

We Live With Trauma

Every Moment of Every Day

By *Bobbie Barbrey, RPh, CCN*

When people hear the word trauma, they most often think of some really big, difficult life event—the loss of a loved one or a serious accident, for example. The truth, however, is that physical trauma comes in many different forms. Think for just a moment, of the micro traumas that are happening to you every moment of every day. These micro-traumas are being caused in large part by the individual choices we make in relation to what we either do or do not put into our bodies. As a pharmacist and owner of Medicap Pharmacy, in Raleigh, my passion is to help my clients achieve and maintain overall wellness, and I want people to understand that these many small, daily injuries add up to what can become significant physical trauma.

MICRO-TRAUMAS

Micro-traumas are the developing inflammatory processes that go on in the body on a daily basis—processes that the body is constantly working to repair and resolve. Diet, for example, can be one of the biggest causes of micro-trauma, or, alternatively, one of the most stabilizing influences to one's health. A poor diet can cause trauma to the lining of the small intestine, interfering with the absorption of nutrients and leading to malnourishment or deficiencies of important vitamins or minerals.

Another potential trauma is not drinking enough water during the day to adequately hydrate the body so the organ systems can run properly. The body may not be getting enough exercise or, perhaps, getting too much. Sleep is another huge factor. When you don't sleep properly, the anti-inflammatory process doesn't get a chance to take hold—because it is during

sleep that the body does its maintenance and repair work, to correct for these many minor injuries incurred during the course of the day.

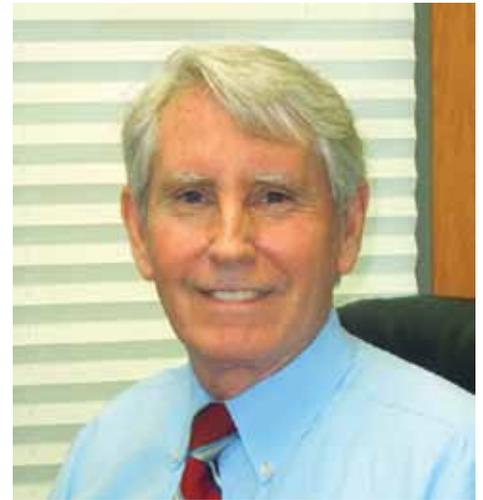
Ultimately, over time, you accumulate these micro-traumas, which move along the path of becoming a pretty large physical trauma. This is an event we don't often recognize, yet it's there, it's real, and it's causing damage that's not as dramatic as a car accident—but long term it can have the same debilitating effects.

THE CASE OF JUDY

Judy, a 55-year-old female, came to me with fairly significant loss of energy—a common complaint among many of my health planning clients. When I hear the term “energy loss,” my first thoughts are about stress, adrenal status, thyroid status, or iron status. After reviewing Judy's lab report, I discovered she was, in fact, anemic. For this problem, Judy could take 325mg of ferrous sulfate, an iron supplement, which is an option to address the deficiency. However this is a Band-Aid approach. It does not ultimately fix the problem or heal the body. The real question for me—the functional basis of everything that I do—is to determine the root cause of her energy issues.

We started assessing Judy's diet and lifestyle and realized several important issues. First, her dietary choices were such that she denied herself access to foods rich in iron. She had too many simple carbs and other foods that weren't nourishing her body. She also had GI symptoms that told me the lining of her small intestine was likely irritated and therefore not able

to properly absorb the nutrients from the food she was eating. Additionally, her digestive capacity was weakened, so, to begin with, she wasn't breaking food down



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 Clinical Nutritionist (CCN).

properly to present to the small intestine for absorption.

Judy and I worked to change her diet, improve her digestion with digestive enzymes, and to repair and heal the small intestine with a special form of colostrum—and she has made dramatic progress. Her numbers are starting to normalize, and her anemia is starting to resolve, though it's a slow process. But we're headed in the right direction, and we are both excited to see that.

It's a pleasure and honor for me to work with patients such as Judy to develop detailed, comprehensive plans to regain and maintain good health, all the years of your life. **h&h**

**For more information, contact:
Bobbie Barbrey, RPh
Certified Clinical Nutritionist
MEDICAP PHARMACY**

**6675-101 Falls of Neuse Road
Raleigh, NC 27615
Telephone: (919) 676-6161
Medicap.Raleigh@gmail.com
www.MedicapRaleigh.com
Shop.MedicapRaleigh.com**