

The Choice Is Yours

By *Bobbie Barbrey, RPh, CCN*

Health can be very fleeting and before you know it, you are in a cavernous clinic waiting room at the Medical University of South Carolina with 100 other patients, waiting to cross the threshold of the three doorways ahead. The light coming in through the windows reflects off the sterile furnishings, offering rays of hope. You stare at the three doors, wondering when it will be your turn to make the uncertain journey through one of them. You always planned to take care of yourself. In your mind you were the healthy one and you knew you could always make up for lost healthy practices later. Your tomorrows have now become your today. Welcome to MUSC (or UNC, or Wake Med, or Duke Medicine).

As I slowly look around the room, I see many really unhealthy people. Why am I here? Is this a snapshot of what I will become in 10 years, 20 years? Are you thinking that you will never be like them? Are you physically able to do whatever you want? Or are you sitting in this room hoping for one last chance? ‘Doc, can you perform just one more surgery; can you give me one more drug to make me feel better?’

Like everyone in that room I knew I would get older and maybe even experience some health challenges. But what steps did we take to protect our health? Often we know what to do to be healthy but put so little effort into it. Lack of effort today will limit your choices tomorrow.

The three doorways in the waiting room became a metaphor to me for the paths that we can choose in our life. Which door will you be walking through?

DOOR #1: “SAME OL, SAME OL”

I enjoy life. I eat what tastes good and do what makes me happy. If something happens to my health, the doctor will fix it. That’s his job, not mine. “**Mr. Same Ol, the doctor will see you now.**”



DOOR #2: “EDUCATED, BUT NOT MOTIVATED”

I exercise sometimes and occasionally eat a healthy meal. I know what to do for health, but I’m pretty busy now. Is your life anything like mine? Working too many hours, maybe drinking and smoking too much, sleeping too little with the hope of catching up later, eating a fast food diet (‘I told you I was busy!’), stress is my constant companion, and the kids take all my free time. My health mantra is, “I’ll get to that tomorrow.” “**Mr. Not Now, the doctor will see you now.**”

DOOR #3: “LIFE IS GOOD”

You are in the most exclusive club. You acted on your goals with a plan. You realized that the time you commit to your health today will pay dividends later. You are here for your annual wellness visit. You realized that it was never too late to start investing in your future success with your health. Congratulations! “**The doctor will see you now, Mr. I.M. Good.**”

What will it take to motivate you to be able to walk through Door #3? Health is achieved through the actions you take day to day.

By the way, that day at MUSC, I walked proudly through Door #3. After 15 years of practicing a healthy lifestyle, eating a sensible diet, and taking targeted nutritional supplements, I had a successful cardiac ablation for A Fib.

Surgery is necessary sometimes but I would challenge you to be sure that you have done everything possible to support your health before making that choice.

My passion is helping others find their way to optimal health. 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 a gift to your future self. **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.”

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