

Bobbie Barbrey, RPh, CCN



Movement and Balance

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MOVE! 10 WAYS TO MAKE IT EASIER

Pharmacist Bobbie Barbrey offers his suggestions to incorporate movement into your life:

- **Make the commitment** to become healthier through moving. Write down your goals and a schedule for them.
- **Make it fun!** Do what you enjoy. No rules, just do it.
- Find a **fitness buddy**. This makes it more fun and keeps you both accountable.
- Drink **water!** Your entire body and especially your joints work better when properly hydrated.
- **Nurish** your body with the proper foods and quality targeted nutritional supplementation. Let’s discuss some nutritional products that can make a difference for you.
- **Reduce inflammation** by eliminating sugar, wheat, and dairy. I promise you that you will move more easily.
- **Congratulations** on your weight loss! This will make it even easier to move.
- **Disconnect from technology** for a while. Turn off your cell phones, laptops, and TVs and reconnect with nature.
- **Walk!** Every movement counts. Walk around the block, to the mailbox, in a mall. Consistency is the key. Incorporate some movement into each day.
- **Choose life!** Movement increases the quality of life. Be here for those close to you by keeping health a priority in your life.

When you join the growing number of health-conscious people who turn to North Raleigh Pharmacist Bobbie Barbrey for guidance in developing a comprehensive health plan, be prepared for thoughtful, detailed feedback of how you eat, sleep, and move.

“Everything we do affects our physical, mental, emotional and spiritual health,” he says, “and it’s all important. The goal is to achieve balance in all parts of our lives—and that, in itself, is a critically important discipline. It is hard to achieve optimum health while practicing just selected parts of the health puzzle.

“When evaluating a patient’s overall health picture, it’s easy to see the health areas that patients avoid and moving is often high on that list. Integrating all pieces can contribute greatly to their healing, once they implement them,” he observes.

While he has a busy traditional and compounding pharmacy practice, Mr. Barbrey is also a Certified Clinical Nutritionist, with a special interest in working with people one-on-one in matters of health. Moving our bodies in beneficial ways is high on his list to make quantum shifts in overall vitality (*see box*).

MATTER OF CHOICE

“We all make choices every day about how we spend our time. In my busy personal and professional life I *schedule my time* to move my body. When did planning your workday become more important than investing time in your future well-being? It’s all a matter of priorities.

“In my health plan consultations, when it comes to movement and exercise, I often hear common refrains: ‘I simply don’t have the time to exercise.’ ‘I don’t have the energy to exercise.’ ‘I hate going to the gym.’ ‘It’s painful for me to exercise—my back hurts!’”

While these are legitimate issues, he says, “they can often be resolved in positive ways. I ask my clients to consider movement today to be an important factor in their quality of life in the years ahead. It’s not really a question of not having enough time to exercise. It’s a question of *making the time* to exercise.”

Exercise and movement need not be time-consuming or costly, Mr. Barbrey points out. “There are a great many quality DVDs available to guide people in learning the basics of yoga, Tai chi, Qi gong (which I do at home), resistance training, and other at-home movement exercises. Millions of Chinese do Tai chi every day, and many of the participants are quite old. As the result of regular daily practice, even late in life they still move with amazing grace and fluidity.

FATIGUE AND EXERCISE

“Fatigue keeps many people from engaging in exercise, and paradoxically, the lack of movement can and often does contribute to fatigue. Some people are living such sedentary lives that *any* type of moving makes them tired. But the truth is that movement is a critical factor in building and maintaining energy.

“There are, of course, many reasons why a person may feel tired. Identifying the causes of fatigue, and working to change these factors is an important part of the health plans we develop. So many people today are caught up in the vortex of the tornado, sometimes referred to as life, and they can’t fight their way out. I challenge those patients to step out of that vicious cycle and get back to supporting health.”

“Personally,” Mr. Barbrey notes, “Several years ago I had an issue with fatigue because I was standing most of the time, often for eight to ten hours a day. My legs were especially tired. That has been completely overcome by wearing compression socks. That simple lifestyle addition made a tremendous difference in the energy in my legs at night. I encourage anyone who stands for a living to check this out. We carry a nice line of Mediven compression hosiery and have certified fitters to ensure that you get the proper fit for your hose. It’s made a world of difference for me.”

PAIN AND EXERCISE

“At some point in our lives, most of us deal with pain that makes it more challenging to do exercise. If it is difficult to stand

or walk, you can get still amazing benefit from yoga or stretching even while sitting in a chair. Or try conducting an orchestra from your chair with your arms held higher than your heart. Every little bit of participation helps.

“And there are some great nutritional and herbal strategies to reduce pain that I’m happy to share. I’m not a big fan of long-term use of NSAIDs—nonsteroidal anti-inflammatory drugs such as aspirin and ibuprofen—but I find we can get terrific results in relieving pain by using such natural products as Boswellia extract and tumeric, and glucosamine. I’ve seen wonderful results with these approaches reducing the stress on joints and thus reducing the pain of joints.”

GETTING TO THE CAUSE

Mr. Barbrey has a unique combination of skills to offer his clients. He has over 30 years’ experience with pharmaceuticals, understands bio-identical hormones extremely well, and can assess and advise on nutrition and quality supplementation. Using his expertise, he works with his clients to develop customized health plans that often produce remarkable results. He recently introduced a BioMeridian Stress Assessment scanning device into his practice.

“This has become an invaluable tool,” he says, “because it helps me look at inflammation in the body and then target those areas for support. It’s not a diagnostic tool, but when I look at areas of the body that are inflamed—understanding that very often inflammation is a precursor to disease and the site of pain—it gives me information to make recommendations for the patient more precisely.”

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