

Supporting *Health and Healing*

“The path has finally become crystal clear for me.”



Bobbie Barbrey, RPh, CCN, in a health counseling session with a client seeking guidance through the thicket of health care choices that may include diet, weight loss, supplements, pharmaceuticals, exercise, sleep patterns, and more.

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“Before I opened Medicap Pharmacy in 2001,” he notes, “I became a certified clinical nutritionist so that I could be more effective in helping clients to be well and to stay healthy for their entire lives.”

ON THE PATH

What fuels this passion to attain the highest levels of physical, mental, and emotional health, for himself, his family, and his clients?

“When I was 18 years old, living in Michigan and finishing high school, my mother came into my bedroom in the middle of the night to rouse me—telling me something was wrong with my dad. And in fact, at the age of 42, he was having a heart attack.

“Even at 18, I had a good deal of interest in health and wellness, and my father’s illness only served to strengthen my commitment to this path. At an early age I knew I wanted to be a pharmacist. My uncle, Pete Barbrey, was a pharmacist and I had spent a lot of time doing part-time work with him in his pharmacy. Uncle Pete was a great support to me when I enrolled in the pharmacy school at the University of Michigan.”

A SHIFTING FOCUS

In school, Mr. Barbrey recalls, “I took all the required courses, but when it was elective time, my focus was always on health and wellness. I found myself in the nursing school taking classes on vitamins and nutrition. No pharmacy classmates joined me, but it was the right choice for me.

“Because of my dad’s illness, when I got out of pharmacy school, I was always on the lookout for medications that might help him. Early in my career, that’s what I focused on. I was very proud of being a pharmacist, and proud of the knowledge I had about drugs. I was able to help my dad understand each new medication he was

taking and we both had high expectations for improvement because of them.

“And that’s a key issue. We always placed our hopes on the next new medication that he got—yet that next new medication failed to resolve his health issues. We were all caught up in anticipating the next magical medicine that would change his life experience. At that point, I knew a great deal about health and wellness but I didn’t yet have a voice for that knowledge. I wasn’t able to verbalize what I had learned in a way that would motivate my dad to consider dietary and lifestyle changes.”

A TURNING POINT

“My dad died in 1993,” he says, “and that was a turning point for me. I took a step back, a step away from what I had been doing every working day as a pharmacist, and took a long look at the bigger picture of health. I realized I needed more education in nutrition, so I completed the very intensive and comprehensive program to become a certified clinical nutritionist.

“This program hammered home simple truths. We are what we eat. More than that, we are what we absorb. Completing that course of study was almost concurrent with the life-changing decision to open my own pharmacy, Medicap Pharmacy, in North Raleigh. We dispense prescription drugs in our pharmacy and we have a robust compounding business, but we also offer much more to help our clients regain and retain high levels of health.

“We are now in our 15th year with Medicap, and the pharmacy has evolved in many ways. We have established a strong reputation for services related to improving people’s health. I’m blessed that so many people refer friends and relatives to us. These days my time is spent less in dispensing prescriptions and more in interacting with people, talking with them about their health issues and what they can do to improve their health.

“It’s all so much simpler than it was in the beginning,” says Mr. Barbrey. “The path has finally become crystal clear for me. Healing truly is the balance of mind, body, and spirit. Which is not to say that is always an easy path. My growing knowledge in this area and my respect for the power of energetic healing has shaped my practice today.

“While Medicap is in important ways a traditional pharmacy, it’s true to say that we are also a multi-dimensional healing environment, helping people to heal, repair, and find and enjoy a higher level of health. My dad went through a long, difficult experience very common for patients at an earlier time. I know there are still many, many people caught up in the same process who may be on the path to experience a similar outcome. Many think the next medicine is going to make a dramatic difference.

“Based on many years of experience, I share with you the knowledge that the next medicine may, in fact, be part of the healing process—but only part. Please, please realize that you have a responsibility to help yourself to be healthier. Step up and do your part. Then let the medications do their part.

“If you would like help and guidance on these next steps in your healing journey, we would be honored to support you every step of the way. We do functional lab analysis, energetic testing with the Biomeridian and Zyto devices, as well as extensive analysis of the results from 23andMe to support your healing journey. Call today to schedule your appointment. It may be the turning point in your life.”

An eCommerce web site

“Our nutrition customers can now shop for their supplements from the convenience of their home at our new eCommerce website, Shop.MedicapRaleigh.com,”
notes Bobbie Barbrey.

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