

Prevent Illness Improve Health

By Bobbie Barbrey, RPh, CCN

What is the best way to improve your health and prevent illness? While I agree that drugs can play a role in health, in my experience, I've seen far more positive, meaningful, and long-term benefits when people also take charge of their own health through diet, lifestyle improvements, and targeted nutrition. This is what I specialize in and I see great results when people follow my programs.

The most important question for me is, "What can I do to help my patients regain their vibrant health?" My passion has always been helping people to improve their health. The best way I've found to do this is to create a plan or road map for my patients so that they know where they are going and how to get there.

A common outcome for people as they get healthier is they have more energy and they are happier because they can do things that they had not been able to do in a while. They often need fewer medications or have far less dependency on drugs to manage their symptoms. That is not a contradiction with my training as a pharmacist since the goal has always been to help patients achieve optimal health.

I often encourage people to look at what they are doing—and what else they can do—to improve their health. At Medicap Pharmacy, our patients are offered suggestions of ways to improve their health and wellness. For those who show an interest in this path, we work diligently to find what will work best for them as individuals. I want to have an impact on patients' health, not simply manage their symptoms through prescription drugs.

I like to ask my patients why they want to be healthy. It seems like an obvious question, but when you have a clear goal it is easier to find the steps to get there. Do you want to be able to travel? Is there a hobby or pastime that you miss doing? Do you just want a day without pain? It is essential for everyone to find time to engage in activities that give them pleasure and joy. Find what makes you happy and do more of it—every day!

IMAGINE YOURSELF IN PERFECT HEALTH

Imagine that your days are filled with abundant energy, enough to actively participate in life with enthusiasm. See yourself enjoying a healthy meal that gives you even more energy. Then imagine at the end of the day you fall

asleep easily, sleep soundly and restoratively throughout the night, and awaken refreshed. Does this sound like you? If not, would you like it to? I can help you achieve the level of health that you deserve, that we all deserve.

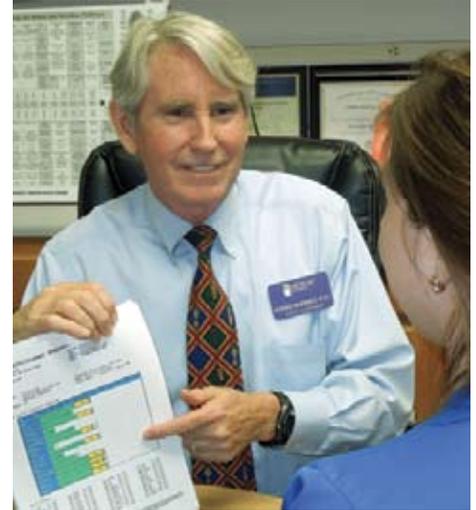
As a certified clinical nutritionist, I have a special interest in the power of food to support good health. How we eat greatly impacts our overall wellness and most of us absolutely need to improve our diets. I can't tell you how many times I've made a dietary suggestion to someone who said, "I tried that for a month and it didn't make any difference at all." That's a little like saying "I put money in my 401K for a month and I still don't have enough for retirement."

Eating healthy is not a quick fix that you do for a month and then go back to poor eating habits. It is a sad commentary on our society that many people do not know what foods to eat to be healthy. People with the best of intentions eat foods that sabotage their goals because of inaccurate information about what is best for them to eat.

We recognize that you may not have the time to prepare meals from scratch the way many of our grandmothers did. We strategize with you to find what will work best for you, for your daily schedule, for your health needs, for your family's preferences, and for your budget. It makes the overwhelming attainable in your daily life.

A nutritious diet is the foundation for optimal health. There is no substitute for it. However, even a good diet is not always enough. In our pharmacy, we work with quality nutritional, botanical, and homeopathic products. Finding the right targeted nutritional supplementation often makes a key difference. We've recently found a supplement that is helping people sleep more soundly. And it is working for people who have had trouble sleeping for decades. It is a simple change that makes a profound difference.

At Medicap Pharmacy we have a variety of tools that we use in our health assessments. We are great fans of energetic testing and have two different types that we use, Biomeridian and Zyto. These help us identify possible areas of stress or inflammation in the body, a key piece of information in knowing the most important area to start your program. We've recently added BIA, BioImpedence Analysis, to our assessments. This is a fast, non-invasive way to accurately see the percentage of fat versus lean



tissue in the body as well as hydration levels. It is a great way to monitor health progress.

We can also order traditional blood tests. This is valuable to check on important levels like your vitamin D status. We have a software program that will analyze a standard lab blood test and highlight areas that might be outside of optimal ranges even if they are within the lab's normal ranges. And we offer saliva testing—a great way to monitor available hormone levels in the body.

Go to our website at www.MedicapRaleigh.com to see more details about our assessments and read testimonials from people who have used our services.

Finally, let me share an observation from many years of working with health management. The best way to improve your health is to have a plan to guide you. It's like carrying a lantern to light up your path in the darkness. Call me and set up a time for a consultation. Let's develop your plan together. I promise you we can make changes in your overall health that you will enjoy for the rest of your life. I look forward to hearing from you. 

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 Clinic Nutritionist (CCN).

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