

Parents Hold Key to Healthy Diets

Bobbie Barbrey places parents on the front line, in the trenches, when it comes to protecting, promoting, and preserving the health of their children.

He is a long-time pharmacist, a Certified Clinical Nutritionist (CCN), compounding, and owner of Medicap Pharmacy in North Raleigh. Increasingly, he devotes his energy and expertise to helping clients of all ages develop sound, comprehensive health plans, with a strong emphasis on healthy diets along with appropriate doses of exercise, restorative sleep, active minds, and the proper use of vitamins and supplements.

“One third of our children are now overweight and obese, and we have a health care crisis in the making,” he says. “Diabetes is emerging as a major, explosive health issue. Insulin levels are rising, which is a precursor to rising blood sugar levels leading to the difficult complications of diabetes. This is definitely a correctable problem—but we need to start making the corrections *right now!*”

“The consultations that I offer on a daily basis now include children and teenagers, and the root issue with them is almost always related to lack of exercise and really terrible diets. Kids are eating foods overloaded with carbohydrates, excessive amounts of sugar, and bad fats. The primary underpinning for the critical issues which affect many young people today—disrupted hormonal cycles in females, depressed energy levels, inability to focus at school, and the rapid increases in ADD and ADHD—is the standard American diet that many eat.”

PARENTS AS MODELS

Solutions to these health issues “do not rest with the children,” Mr. Barbrey believes, “but with their parents. All of us as parents or caregivers need to step up. We need to be models for our children, and both teach and show them the proper way to eat. Of course that is a challenge because we have created a world where highly processed fast foods,

loaded with sugars and chemicals, are readily available, creating the misperception that they are healthy foods.

“The simple guideline to eating healthy, life-supporting foods is to have two-thirds of the food on your plate be fresh vegetables and one-third protein, with a small amount of healthy fats. For many, this would be a big change, but the dividends this effort pays are remarkable. And it doesn’t take long before *real food* tastes delicious while it supports every cell in your body.”

In February 2010, Mr. Barbrey and his wife stopped by a local fast food restaurant and picked up a cheeseburger, fries, and chicken nuggets. They did not plan to eat this food, but rather had an interesting experiment in mind.

“We took these fast-food items, still in the bag, and put them in our garage over a year ago,” reports Mr. Barbrey. “I started showing these items to patients in consultations, including kids, this past January. The food still looks edible (*see photo*), but it has been sitting unprotected in our garage for over a year. There are so many chemicals in this food that not even bugs will eat it.

“We need to help youngsters understand that there are wonderful, healthy, living foods available to us and there is an abundance of very unhealthy foods. The choice of which we eat is entirely ours. I urge parents to realize that these highly processed, fast foods are not good for any of us on a long-term basis. Our bodies rely on good, healthy vitamins, minerals, carbohydrates, proteins, and fat—in the right form—to keep us healthy throughout our lives. When we fail to eat properly, we are using up the reserves that are designed to keep us young and vibrant as we move through our 30s and 40s into our 50s, 60s, and later stages of life.

“Even when we eat a good diet it is hard to get adequate nutrition from food alone. That’s why quality supplementation is so important. Call me. I can help you develop a good health plan that will work for you, in the short term and in the long term.” 



Year-old fast food items, loaded with chemicals, still look edible after a year in his garage, Bobbie Barbrey notes.

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