

Reduce Inflammation Improve Health



In this toxic world, even an excellent diet benefits from key supplements, as Mr. Barbrey explains to this young lady.

For the scores of people Bobbie Barbrey consults with, 7 is an important number. A long-time pharmacist, Mr. Barbrey is the owner of Medicap Pharmacy in Raleigh, and is a Certified Clinical Nutritionist (CCN), a credential which indicates a rigorous course of study completed with the International and American Association of Clinical Nutritionists.

“When I am working with clients to help them design plans to achieve optimal health, I often use an acid-alkaline food chart as a guide,” he says. “Our goal is always to reduce inflammation to promote health. Inflammation is the precursor to virtually all disease. When we are able to reduce inflammation, we consistently achieve greater levels of health.”

The number 7 is a reference to the pH (potential of hydrogen) scale in the human body, ranging from 0 to 14. The number 7 represents a normal, balanced pH level in the human body—not too acidic (moving below seven on the scale), and not to alkaline (moving above 7). It’s a healthy place to be, Mr. Barbrey explains.

“Every food we eat leaves a residue in the body after it is fully digested,” he says. “That residue, or ash, is either acidic or alkaline. When you consider foods from the acid/alkaline standpoint, the more acidic your diet, the more inflammation you will have. By contrast, alkaline forming foods help reduce inflammation in your body. The goal is not to achieve a totally alkaline state. The goal is healthy balance.

“When you look at food charts, it’s clear that the best alkaline-forming foods are quality vegetables and fruits, while protein falls on the acid forming side. Of course we need protein, and it can be a wonderfully healthy part of our diet. What we want to watch out for is having it dominate our food intake. Protein should be no more than 25-30 percent of the food we consume. An easy way to determine if you are eating the right proportion is to look at your plate. Two-thirds of the food on our plate should be vegetables and one-third protein, with a small amount of healthy fats.”

A balanced pH diet not only promotes optimal health, he says it also encourages your body in a very natural way to move

towards its ideal body weight. “Healthy eating will be the most effective diet you will ever participate in. No gimmicks and you enjoy the results for a lifetime.

“I never suggest to my clients that this is an easy path,” he notes. “It takes commitment and effort to eat healthy. We live in a world of toxins and toxic influences. Your path to optimum health begins when you choose to feed your body foods that will repair, heal, and nourish your body. Good quality food is the most potent medicine we can take into our bodies. Eat whole foods as nature made them whenever possible. One simple guideline: don’t eat foods that came out of a bag, a box, or a can.”

CRITICAL KEYS TO HEALTH

“While a poor diet is the greatest contributor to an acidic, inflamed environment in the body, your lifestyle choices also positively or negatively affect your health. Other areas to pay attention to include:

Good quality sleep. “When we move from the issue of good food to the lifestyle choices we make, quality sleep is a crucial concern,” he says. “Sleep is the time when the body heals and repairs itself. It’s harder to achieve other good-health objectives without the foundation of quality sleep. If clients believe they can get by with four or five hours of sleep at night, I tell them quite frankly they are robbing their health care bank. The body has a tremendous level of reserves, and it will use those reserves as needed to help maintain a healthy balance. Diet is a key issue in maintaining the quality and quantity of those reserves. Good quality sleep is another. Obviously, our reserves are not infinite. You can make time for your health now or you will make time for illness later.

“There is good evidence that our bodies have become disconnected from the energy of the earth by wearing rubber soled shoes and staying indoors so much. At Medicap, we now carry Earthing or grounding sheets which help connect the body to the earth’s energy while they sleep. Many people have found these sheets helpful in getting restful, restorative sleep.”

“When you consider foods from the acid/alkaline standpoint, the more acidic your diet, the more inflammation you will have. More alkaline forming foods contribute to less inflammation in your body.”

Movement is another key element in the good-health equation, says Mr. Barbrey. “Our bodies need and want to move,” he notes, “but you don’t have to join a gym or engage in a formal exercise program to experience healthy movement. An activity as simple as a daily walk can be highly beneficial. Some weight-bearing exercise two or three days a week is desirable, but I’m simply a big fan of just moving. Consider working with a trainer or participate in classes for yoga, tai chi, qi gong, or stretching. The opportunities are endless.”

Drinking ample amounts of quality **water** is an important lifestyle choice, as well. “How much? More! Help your body to detox better with 8 glasses per day as a goal.”

Other good-health considerations Mr. Barbrey shares with his clients include the need to take good quality, professional **supplements**, develop positive support **friendships**, make time in every-day life for **meditation** and expressions of **thankfulness**, and consider **mental gymnastics** as important as physical movement. “Crossword puzzles, reading, learning a new language—these are among countless ways to keep your mind focused, engaged, and working at an optimal level.”

THE BSA SCANNER

Mr. Barbrey frequently uses a BioMeridian Stress Assessment scanning device to assess and monitor his client’s health.

“This has become an invaluable tool,” he says, “because it helps me identify areas of inflammation in the body

and then target those areas for support. It’s not a diagnostic tool, but when I can isolate the areas of the body that are inflamed—understanding, as I’ve noted, that very often inflammation is a precursor to disease—it gives me information to make more precise recommendations for the patient. We have recently added a new tool called the Zyto which scans the body in a slightly different way. This will help us to quickly assess which supplements a body resonates with and identify those which would not be so beneficial. With the findings from the BioMeridian and the Zyto, patients have a greater opportunity to activate their own innate healing response and achieve balance between the systems in the body.”

Inertia and procrastination can be imposing barriers to good health, he notes. “The simple truth is that every step we take in a given day either contributes to or diminishes the quality of our lives and our health. I urge people who want to live in a positive, healthy way, to jump in. Let’s get started! Take responsibility today for a lifetime of benefits.” hhh

BOBBIE BARBREY, RPh
Certified Clinical Nutritionist
MEDICAP PHARMACY
6675-101 Falls of Neuse Road
Raleigh, NC 27615
Telephone: (919) 676-6161
Fax: (919) 676-6575