

What We Can Learn from Challenging Cases

By nature and training, Bobbie Barbrey brings passion and expertise to all of his activities. He is a registered pharmacist and owner of a health and wellness oriented pharmacy in North Raleigh, Medicap Pharmacy. He is also a skilled compounding pharmacist and a Certified Clinical Nutritionist.

High on his list of achievements is the passionate focus he brings to his work. He assists his clients in developing and implementing step by step, detailed plans to help achieve robust good health.

In that process, he has met many clients with challenging cases, presenting him the opportunity to listen with an open mind and learn from the lessons taught by their journeys.

LESSON #1: EAT THE RIGHT FOODS

“One of the first things we need to do is examine the person’s role in the great experiment, the Standard American Diet. The media bombards us with reminders to eat whole grains and low fat. All you have to do is look around at the increase in obesity, diabetes, and other serious ailments to see that this clearly isn’t working.

“We need to take a careful look at what people are eating. My preference is to start with a Paleo-oriented eating plan which can be tweaked as needed. If we don’t include healthy eating, we compromise the ability to achieve the highest level of health. You can’t achieve good health without eating a healthy diet.”

LESSON # 2: ELIMINATE THE WRONG FOODS

“Following on Lesson #1, if we would start by kicking gluten, sugar, and dairy from our diets for 60 days we would feel dramatically better. It can lead to a feeling of good health that most people haven’t experienced for years—if ever. Once you see what your body is capable of, you’ll never want those foods as part of your regular diet again.”



Mr. Barbrey

LESSON #3: HEAL THE GUT

“Here in our pharmacy we have some very effective supplements and other remedies,” he notes, “but these items by themselves are not enough to correct people’s health problems if they don’t stop and take care of their GI health. The simple fact is that if you’re going to take a supplement, you need to be able to absorb it. There is no shortcut to this, and back to Lesson #2, you cannot heal the gut while you continue to inflame it with the wrong foods. Make repair and healing of the GI tract a primary strategy and results will follow.”

LESSON #4: DRINK ENOUGH WATER, AND ABSORB IT

“Most people think that they drink more water than they actually do. Very often the turning point in significantly improving a person’s health is when they increase their water intake and absorption. One common result I see is a reduction in pain and inflammation throughout the body.

“To properly hydrate the body, the hydration must reach the cells where the

real work is done. When people complain that their increased water intake makes them spend too much time in the bathroom, that tells me that the body is not taking the water into the cells as much as it needs to. Think of the difference between a driving rain storm where the water just runs off the ground compared to a gentle rain where the water is easily absorbed.

“To help cellular absorption of water I often recommend a homeopathic remedy which helps move water into the cells. It’s one of our most popular and most effective remedies. I want to see pathways in the body open and flowing. Water is the starting point for this.”

LESSON # 5: BENEFITS OF PLANNING

The patients who enjoy the most success are the ones who have followed a thought out, structured plan. Too often, Mr. Barbrey notes, “people patch together a diet and lifestyle plan from snippets on the Internet and suggestions from friends. These are usually more confusing than helpful and they seldom give the patient results.

“I want to help people lay out a very specific plan that is clear, easy to execute, and customized for that patient. With a motivated patient following the plan they will see improvement,” he says. “People want to feel better. When I get involved with them, we share that goal. The plan we design together will make a tremendous difference.

“Over the years of working with patients, I’ve seen what works and what doesn’t work. Offer yourself the gift of good health and schedule a nutritional consult today.” *h&h*

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