

By *Bobbie Barbrey, RPh, CCN*

2015: A Time to Recapture Your Health

With 2015 at hand, we have a New Year and a clean slate. It is the perfect time to reflect *and act* on your role in making your health the best it can be. What will you do to challenge yourself to make a difference in your health?

My passion for health and wellness is often a welcome surprise for new people who come into our pharmacy. Yes, I am a pharmacist and I do believe there's an appropriate place for prescriptions. But beyond dispensing medication, I have long had an interest in helping people genuinely improve their health. It is the principal reason I opened Medicap Pharmacy back in 2001—so that I could focus on the health issues that I was seeing in my customers. To prepare to offer wellness solutions at Medicap, I went through a professional program to become a certified clinical nutritionist (CCN).

Building on a 30-year history of working with pharmaceuticals was important training for my work as a CCN. I know how to safely combine medication with supplementation when that is called for, or when to work solely with nutrition and supplementation. This makes Medicap a powerful destination for improving your health and wellness. I'm not aware of many other pharmacies offering this combination of expertise.

My wife Lauren is an important part of our support team as well. She is a practicing, licensed acupuncturist with a wealth of knowledge about nutrition and dietary issues. Debbie Schofield is another source for great information about health and wellness in our store. Ask her how nutrition has changed—and possibly saved—her life. We have a terrific team, whose members are uniquely qualified and always happy to answer your questions about health issues.

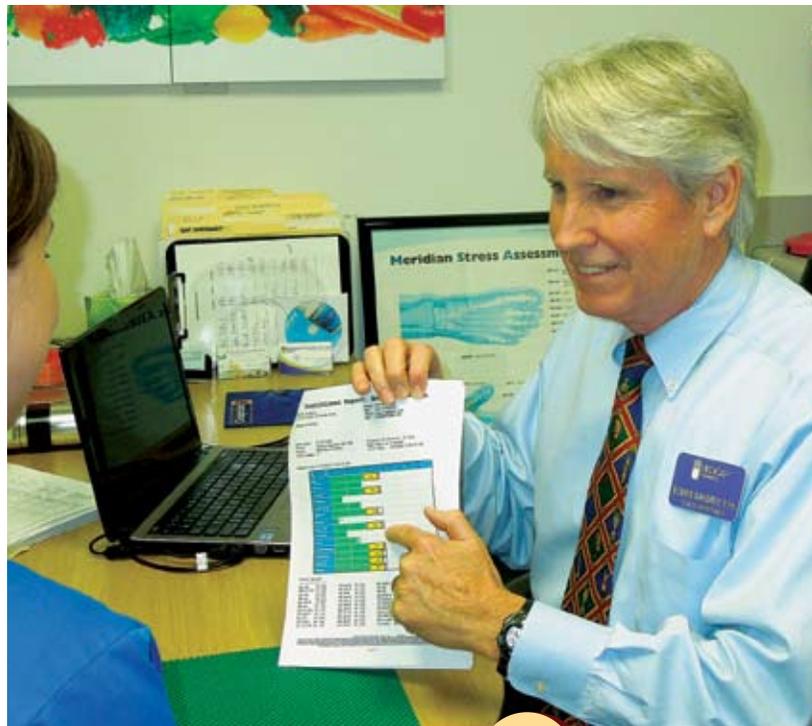
We carry professional quality nutritional supplements that can help you get the best results. I go to several nutritional seminars throughout the year and I am always looking for new items that will make a difference in my patient outcomes. We are proud to carry lines such as Standard Process, Perque, Designs for Health, Jarrow Formulas, Pure Encapsulations, Gaia Herbs, Nordic Natural, and Biotics to name a few.

CRITICAL CONSULTATIONS

The most powerful part of our nutritional program is doing individual consultations—my primary passion. Both Lauren and I work with clients one-on-one to help get to the root of their issues. We use energetic testing devices such as the BioMeridian and Zyto to help identify areas of the body that might be stressed.

Susan—a real patient and Baby Boomer with an assumed name—is representative of many of the clients I see. She made an appointment with me because she wanted more energy. She had difficulty sleeping and was always tired. Using a BioMeridian assessment, we saw that Susan's body had significant inflammation. From clinical experience I knew that she would benefit from an overall detoxification process as a starting point.

For best results, we often recommend a series of at least three consults. This allows us to modify the protocol as the patient improves and their needs



Bobbie Barbrey at work with the BioMeridian assessment device.

change. In Susan's case we started with detoxification with a goal of adding rebuilding supplements at the right time. If we had focused on just giving energizing supplements initially, her body would not have been ready and it may have even made her more tired.

Thirty days later, Susan returned for her second consult. She had lost 10 pounds, no doubt because we were helping her to reduce her toxic burden. Since her systems were functioning better, we could see with more clarity the issues that still remained for Susan to address.

On her next visit, Susan was sleeping better, had more energy and as an unexpected bonus was happier! She had lost *another* five pounds *and* she had regained energy that she felt had been lost forever.

REGAINING ENERGY

How many of us think back and wish we now had the same energy we had at age 30 or 40? At the same time, many of us get very comfortable with not having that energy level, and simply attribute it to the natural process of aging. Don't accept that!

I tell everyone who will listen: *Don't get comfortable with reduced energy just because you're getting older. If you are willing to give your body what it needs, you can regain much of that "lost" energy.*

There are many factors that influence one's health, but at the core I believe that health is a participatory sport that requires a plan. Take the first step and call me to get started. 2015 could be an amazing year of beneficial change for you! **h&h**



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Bobbie Barbrey is the owner of Medicap Pharmacy in North Raleigh, a full-service retail pharmacy, which also offers compounding and nutritional counseling. Mr. Barbrey became a Certified Clinic Nutritionist (CCN) through the International and American Association of Clinical Nutritionists. He is available for speaking engagements on health and wellness.

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