



**Bobbie Barbrey, RPh, CCN**

By Bobbie Barbrey, RPh, CCN

**T**here has been much written about the stages of life leading to a checklist of health challenges as each new decade approaches. This is engrained in so many of us that often we will move into these stages with the full expectation of increasing decline. Do you know people like this? They start anticipating, expecting, and then experiencing the media hyped consequences of aging. But is your chronological age the issue or is it how you have lived your life through each decade? There is no question in my mind: our respect and practice of a healthy lifestyle and making good dietary choices is the key to the health we enjoy through the stages of our life.

As the owner of Medicapy Pharmacy with 30 years experience as a pharmacist, and as a Certified Clinical Nutritionist, it is my sincere passion to try to help everyone who comes to see me move towards optimum health. Over the years, I have witnessed a distinct difference between those who practice a healthy diet and lifestyle and those who do not. It is not the age but the person's active participation in their own health that is the biggest influence. Don't spend your time convincing yourself and others that genetics and your parent's health issues predestine you to

# How Old Would You Be *If You Didn't Know How Old You Were?*

an inevitable fate as you age. This is less than 5 percent of your potential health picture. You are in charge of the other 95 percent—what an opportunity for optimum health! Let's focus on the healthy choices and recognize that excuses are just that: barriers to improving your health.

## **TAKING CHARGE OF YOUR HEALTH**

So how do you do that, especially if you are currently experiencing health challenges or were convinced that your genes were your destiny? Just improving your diet and drinking more water is a great first step. Acupuncture, chiropractic, naturopathic medicine, and nutritional counseling have helped many people get back on track. We are blessed with prescription medications today that play a necessary role in many people's health. However, don't let any of these lull you into a false sense of security. While these are all helpful partners, to achieve your best health you must also actively do your part.

Have you ever wondered how healthy you could be if you chose to support your body in healing and repairing itself? Would you still need your medications? How would you like it if your energy returned and your brain fog went away? I've seen this happen many times as people took charge of their own health. Your body knows how to heal itself, given the right support and guidance. Make the choice to change your life so that you don't become another statistic in the "stages of life."

Just as age is not the determining factor or even cause of declining health, it is never too late to start to change patterns that may be accelerating your aging. Your health can be improved no matter what age you start to incorporate positive choices. What is your goal? For some it may be to run a marathon, for others it may be to be able to walk unassisted or play with their grandchild-

dren. Think of your health as a 100 piece puzzle. Each piece that you add, large or small, counts. The advertised single magic bullet that we have all seen in magazines, websites, and heard from friends is not the solution. Just as you build a home from the foundation up, you build the body's foundation the same way. Build this foundation deep and wide with every healthy choice you make and enjoy living life, not sitting and waiting to see what the next stage will bring you. That is my goal for every patient I work with. I want it to be your goal too.

Let me help to provide you with the blueprint to begin. Get 2012 started off with a new goal: ***I will enjoy optimum health!*** Call for your appointment today. I am also proud to donate a portion of each consultation fee to *The Make A Wish Foundation*. Thank you for helping me to support this wonderful organization. **h&h**

*Bobbie Barbrey, RPh, owner of Medicapy Pharmacy in North Raleigh, also offers compounding and nutritional counseling. He completed the rigorous training program offered by the International and American Associations of Clinical Nutritionists and became a Certified Clinical Nutritionist (CCN). "My goal," he says, "is to become the best possible practitioner to help people improve their health. I work with 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."*

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