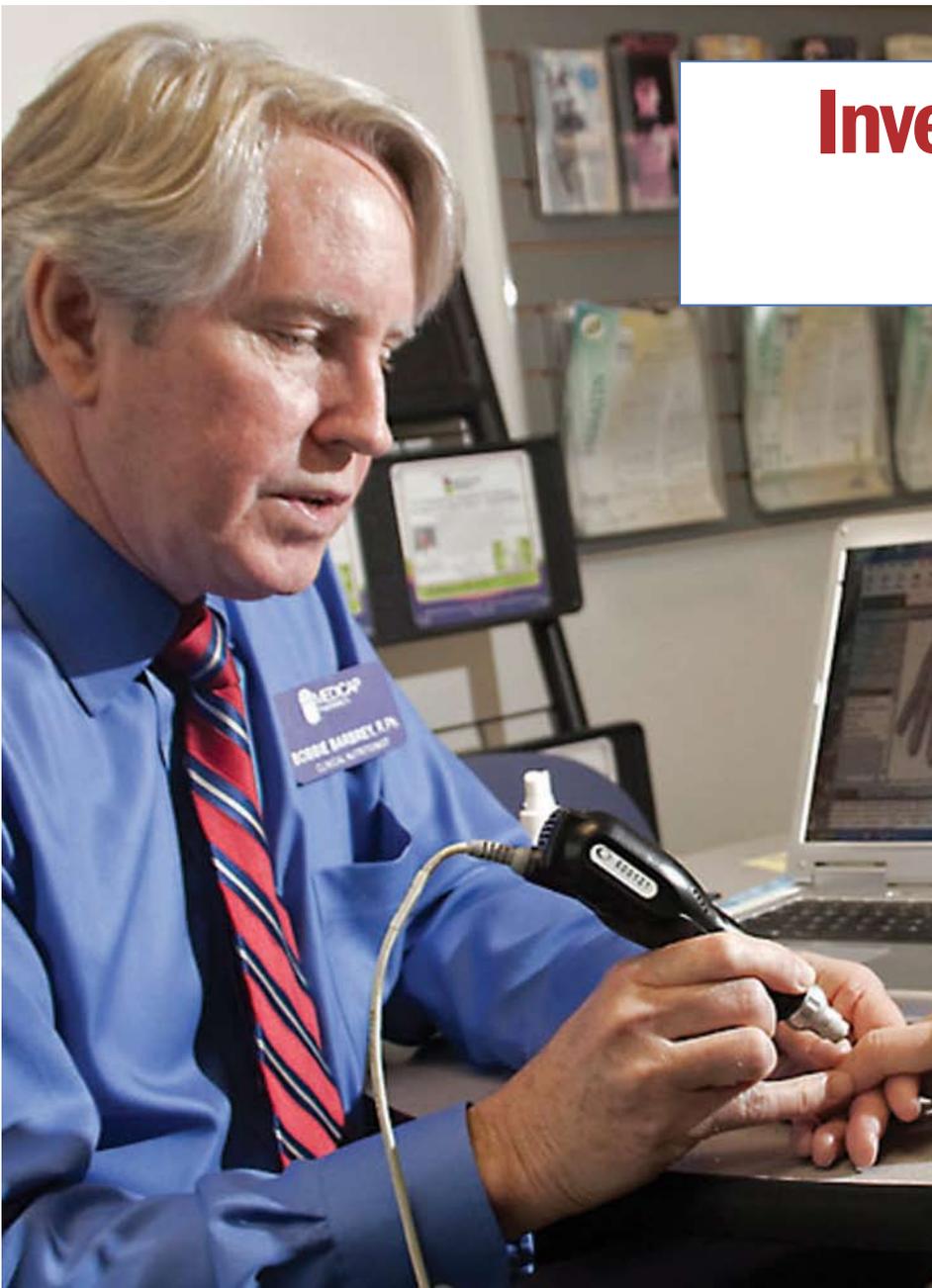


Investing in Health



Mr. Barbrey, conducting a BioMeridian scan.

Bobbie Barbrey would smile if he heard himself described as a world-class investment counselor, but many of his patient-clients would agree that the title is apt.

Mr. Barbrey moves effortlessly from role to role in the Medicap Pharmacy in North Raleigh that he owns and oversees. He is a registered pharmacist, an expert at compounding medications to meet special needs, and a Certified Clinical Nutritionist (CCN) who deeply understands the healing power of lifestyle and healthy food.

Increasingly, he spends time guiding clients in the design and implementation of comprehensive health plans that, for many, prove to be life-changing. He is passionate in urging his clients to make a major investment in their own health and well-being. Three recent memorable patients illustrate his approach to health and healing.

JUDY

Joy came to Mr. Barbrey seeking relief from chronic GI issues, asking him to endorse her notion that the medications Prilosec or Prevacid would be helpful. "I said yes, they could indeed be helpful, and but I also asked a few questions about her diet and lifestyle. People's eyes reveal much when they respond to such questions: are they interested and open to exploring these ideas? Or do their eyes glaze over, revealing reluctance to consider change?"

"Joy was definitely in the latter category, so I provided the medicine she had asked for and asked her to come back in two weeks with an update on her condition. To her credit, she did—and she reported that she felt as bad as ever. This time she was more willing to explore other approaches. We scheduled a full consultation with her, including a BioMeridian Scan to identify energetic imbalances in her systems. We found out pretty quickly

that Joy is very sensitive to grains and dairy. Her diet of processed foods and high carbs was a major problem.

"By following recommended changes, Joy's symptom picture changed dramatically over a 30-day period. As she has embraced this new way of eating and living she's more tuned in to her body. If she slips just a bit from her new food regimen, she knows it right away and corrects the problem."

JUDY

"Judy," says Mr. Barbrey, "has a Type A personality, highly energized with virtually no down time. She came to me for her prescription for Ambien and later Lunesta, two of the many medications available to help promote sleep. I asked her to report back in a few weeks to let me know if she was sleeping better and I also let her know that there were other options if she was interested. I reminded her that sleeping is a natural process for the body and an inability to sleep indicates that something is out of balance. Taking prescription sleep aids do not address the underlying causes. Our body does most of its healing and repairing during sleep and thus is critical to optimal health. In fact, sleep is one of the most important issues I work on with my patients. Restore sleep and watch other symptoms begin to melt away.

"Judy returned and reported 'marginal improvement' on her sleep meds and was interested in other options. We started our restorative approach by doing adrenal and hormonal testing as well as looking at her diet and how she manages the stress in her life. Judy is becoming increasingly interested and compliant as she understands the potential for better health and her role in it."

A THIRD MEMORABLE PATIENT

"Probably my all-time favorite patient had some on-going GI issues," says Mr. Barbrey, "and she wanted more energy. I recommended adding a good quality fish oil to her diet, and Catalyn, from Standard Process—small, easy to swallow tablets that are a wonderful whole food supplement. She complained that she was already taking a lot of pills and simply didn't want to add any more. 'That's just too many pills to swallow,' she said.

"This is someone I interact with regularly, so I said, 'OK.' I have to recognize as a practitioner that people won't always do what I feel is best for them, but usually there's some place where we can meet in the middle that will still be of great benefit. In this case the answer was intraMAX, a liquid multi-vitamin nutrition product that tastes great. To this day, my mother is very appreciative of this change—and that's a true story." *hkh*

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