

Healing the Physical Body Is the Starting Point Now the Rest of the Story

By Bobbie Barbrey, RPh, CCN

When was the last time you saw a doctor or pharmacist who told you that your emotions were out of balance? Has that ever happened? Or are your issues addressed by working only on the physical body? Many times the issue has a physical component, but what is going on emotionally?

When I meet a patient for the first time I am especially tuned into body language, the story behind the message, and the overall level of qi—the life force of the patient. I have sensed on many occasions that what I was being told was not the whole story. I want to know what your childhood was like, what the family dynamics were, what were your biggest disappointments or most exciting success, and what makes you happy. When someone reflects on key emotional events in their lives it often provides clues to the pathway for an expanded level of health.

I worked with a woman I'll call Cathy. Over three visits we made significant progress but I could tell she was still concerned and focused on her physical health. "What would make you happy right now?" I asked her. Her face lit up and her energy soared as she told me that she wanted to move back to California to be near her daughter. "What's stopping you?" I asked.

To her credit, Cathy made the effort and moved to California. Today she is much happier living near her daughter. We'd had limited success working on her adrenals with supplements and by addressing the issue a different way her adrenals are much stronger. Cathy found her answer in the connection that supports mind, body, and spirit.

You can make that connection, too, and I have some suggestions for how to start.

This is the time of year that many people put together a list of resolutions for the New Year. I would like you to make a list of resolutions that can help you to rebalance your body, mind, and spirit. As I step away from my allopathic pharmacist's white coat and my compounding mentality, I offer these ideas for your new journey:

EMOTIONAL RESOLUTIONS FOR HEALTH FOR 2013

1. Embrace the science confirming that emotions affect the physical body. Mind, Body, and Spirit is not just a phrase, it's your ticket to health.
2. Read *The Biology of Belief*, by Bruce Lipton. You will become a believer.
3. Call that family member or friend with whom you have lost touch and see how the reconnection touches your heart. Feel the good energy you get from the conversation.
4. Do something for another person anonymously knowing how much it will mean to them. Smile from the joy it brings you. Smiles are contagious.
5. Send or take flowers to someone just because.
6. Every night, write down five things (or more) that you are thankful for. Watch how powerfully it changes your outlook on your life.
7. Become a participant in your emotional health through yoga, meditation, qi gong, exercise, or counseling.
8. Make an appointment every day with yourself to nourish your emotional and spiritual health, then enjoy the rewards.
9. Spread positive emotional energy to everyone you meet. It is contagious and will fuel your own energy.



10. Look in the mirror. Are you happy? If not, now is the time to begin your new path. Start today. Change your mind set to unleash the incredible power of you. There is a vortex of energy within your soul. Connect to it. Tap into it. Live life! Your physical body will be re-energized and reward you with improved physical health.

This list is my gift to you. I hope it helps you to reconnect at an emotional, soul level. What other resolutions can you add to help you achieve better balance between mind, body, and spirit?

I am very grateful for the privilege of working with people on their health and spiritual journeys. I wish for you much peace and happiness as we all journey on new paths in 2013. 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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