

# The Power of Your Innate Healing Response

By *Bobbie Barbrey, RPh, CCN*

**H**ave you ever had symptoms show up out of the blue leading you to visit your doctor only to hear, “I don’t see anything wrong; let’s run some tests”? When the test results come back negative you hear, “You’re fine. Maybe you just need an antidepressant.” Does this sound familiar? I hear that story over and over again. Can you really be fine with all of the symptoms that led you to the doctor in the first place?

I recently had the opportunity to do a health and wellness consultation with Lisa, (not her real name). Lisa came to me with a severe tremor in her arms and hands that progressively got worse during the day. By late afternoon, she was unable to hold a utensil in her hand or even attempt to fix a meal for her family. She went to the ER when this started, and later worked with several specialists including a neurologist and a neurological psychiatrist.

“You’re fine” was the answer she continued to get. She was put on multiple prescription medications to control the symptoms. It was reassuring to know that there were no signs of MS or Parkinson’s but what was causing the tremors? There had to be a reason.

Where do you start with a symptom picture like this, knowing that she has already seen some of the best minds in our area? I did what I always do: take a complete history of the events and I tested her using my BioMeridian, an energetic testing device that shows imbalances in energy along meridians in the body.

## EMOTIONAL STRESSES

The first test I did showed strong emotional stresses or imbalances. Another stressed area was the endocrine system, especially the adrenals. Emotional stress and hormonal stress are closely linked systems in the body. Remember, the body wants all systems to be in balance, in harmony, to



achieve optimal health. We discussed this at length. More on that in a moment. . . .

When looking to restore balance in the body you have to look for and follow the chain of causes. Managing health by addressing only the symptoms will often only provide temporary relief while the condition continues to move further out of balance.

The more we talked during our consultation the stronger the emotional piece seemed to be. I have found that addressing the physical body is only one piece of the puzzle. To truly enjoy optimal health, the physical, emotional, and spiritual body must be in alignment. This helps to ignite the flame of the body’s healing energy.

Lisa came to me shortly after our consult filled with energy and excitement in her eyes and face. She finally realized and accepted after all the testing that she had done that her physical body showed no disease. She also admitted to having a high level of anxiety. When she realized the connection between this emotional pattern and her health, and accepted responsibility for not giving this any

energy, over a few days her tremor went away! The relief on her face was priceless to me. Her problem was not in repairing the physical body as much as it was addressing her emotions. What a lesson for us all.

Lisa is well on her way to healing her emotional body, getting this back in line with her physical and spiritual body. When these are in harmony, the innate healing response becomes a powerful ally in your efforts to improve your health. Your body has amazing healing capability. Give it the tools it needs and just get out of the way!

Lisa’s story is not unique. We all have the ability to awaken the healing response within us. For some, like Lisa, the hidden issue was emotional. For others it may be physical, but where to begin? Having a guide is an important first step for many. We have lived with our issues for too long to view them objectively. If you or someone you know is dealing with a health issue, call us and make an appointment for a health consultation. You may be pleasantly surprised to rediscover your own healing power. **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 Clinic 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.”*

*Medicap Pharmacy is located at 6675-101 Falls of the Neuse Road, Raleigh, NC 27615. Telephone: (919) 676-6161. FAX: (919) 676-6575. [www.MedicapRaleigh.com](http://www.MedicapRaleigh.com)*