



“I Love It When Patients Ask Questions!”

Bobbie Barbrey, RPh, CCN, of Medicap Pharmacy, a full-service retail pharmacy in North Raleigh, is a registered pharmacist, a Board Certified Clinical Nutritionist, and a specialist in custom compounding. His pharmacy is the only one in Raleigh that is PCAB accredited, meaning that they follow the highest compounding standards. Drawing on this unique blend of training and experience, Mr. Barbrey offers a wide range of consulting support to his clients. In the following, he reflects on “many approaches to healing.”

Health&Healing: How do you work with clients to promote health and healing?

MR. BARBREY: There are basically three types of patients who come to Medicap seeking support for their health: those looking for quick advice, others wanting a consultation with me, and those who want their prescriptions filled.

I love it when patients ask questions. They may expect simple answers, but because I’m passionate about helping them improve their health, I may give them more information than they expected. A typical patient, for example, may request something to help with their elevated blood sugar because their doctor said to keep an eye on it. Now that’s a red flag for me. We don’t “watch” blood sugar; we take quick action. They may be looking for a supplement, but I prefer to talk to them about the root cause of the condition. I want them to understand why their blood sugar is going up and what lifestyle and diet changes they need to consider to bring it under control. If they make the changes I recommend, it is quite possible that they will not need medication.

H&H: How are consultations helpful?

MR. BARBREY: Some patients show interest from that initial conversation, remarking that I’ve given them a lot of information. They may ask to book a consult so we can talk in more depth. I think it’s my soul’s mission to help people to find their path and to help them restore their health.

I do consultations by appointment. They typically last 1 hour and 15 minutes. I have many modalities to choose from, depending on the need of the patient. One of the simple ones we can do on the spot is a Bioimpedance analysis to evaluate

the fat body mass, lean body mass, and water content in the body. We can also order lab tests using both saliva and urine to determine adrenal and hormone status. I always ask them to bring in recent labs, although I’m usually disappointed in the lack of comprehensiveness of these tests. They often do not include the values I need to see to fully determine what is going on. I look at lab results a little differently than just scanning for high or low values. I look for optimal ranges, not just acceptable ranges. If I’m involved in the health process, I don’t want to miss something early on that may become an issue if it progresses. I’m always thinking about what else could be done for the patient.

For the past ten years I’ve been using an energetic device called the Biomeridian. This helps me identify the areas of highest stress or inflammation in the body. By knowing where to start and addressing the most serious issues first, other issues often fall away. Inflammation is the source of virtually all health problems so when we can identify it, we can make tremendous healing progress.

We’ve also added a system called NES, which allows me to see the patient’s body-mind connection. Many physical conditions can be relatively straightforward to work on. But, at times there are deeper issues that get in the way. Sometimes it’s the patient’s emotions that hold back physical healing. That’s why I love working with NES because it shows me where the potential emotional blockages are. When you put the mind, body, and spirit in balance, you are on the path to far greater levels of health.

With NES, I can scan the patient’s human body-field in seconds by placing their hand on a scanner. The software identifies the blockages and distortions in the flow of energy and information, and returns a recommended protocol to stimulate the body’s innate self-healing ability.

H&H: Talk about the benefits and concerns related to generic drugs; are they a good idea?

MR. BARBREY: People come in all the time and ask me if it’s all right to switch from name brand drugs to generic products. I almost always say yes. But here’s the caveat: There are some patients who don’t respond well to generic drugs. In that case, we try a different generic or may need to go back to the brand name. Generic products lower health care costs; they lower your co-pays; and, from a big system standpoint, generic products are better for everyone—but for some individuals that may not be the case.

H&H: What about patients who only want prescriptions filled?

MR. BARBREY: This is a different level of care. There are patients who may have had symptoms for a long period of time, or didn’t take care of themselves, or through no fault of their own find themselves with health issues. Eventually, they go to their doctor who may say, “You have high blood pressure...or high blood sugar,” two common conditions that we work with. We are a traditional retail pharmacy, so we fill prescriptions. I’m not a practitioner who relies exclusively on all-natural products when prescription medicines are indicated. If you have high blood pressure, or high blood sugar, you need to use appropriate medications. Then let’s get to work and make the changes that would support lowering or eliminating the prescription medicine. You have choices. I will help empower you to maximize these choices.

H&H: What’s the most important advice you can offer potential clients?

MR. BARBREY: Many patients don’t even realize that they have a choice when it comes to their health. They can potentially stay on a medication for the rest of their lives, or they can choose to take actions that may reduce or eliminate health issues and the need for medication. Even though I’m filling your prescription, I’m always going to be looking for opportunities to speak to you about your role in your health. Will you be a participant in your health? Do you want to know the root cause of your symptoms? What can you do to improve your health? That’s the piece that too often is missing in health care today.

The best way to do that is with a guided strategy. I’d love for you to come and talk to me about creating one for you. I can help guide you on a path to preserving, improving, or restoring your health. **h&h**

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