

Using 23andMe

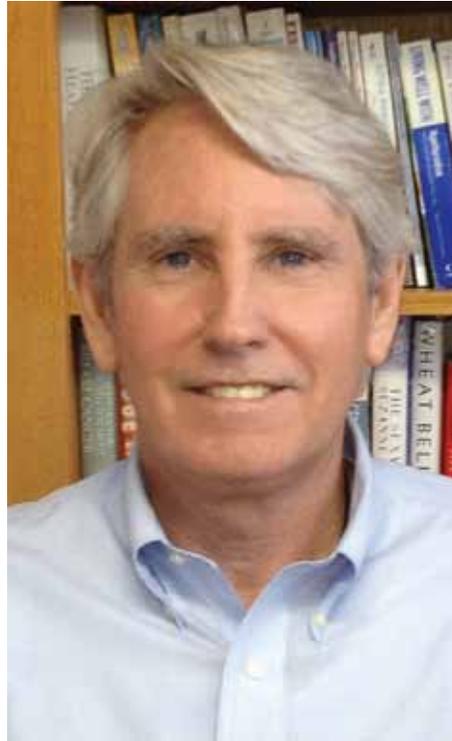
Pharmacist Bobbie Barbrey, owner of Medicap Pharmacy in North Raleigh, is a passionate man, especially when the topic is your health. He is always looking for new and different ways to help people improve their health. He recently added genetic profile analysis as another tool to help assess where health issues may originate.

“I’ve been working with an incredible software program for nearly a year,” he says. “It takes your genetic information and turns it into a usable document to help identify areas in your own body that may need additional support. The program interprets the raw data from 23andMe, a company that will decode your DNA from a saliva sample.

“When we move into a conversation about genetics, people often think about potential diseases or conditions that we may be carrying with us in our DNA. That’s not what this program is about. We don’t deal with diseases at all. Our health program is functionally based: What area in the body may need more support in order to function optimally? Do your genetics show that you have more difficulty than the average person in processing histamine? If so, you may be more reactive to seasonal allergies or insect bites. Or, for example, does your body need more of a specific nutrient to make an enzyme work properly so you can detoxify or produce antioxidants?

“These genetic variants,” he explains, “are called SNPs or single nucleotide polymorphisms. Identifying SNPs has been life changing for some people. It can explain why they have had some health issues for years despite careful attention to diet and nutrition. We carry a specialized line of supplements designed to fill in the missing links to these SNPs and allow the body to function at its highest potential. That’s my passion—functional health: helping to assess where someone is and then determining what other factors we can introduce to improve the person’s long-term health prospects.”

Mr. Barbrey notes the report from his own DNA analysis program is 30 pages long and growing. “It’s quite comprehensive and they are updating it all the time. It’s the most



Bobbie Barbrey, RPh, CCN

exciting innovation I’ve found in a long time. To think that if we know a person has difficulty detoxifying pesticides, as an example, by supporting that specific enzyme system we can improve their health long-term. If you are a golfer and are constantly exposed to the pesticides and herbicides that keep those golf greens so beautiful, it would be critical to know if you have a genetic SNP that would make those chemicals extra toxic to you. This is just one of hundreds of scenarios that can be addressed.

“Genetic variants are passed down from parent to child,” he explains. “We also find diseases that are common in families. This is why we want to identify which nutrients your body needs more of, based on the SNPs present.”

INNOVATIONS IN HEALTH CARE

“Genetic information is the next step in health care,” says Mr. Barbrey. “23andMe just decodes the data but it does not interpret it or put the information in an easy to understand format. That’s why our analysis program is so exciting. It produces a very detailed report that the patient can take home with them. Because our genetics never change, the report is a valuable roadmap for their whole lives.

“We carry the 23andMe saliva kits in

“The genetics load the gun but the environment pulls the trigger.”

our store as a convenience to our customers. They are the same price as if you would get them online—\$199. If you are interested, do the test right away because it takes 6-8 weeks to get your results back. Once you have your results you can schedule an appointment with me for the analysis.

“Each of us has two copies of each gene, one from the father and one from the mother,” he explains. “If both copies of a gene are variants, your body may be more challenged than if only one copy is. When you have one good copy and one variant of a gene, by practicing proper lifestyle, dietary, and nutritional supplementation, the chances are in your favor to only express the good one.”

Mr. Barbrey explains that even if you find a genetic variant in your DNA it is not cause for alarm. It does not automatically mean that you will manifest a condition that may be associated with it. “There is a common phrase that says, the genetics load the gun but the environment pulls the trigger. By keeping your internal environment healthy, the chances are excellent that you will enjoy good health.”

The Benefits of Planning

“We find that the patients who enjoy the most success,” says Mr. Barbrey, “are those who follow a well-thought-out plan. As a Certified Clinical Nutritionist and a Registered Pharmacist, I am well qualified to help you negotiate the journey. Call us at Medicap Pharmacy to set up your individual consultation so we can map out your personal health plan. Make it the gift of a lifetime.” **h&h**

**For more information, contact:
Bobbie Barbrey, RPh
Certified Clinical Nutritionist
MEDICAP PHARMACY**

**6675-101 Falls of Neuse Road
Raleigh, NC 27615
Telephone: (919) 676-6161
Medicap.Raleigh@gmail.com
www.MedicapRaleigh.com
Shop.MedicapRaleigh.com**