

## A Puzzle *With Many Parts*

**B**obbie Barbrey, long-time pharmacist and owner of Medicap Pharmacy in North Raleigh, is passionate about health, and convinced we are designed to live at least to the age of 100 in a healthy state—if we so choose.

Mr. Barbrey has designed a carefully crafted 10-point road map, each item like a piece in a puzzle and all essential to achieve the goal of optimal health: sound diet, restorative sleep, appropriate exercise, lots of good quality water, quality supplements as needed, toxin elimination, hormonal balancing, meditation, and more.

These are to some extent uncharted waters for most pharmacists, and Mr. Barbrey, motivated to find another way other than just pharmaceuticals after watching how they failed his father in his last years, has taken his health care skills and knowledge to a higher level. An important step to this was completing the rigorous training program offered by the International and American Association of Clinical Nutritionists to become a Certified Clinical Nutritionist.

### OUT OF BALANCE

“A lot of people simply do not realize that they are moving out of systemic balance,” he points out. “Perhaps they believe that they can work on one aspect of health—exercise, for example—and ignore other vital components, such as a healthy diet, essential supplements, and a healthy, positive, nurturing attitude about life. There are a lot of independent systems and organs in the body, and they all talk to one another. The mind is the overseer of the systems, affected by and affecting everything going on in the body.”

Mr. Barbrey is increasingly in demand for nutritional counseling and developing individualized comprehensive health plans.



**Bobbie Barbrey, RPh, uses the BioMeridian scanning device to assess the overall health of a client.**

“Quite often people come to me with an array of symptoms,” he says, “very willing to blame all of their physical and mental ailments on ‘the aging process.’ I stop them right there. I don’t want to give any energy to that idea. I remind them that they are designed to be healthy to the age of 100 or more, and I can help them put together a plan that is custom designed for their needs and issues, and, further, I can serve as their coach to help them reach their goal.”

The issue of balance, he emphasizes, embraces mind, body, and spirit. “My clients and I approach achieving optimal health from many different angles. The acid-alkaline balance in the body, for example, is an important piece of the overall picture.

“When I’m working with people, doing a BioMeridian energy scan, and dietary, symptom, and lifestyle assessments, one critical purpose for all the information I’m gathering is to move the person to a less acidic, more alkaline body chemistry. When they are in that ideal pH range—between 6.6 and 7.4—they will enjoy a higher level of health. Inflammation will subside, brain fog will lift, they’ll have much more energy. But it’s a process, without short cuts to achieve the goal. You can’t simply take a pH capsule and expect to raise your alkalinity over the long term. These are whole body issues that require whole body solutions—and commitment.

Mr. Barbrey uses the BioMeridian scanner “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—it gives me information to make more precise recommendations for the patient. With these additional findings from the BioMeridian, we are better able to formulate an effective plan, be it for prevention, anti-aging or giving the body the support it needs to activate its own innate healing response and achieve balance between the systems in the body. Now is the right time to put this plan into action. Let’s get started!” **h&h**

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