



Molly McNaull, a UNC pharmacy student, learns from an expert, Bobbie Barbrey, RPh, CCN, about preparing medications for transdermal application.

Healthy Aging Is Free!

“Aging is not something that happens overnight. It’s a part of a constant, daily process and it’s driven by the choices we make.”

If passion were a product, Bobbie Barbrey would be an exceptionally wealthy man. A registered pharmacist, compounding specialist, owner of Medicap Pharmacy in North Raleigh, and a certified clinical nutritionist, Mr. Barbrey brings expertise and a passion to make you healthier.

High on his list of interests is helping people develop detailed plans that will support and encourage robust good health. These plans are rooted in actions that anyone can take and most don’t cost any money. Don’t believe it? Keep reading.

“I often ask clients a simple question,” he says. “Are you taking time for your health now? Because if you’re not, you *will* find time to take care of your illness later.”

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“In my consultations, I’ve yet to meet anyone who wanted to accelerate aging. Yet as I listen to them describe their habits, I often realize that they are practicing habits that are doing exactly that.

“When I begin working with someone, I’m interested in their attention to basic issues that reflect their level of commitment to health. I often start with sleep—the time when the body repairs and heals itself. We need seven good hours of sleep each night. Sleep is a normal process for the body. Not being able to sleep is a sign of an imbalance somewhere.

“There is a price to pay when you routinely miss getting a full night’s sleep. And sleeping extra on the weekends won’t balance it. You can’t make up the restorative benefits of sleep on the weekends any more than you can take 7 showers in a day and think you’re good for the week. The body works best in a regular daily rhythm.

“There are natural products we can use to help people with sleep issues. But first I may challenge

them a bit in how they are living their life—what is not working optimally that’s making it difficult to sleep?

“A common factor affecting sleep for many is stress. Addressing lifestyle and diet is a great starting point for reducing physiologic stress in the body. Read *Adrenal Fatigue* by James Wilson and you will make stress management a priority in your life.

“When we think about additional strategies to slow down the aging process, it’s critical to consider hydration. Most of us need to drink 8 to 10 glasses of fresh water throughout the day, reducing the amount we drink towards bedtime. A car won’t work without oil and the human body will not perform without water.

“Another critical factor for virtually all of us is movement. This can take many forms—going to the gym, yoga, pilates—even a meditative walk for 15 or 20 minutes each day counts. Ideally including cardiovascular and strength training are wonderful ways to slow the aging process.”

CONSEQUENCES

It’s pretty common for many of us, Mr. Barbrey notes, to short-change ourselves with poor health habits. And, he says passionately, “You can’t keep waiting to slow down the aging process, thinking it’s something you’ll address later in life, perhaps when you retire. Your body will not wait to age until you are ready to deal with it. Your anti-aging strategy is a reflection of what you are doing right now. I challenge each person to look at what they are doing right now, what they’ve done today. Ask yourself a simple question, ‘Did I reduce or accelerate my aging today?’

“Most people, in fact, haven’t paid enough attention to the quality of their sleep, to managing their stress, to drinking adequate amounts of fresh water, and to moving their bodies in healthy ways.

Ignoring these issues contribute to higher levels of inflammation, the precursor to disease.

“I want to close this anti-aging journey by having you reflect on what you ate in the last 24 hours. A whole foods diet, relying on living foods, is a key to long-term health. While all the strategies we’ve discussed are parts of the foundation for health, healthy food choices are your most powerful weapon against aging.

“The simple truth is you can’t honestly say that you are working to slow the aging process if you routinely eat fast food. Your health is the result of your daily choices. Invest in replenishing your ‘healthcare bank account’ every day of your life. If you overdraft that account symptoms and diagnoses will soon follow.

“So my challenge to everyone is to go look in a mirror. What age do you see? I hope you’ll say ‘I look and feel younger than my age.’ If not, the fork in the road is here. Which path will you take? This is the time to challenge what you are doing so your metabolic age will be truly less than your chronological age.

“Many of the suggestions I talked about today are free. But not implementing them can be costly. Are you willing to make the investment now? I can help you develop that plan.”

**BOBBIE BARBREY, RPh
Certified Clinical Nutritionist
MEDICAP PHARMACY**

**6675-101 Falls of Neuse Road
Raleigh, NC 27615
Telephone: (919) 676-6161
Fax: (919) 676-6575
www.MedicapRaleigh.com**