

“Trust me. There are no miracle supplements that will provide a greater benefit to your health than a well thought-out, integrative approach.”

When Bobbie Barbrey, a registered pharmacist and a certified clinical nutritionist, sits with a client to develop a health plan—a passion in his life—it can be, and often is, a life-changing event.

For more than a decade he has owned and operated Medicap Pharmacy in North Raleigh, performing all traditional pharmaceutical functions, including compounding. But what sets Medicap apart from most traditional pharmacies is its focus on health and wellness. Mr. Barbrey uses his understanding of the functions of the human body and its incredible ability to heal to help people reclaim optimal health.

A patient we’ll call Rebecca, 35, is typical of clients who seek Mr. Barbrey’s expertise. “She came to me with a perfect lab report,” Mr. Barbrey says, “and her doctor told her she was in excellent health. But she didn’t feel well.

“To me, a ‘perfect’ lab report is a one-dimensional assessment of a person’s health. We agreed to a Biomeridian consult because she was continuing to experience very uncomfortable levels of fatigue. The Biomeridian device is not a diagnostic tool; it’s an electro-dermal screening device that shows me areas in the body that are experiencing higher than normal levels of stress. Where there are higher levels of stress, there is more inflammation, a precursor to many health issues. Thus when we see a high stress area in a scan, we target and support that area as a way to guide people to better health.

“My clients understand that we don’t treat specific health issues here, but what we do offer moves a client to a healthier life. Eating nutritious food, getting sufficient good quality sleep, exercising and taking exactly the right supplements are key steps in regaining and maintaining good health. We give each client a customized plan for how they can best do that.

“In my initial work with Rebecca, we used the Biomeridian to scan the systems in her body. From those results I selected a point that showed a high level of stress and with further testing found resonance with a virus signal. Additional testing suggested it resonated with Epstein-Barr, a virus known for causing fatigue.

“I suggested that Rebecca return to her doctor and have the virus panel checked again. Sure enough, the Epstein-Barr values were out of range. With testing, we selected remedies that balanced the virus energetic signal nicely. This balanced reading indicates that the remedy would work well in the patient to reduce the symptoms she was experiencing. She began our protocol and saw improvement.

“Today Rebecca is doing well. She has regained the vital energy of a 35-year-old woman. The lesson for me is



Mr. Barbrey and his daughter, Kaylan Barbrey, PharmD, discuss reputable websites for health information.

Dealing With *Digital Overload*

that even when a lab report does not indicate a health issue, our focus is on the patient, not the lab report. If they say something is still not right, be open-minded and dig deeper to determine the real cause of distress.

“Lab reports are an excellent starting point to assess health but it’s even better to catch an issue before it becomes an out of range lab value. Let’s make prevention our priority for health. It works.”

INFORMATION OVERLOAD

Many people find Mr. Barbrey’s expert advice about supplements, health, and nutritional issues particularly valuable in this era of major information overload.

“There is an abundance of health information on the internet, and sorting through it all is quite a challenge,” Mr. Barbrey acknowledges. “And a good deal of the information is clearly self-serving: reports about a health issue and then a supplement for sale to address the problem. It’s become a ‘call-1-800-buy-my-amazing-new-vitamin’ kind of world. Not a day passes that I’m not asked to offer an opinion about a health product promoted on the Internet.

“Just yesterday, a long-time customer came in and said, ‘Hey, I’ve been reading about resveratrol and it looks like it has some wonderful properties. I just bought some for only \$10 a bottle. What do you think?’

“I responded, ‘Well, without even looking at it I can tell you that it’s not going to be the “trans” form of resveratrol, which is the most readily absorbed and most effective form, and it’s not going to be in the right strength.’ He took that as a challenge, and showed me his product. It was resveratrol at 20 milligrams. I had to break the news to him that all of the studies related to effectiveness were being done on 200 milligrams of trans-resveratrol. His product was not worth the \$10 he paid for it.

“It is buyer beware, and therein lies one of the challenges I deal with every day—helping clients and customers avoid purchasing products that are simply not going to be effective for them. With this glut of information overload, it’s a bit like trying to drink water out of a fire hydrant.

“In my store I’m careful to only carry hand selected, high quality products at a competitive price. One of the powerful incentives for me to open this business 11 years ago was to be able to offer the best products to my customers. Previously it frustrated me that the chain pharmacy where I worked didn’t carry the quality remedies that I knew could make a difference. I felt a responsibility with my recommendations. I had to be able to offer products that would achieve results.

“I love being a resource to help people determine what supplements will be most useful and important. And I especially love tying that information to the development of an overall health plan. When we do that, they can largely ignore the flood of unsubstantiated health information on the internet. Trust me. There are no miracle supplements that will provide a greater benefit to your health than a well thought-out, integrative approach.”

STEPS TO HEALTH

In an initial health plan visit, Mr. Barbrey says, “the goal is usually to find out where the client is on the health scale—how well they are, or possibly how sick they might be. The frequency of subsequent visits flows from that initial contact. Typically we do a series of three visits at two month intervals to build a foundation over time.

“We establish a baseline in the first visit, with a thorough Biomeridian scan, and go over information about lifestyle and diet. In a second visit, we review lifestyle and diet issues in even more depth, recheck supplements, and re-scan some critical points, often looking for causes. In a third visit we’ll go back and re-test points and assess the progress we’re making.

“This process requires people who are dedicated to changing and improving their health. In this amazing information age, my advice to everyone is, ‘Don’t feel as if you have to know it all or figure it out by yourself. Let’s work together to develop a step-by-step plan that will take your health where you want it to go. I will be honored to be your guide.’” h&h

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