



Bobbie Barbrey, RPh, CCN, owner and proprietor of Medicap Pharmacy in North Raleigh.

By Bobbie Barbrey, RPh, CCN

Melissa came to see me because she had been suffering from daily headaches for years. She'd tried over the counter pain relief and even prescription medication but the headaches continued. She was looking for a permanent solution.

Pain. Nobody wants it but so many people experience it. What can we do to change that? While it may not be possible for everyone to get back to the full energy and vitality of their youth, I believe that most people who are in pain can take steps to improve their situation. Even small steps can make significant changes in people's lives.

Pain is not a healthy body's normal state. It is an indication that something is going on in that body that is out of balance. If the pain is constant, could there be a constant trigger that the body is being exposed to? I set out to find what that trigger might be for Melissa. Many possibilities came to mind – environmental triggers like pollens or grasses, mold hidden in her house, chemical outgassing, facial products, foods, even electromagnetic pollution.

I started as I often do by running a Biomedian assessment to see which systems in her body were showing signs of stress or inflammation. In Melissa's case, all signs pointed clearly to the gut, her digestive system. She was taking in foods on a daily basis that her body could not tolerate. It did not matter how many pills she took, as long as she continued to eat foods that her body could not tolerate it would continue the pattern of pain and inflammation.

I spend a good deal of my time helping people develop (and maintain!) detailed, com-

Inflammation *and Pain*



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prehensive health plans that, over a period of a few months, can have a profound effect on their quality of life. That quite often includes finding and resolving the root cause of chronic levels of pain.

I'm realistic enough to know that not everyone will completely rid themselves of chronic pain. At the same time, I am relentless in finding what I can that will reduce or, in some cases, eliminate the causes of pain—and the patient is the critical partner in achieving this goal.

I'm passionate about the quality of food we take into our bodies—so much so that I chose to study to become a Certified Clinical Nutritionist. And I know for a fact that there are foods in the diet that increase inflammation. Typically they are processed foods, nightshade vegetables, fried foods, grains, and dairy—the most common foods in the Standard American diet.

We also need to carefully assess the toxic burden that's contributing to inflammation. What is it in your life, in the past and in the present, that is contributing to this harmful level of inflammation? We don't develop chronic inflammation and chronic pain overnight. We may be looking at causes that go all the way back to childhood. For example, are you an avid golfer who has spent decades exposed to the pesticides that keep golf greens so beautiful?

The inflammation I'm talking about is not knee or elbow pain. It's systemic inflammation that, typically, over time affects the weakest organ system in the body. Our job is to find the source of inflammation so that we can remove it and replenish the body with good quality nutrients needed for repair.

FOOD AS MEDICINE

With Melissa we worked to identify and eliminate the foods that were most troublesome for her body. We also used targeted nutritional supplementation to repair the damage caused by years of eating these foods. We added support to strengthen her immune system and worked on basics such as drinking enough water, getting enough sleep, and incorporating some kind of movement or exercise in her daily life. Today Melissa is a changed person. She has more energy than she's had in years and she can't even remember the last time she had a headache.

It's important to understand the concept of food as medicine, food as the healing part of your life. Even if you're using other medication, the changes that you make in what you eat can be a powerful adjunct to improving your overall health and reducing painful inflammation.

Most people make faster progress by adding targeted nutritional supplementation and when appropriate, pain medication. Since Medicap is a compounding pharmacy, we have many options in preparing compounded topical preparations that don't go through the liver. You can apply these products directly to the painful area with beneficial results. This is an important option for someone already taking a lot of medication that must be processed in the liver.

Narrowing the field of all possible triggers and then finding the specific culprit for an individual body is not easy to do alone. That is what we specialize in at Medicap. We customize health plans to help you reclaim your birthright of optimal health. I would be honored to work with you to develop a detailed, comprehensive plan to significantly enhance your physical, mental, and emotional health. Call us today. 

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."

**For more information, contact:
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