



Mr. Barbrey at Medicap Pharmacy, North Raleigh.

Counseling

Pre- and Post-Surgery

As a registered traditional pharmacist and a compounding pharmacist, Bobbie Barbrey, somewhat paradoxically, spends much of his time and energy helping people eliminate or reduce their need for medications.

Mr. Barbrey is the owner of Medicap Pharmacy in North Raleigh and is also a Certified Clinical Nutritionist. Because of this dual background he understands well both the pharmaceutical side and the nutrition side of health.

“A comment or a discouraged look from a patient is often a cue for me to engage them to see if they are ready to begin the process of reclaiming their health,” he says. “There are clearly times when medications are essential, but when I work with clients to develop comprehensive health plans, my goal is always to lead them to a point where medications will no longer be necessary—or at least their use will be reduced.”

Steve, a long-time customer with an assumed name, is typical of many patients. “Over time I became aware that Steve was increasing his use of pain medications,” says Mr. Barbrey, “and I asked him why that was so. He told me that his back pain was becoming more intense, and his doctor was recommending surgery.

“Steve knew about my passion for working with clients to improve their health, so we scheduled time together.

“With clients such as this, I start by asking questions such as: *What have you done to participate in your own health? What have you done to change and improve this condition?* That information provides a platform for our work.

“It can seem an easier course to turn over control of your health and treatment to doctors, and in fact our society encourages that,” says Mr. Barbrey. “But I always advise caution before taking irrevocable steps—such as surgical intervention—without careful, informed consideration of alternatives.

“I welcome the opportunity to work with a client when they are considering surgery or

even before they begin a course of medication. We can establish critical baseline information about where they are in terms of their health, where they need to go, and how to get there.

“My goal is to leave no stone unturned in gathering information and assessing options. I don’t believe in going for a quick solution, especially one that will cause more problems down the road.”

FIRST: CONSIDER NUTRITION

“As a first concern,” Mr. Barbrey says, “I will always analyze their diet. You absolutely need proper nutrition to support the body’s healing process.

“What I found with Steve, as we completed a Biomeridian scan, was the pressing need for a good detoxification program. My assessment suggested liver and digestive inflammation. There’s a direct connection between the health of the liver and the digestive system and their ability to nourish the joints, ligaments, and tendons.”

Thus, Mr. Barbrey explains, “a first step for Steve was an aggressive plan of lifestyle and dietary changes with targeted nutritional supplementation. We increased his intake of water, and we got him sleeping better, an essential part of the program.

“Sleep is the time for repair and maintenance in the body. Many people have symptoms that they don’t realize are directly related to a lack of quality of sleep. It is so common that I make this a priority in my healthy strategy.

“To shorten a long story, Steve and I are still working together. He has not had surgery, and he still has back issues, but the condition is under control, and at this point, Steve is no longer considering surgery.

“It is very satisfying to see my patients as they begin to feel better. This takes work and it takes participation. My reward is the smile on their face and that magical comment, ‘I feel so much better. Thank you.’” **h&h**

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