

Staying Healthy in a Toxic World

By Bobbie Barbrey, RPh, CCN

I am blessed to be able to work with my passion of helping people to improve their health. It has been a lifelong journey for me with no end in sight. The more I learn, the more I want to learn! I use many modalities when working with patients, but one of my favorites is the BioMeridian, an energetic device that lets me non-invasively assess what is going on in a patient.

When I perform a BioMeridian scan on a patient, I am assessing the energetic flow of the meridians in the body. The meridians carry the life force or energy, often referred to as “qi.” I want to see abundant, free flowing qi. When instead I find inflammation, that usually indicates a stressor or a block that may hinder the flow of energy in a meridian, in an organ system, in your body. Maximizing your energy potential is our goal. A more common expression for this is achieving optimum health.

So where do these blocks come from? What can cause inflammation in the body? We don't have to look far to find numerous energy disrupters in our toxic environment today—excessive stress, processed food, GMOs, mold, buildings and furniture outgassing toxins, chemical exposure in your work environment, pesticide and herbicide exposure, impurities in the water, heavy metal toxicity, viruses, parasites, bacteria, just to name a few. This a scary list!

OUR BODIES ARE DESIGNED TO REMOVE TOXINS

These toxins all have the potential to disrupt energy flow. Our bodies are designed to remove toxins, primarily through the liver, kidney, and large intestine. However, when the toxins are being taken in faster than they can be removed they build up and are stored. When you cross the threshold of what your system can handle, this disruption—these blocks—will manifest for you as a symptom. Left unattended, what started as a minor symptom may increase to become a diagnosis. At this stage you can make a choice. You can focus on managing the symptoms, or you can look for the root cause of the energetic imbalance that started the process. Find the toxin(s) that disrupted your energy, remove them, repair the damage, and restore the health. Many people choose to just manage symptoms. But for those who want to take an active role in



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reclaiming your birthright of optimal health, I'm your guide!

When inflammation builds in the body, it will usually be in your weakest organ or system. As this builds over time, you may find yourself in a doctor's office hearing, “You have ABC which we will treat with XYZ drug.” While you may need a medication for a period of time, don't get comfortable with the medicine being your only health strategy. Medication is great for managing symptoms but often falls short of addressing or correcting the root cause.

Often when I talk with patients about a health issue they will say that it is genetic and therefore they have no control over it. We now know that genetics account for only about 10 percent of the diseases we see today. It is much more productive to focus on the 90 percent that you can control. And the way you control that is by reducing the toxic burden in your body, by eating correctly, by taking supplements, and by exercising.

WHAT DOES YOUR PLAN LOOK LIKE?

What does your plan look like to improve the building blocks for long term optimum health? Are you ready to implement the changes needed to enjoy optimal health? I believe every one of you reading this article can improve your health. I can guide you through this process. You can do this! Take charge of your health with targeted lifestyle, diet, and proper nutritional support. The effect of this strategy can be life changing. I see this time and time again.

Come in to see our staff of health and wellness practitioners. Make an appointment for a consultation. You will enjoy the benefits for a lifetime. And ask me what I learned at my Fellowship training course through the American Academy of Antiaging (A4M) August 13-15 and I will share with you the pearls and give you a gift. Aren't you glad you read the whole article? That smile I just saw is the beginning of your healing journey. Congratulations! . hkh

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.”

Medicap Pharmacy is located at 6675-101 Falls of the Neuse Road, Raleigh, NC 27615. Contact at: Telephone: (919) 676-6161; FAX: (919) 676-6575; Medicap.Raleigh@gmail.com, and www.MedicapRaleigh.com.