

Health Is More Than the Physical Body

By Bobbie Barbrey, RPh, CCN

After 30-plus years of filling prescriptions I have learned one very important lesson: prescription drugs are not always the only answer to a health challenge. Sure, we can move a blood sugar number back into balance with Metformin. We can get a chronic case of reflux to respond to Nexium—making those symptoms go away. But the real question that I find myself asking is why were the symptoms there in the first place? What pushed these systems out of balance?

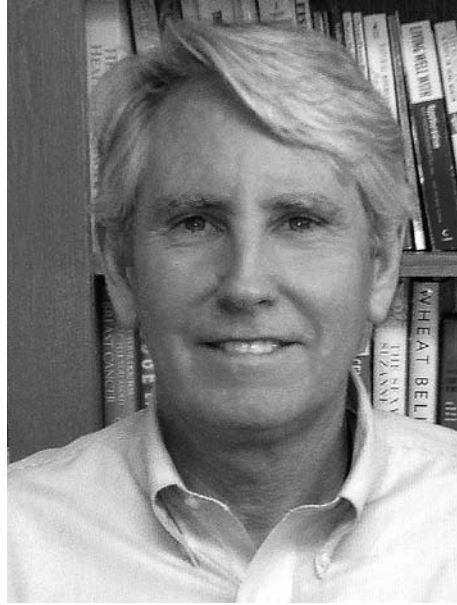
Let me explain what I mean by this by describing a client who came to see me. Connie (not her real name) is an active 55-year-old woman with a nagging reflux issue. “My stomach and GI tract just seem to be irritated all the time. The Nexium has helped but I don’t want to stay on Nexium. I have read too many reports on the long-term side effects,” she said.

We set up a consultation to explore what was causing her GI issues and what other options, besides Nexium, might work for her. One of the primary tools I use in my consults is called the BioMeridian. It is a non-invasive, energetic testing device that helps to show which systems or meridians in the body have adequate energy and which ones may be stressed.

The BioMeridian assessment I did on Connie showed that the stomach and small intestine meridians were indeed stressed. Reflux is one of the easier conditions that I get results with so I felt confident I could help her. We started by changing her diet, improving her lifestyle choices, and added the targeted supplements that she tested for.

WHAT IS YOUR GUT TRYING TO TELL YOU?

Upon her revisit she was dramatically better but some of her symptoms were still there. It turns out there was more to the story. Connie had a daughter in California



She had told me about her daughter in her first visit and she mentioned her again on her second visit. She and her daughter were very close and she missed her very much. I made note of this and included testing that would reflect the possibility that an emotional component may be contributing to her continued GI distress.

We still found that supplements were beneficial to her continued physical healing but this time we also included remedies that balanced her emotional stress. One supplement was imprinted with a Bach Flower remedy at a potency that she tested for. This means that using the BioMeridian, I was able to add the frequency or energy of a remedy she needed, at the specific level that was appropriate for her, to an existing supplement. This enhanced it and customized it for Connie.

It is not always clear to me why someone will test for a particular remedy but I have learned to trust the BioMeridian and the patient’s response to it. And being able to customize a homeopathic remedy is incredibly powerful. It super-sizes an already good product. In Connie’s case, it was just what she needed.

I was greeted with a big, beautiful smile on her third visit. “I am moving to Cali-

fornia and I have never been happier! My symptoms are gone and I am very excited about my decision,” she said. Magical. Her symptoms did have a physical component but there was also an emotional factor that was interfering with her complete healing. Finding this and helping her to recognize that her emotions needed to be balanced also was the key to this person’s health. It was life changing for Connie.

Healing the physical body can often be the easier part of the healing process. Finding true balance in your health involves healing the physical and the mental-emotional parts of who you are in a way that resonates with your soul’s purpose. When you include all of these aspects of your health and build your protocol for healing by supporting them all, you are more likely to be at peace, enjoying life to its fullest. Take the steps now to make this happen. Call me for an appointment. Give yourself a chance to enjoy exceptional health and wellness. **h&h**

Bobbie Barbrey is the owner of Medicap Pharmacy in North Raleigh, a full-service retail pharmacy, which also offers compounding and nutritional counseling. To better serve his clients, Mr. Barbrey completed the program offered by the International and American Association of Clinical Nutritionists and became a Certified Clinical Nutritionist (CCN). “I work with a lot of people who have a sincere desire to be well and to stay healthy for their entire lives, and often what they need most of all is a plan—because they often underestimate what they can accomplish by themselves. I am honored to help them develop their unique path to good health.”

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