



## Challenging *Toxic Inflammation*

Mr. Barbrey  
in a health  
planning session.

“One of the beliefs that often sabotages positive change is that vibrant good health is elusive and difficult to achieve,” says Bobbie Barbrey, RPh. “In fact, very simple changes can have very dramatic benefits.”

Mr. Barbrey is a compassionate health detective who has guided dozens of clients along a different path that links simple, manageable changes, often with remarkable outcomes.

A pharmacist for more than 30 years, with extensive skills in compounding special-needs pharmaceuticals, Mr. Barbrey is the owner-operator of Medicap Pharmacy in North Raleigh. Motivated to help his clients improve their health more than what he saw happening with pharmaceuticals alone, he completed the rigorous studies to become a

Certified Clinical Nutritionist (CCN). He is well qualified to help his patients with nutritional counseling and developing individualized comprehensive health plans.

“Most of us need a plan to make extensive positive change,” he notes. “It’s a vital road map, guiding you from where you are to where you want to go. As a governing principle for me, it’s essential that each person be invested in his own health – it’s a matter of personal responsibility. Our health deserves attention, reasonable discipline, and dedication.”

Elements of his health plans include eating healthy foods, getting ample quality sleep, moving in whatever way works best, drinking plenty of good quality water, and giving attention to an inner life through meditation-prayer. Quality supplements provide the foundation to support this overall program.

To help in his health assessments, Mr. Barbrey uses a BioMeridian Stress Assessment (BSA) scanning device which, he says, “is a of blending of art and science that helps me look at inflammation in the body and then target those inflamed areas for support.

“It’s not a diagnostic tool, but when I look at areas of the body that are inflamed—knowing that toxins cause inflammation which is often a precursor to disease—it gives

me information to make recommendations for the patient more precisely. With these additional findings from the BSA device, the patient has a greater opportunity to activate their own innate healing response and achieve balance between the systems in the body.”

The entire process need not be complicated or lengthy, he explains. “A short time ago, a woman easing into middle age came to me with an array of symptoms. With the BSA scan I saw a fairly diverse pattern of inflammation rather than a problem focused on a particular bodily system, such as the liver. Simply put, there was no definitive target to address for support.

“I always, without exception, test clients for gluten and dairy sensitivity and this woman was very high on the gluten scale. I felt certain this was the underlying cause of the inflammation in her body. I explained these findings to her and recommended that she completely avoid gluten and dairy products, as a test, for 30 days.

“Two weeks later, I got a happy phone call from this woman telling me she could hardly believe how much better she felt. She said her symptoms had simply melted away. We’ll continue to work together, fully developing her unique health plan.

“That experience reinforced my belief that chasing symptoms or trying to manage symptoms is not the best path for the long term health of the body. When there’s a problem, we need to find the root cause and treat it effectively, while our principal goal is to build a deep, wide foundation to support the body’s native healing potential. As we do this, just as this woman said, symptoms often simply melt away. We don’t always need dramatic approaches to achieve and maintain our health. Small changes can make a dramatic difference.

“Let’s get started on your health. Call for an appointment today.” 

**BOBBIE BARBREY, RPh**  
**Certified Clinical Nutritionist**  
**MEDICAP PHARMACY**

**6675-101 Falls of Neuse Road**  
**Raleigh, NC 27615**  
**Telephone: (919) 676-6161**  
**Fax: (919) 676-6575**  
**www.MedicapRaleigh.com**