with this prioritization using unique tools and guidance. We do energetic testing such as Biomeridian and Zyto which give us an individualized roadmap for each patient. To support the path to health, we have found great success using professional homeopathics as well as botanicals and nutritional supplements. The most expensive supplements you can take are the ones that are not effective. That’s why we test to find what will work best for each patient. It may be a fabulous supplement but not the right time to use it. This is not easy for the average person to determine.

“We are often asked if we can help one condition or another. In truth we never diagnose or treat any disease. What we do is

look for areas in the body that are stressed and we offer support for those areas. The body does the healing. It doesn’t matter what condition a person has, when you give the body what it needs, it will be better equipped to head towards balance.

“As we work to reduce inflammation, improvement may be subtle at first—but we are on the path to significant health benefits. Most clients benefit from initially focusing on basic lifestyle issues and diet while also including targeted supplementation. Once the basics are in place, positive changes are often more dramatic.

“The process is actually very simple,” Mr. Barbrey says. “I love to see how much progress a person can make when they have the knowledge to put the right changes in place and accept these changes as an important part of their new way of life.

“Frankly, the lifestyles of a vast majority of people today are not healthy, and we see the consequences of that fact every day with the increase in chronic health conditions. My goal is to work with a client over a six-month period, with testing at two-month intervals. I serve as their health coach and their cheering section as they make progress. When we start seeing progress, it has a way of becoming self-perpetuating—it takes on a life of its own, and it becomes much easier for the patient to embrace this new quality of life.

“After six months of working together, with the compliant, committed patient we see dramatic improvement in quality of life—a terrific return on their investment!” h&h

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