



Dr. Tank and Physician Assistant Jason Newman prepare customized supplement packages for their patients.

While she is a passionate advocate (and expert) in support of high quality supplements, Dr. Bhavna Vaidya-Tank, founder of the Family Wellness Clinic in Clayton, is at the same time a realist.

“We have a great variety of medical-grade supplements for our patients, and the method and means to determine when and how they should be used,” she notes. “And I care a great deal about developing an individual supplement program for each patient that is consistent and easy for them to remember—a program that actually works.

“Most of us have full, busy lives, and if we have to take some kind of supplement in the morning and another supplement before lunch and something before dinner—if our lives revolve around taking supplements at different times throughout the day—most of us simply wouldn’t faithfully do it. I know I wouldn’t.

“And there’s the bottle issue, as well. I take a lot of vitamins—a fist full, and most of them are once a day. Opening all these bottles and retrieving the vitamins I need is tedious and time-consuming.

“And also somewhat vexing is the fact that bottles of vitamins often contain different quantities—one has 120 pills, another 60, a third 90, each depleted at different times. This to me is silly: I don’t have the time or inclination to keep track of this.

“And so, for myself and for a great many of our patients, we make up packets

of high quality, medical grade supplements needed throughout their day (see photo), to address their specific needs, as we’ve determined through appropriate testing. Typically, they often include a really good quality probiotic, 5000 IUs of vitamin D3, methylated B vitamins, and one or two grams of fish oil.

“We call these our wellness packs. You don’t need to keep a dozen bottles of vitamins next to your bedside table. You have these handy packets on hand, with contents designed specifically for your needs.

“I now use this same approach in treating inflammation with supplements, as well. Increasingly we’re learning of the powerful connection between cardiovascular health and inflammation. As we are able to decrease inflammation, we are in fact treating the majority of cardiovascular risk.

“As we make up our supplement packs, we are very specific. We may make up a cardiac pack, an adrenal pack, or simply a wellness pack. The point is, we are happily making the effort to strikingly increase the likelihood that our patients will, in fact, take the supplements they need, when they need them, to promote their own good health.”

Supplement with Passion and Purpose

METHYLATION

And often, Dr. Tank points out, the proper supplement regimen, faithfully observed, can offer life-changing benefits.

“One example that comes to mind,” she says, “is about methylation and the MTHFR gene. It’s a genetic defect that is present in about 60 percent of people that makes it difficult for them to methylate their B vitamins.

“Methylation is an essential metabolic process that happens in every cell and every organ in our body—and it takes place more than a billion times per second. It is a basic biochemical process, which results in the creation of CoQ10, melatonin, and a host of other important substances.

“When we fail to methylate our B vitamins, for example, it has a profound effect on our cardiovascular, neurological, and mental health. It has such a profound effect that some people believe it causes fibromyalgia. If you’re not getting enough methylated folic acid, you’re actually causing so much inflammation in your arteries that you are getting an adrenaline surge. You’re covering your arteries with adrenaline.

“And so you have to take a methylated folic acid or a methylated B vitamin because you cannot methylate. You’re genetically prevented from methylating. And if you are not methylating, you can be depressed, anxious, have trouble sleeping, with increased amounts of inflammation in your blood vessels. And your homocysteine levels can be elevated.

“People feel bad all the time when they have this type of problem, and it is fixable—and taking the right combination of vitamins and supplements makes a huge difference. We’ve talked in the past about how so many people are iodine deficient, and that has an effect on their thyroid.”

“A GOOD PROBIOTIC IS AMAZING . . . BECAUSE IT HELPS NOT ONLY THE GUT BUT IT HELPS WITH MENTAL HEALTH AND CLARITY.”

VITAMIN D

And, Dr. Tank continues, “generally people do not realize what their vitamin D levels should be—and everybody’s range of what is normal is different. Vitamin D is positive for so many things. There are studies that show that it lengthens life span. There are levels of vitamin D that are high enough to help prevent colon cancer and breast cancer. There are studies that show that it lengthens life span.

“A good probiotic is amazing—I put my patients on probiotics and they come back and tell me this is one of the best things I’ve asked them to do, because it helps not only the gut but it helps with mental health and clarity.

“Your immune system is better with taking a good probiotic. If you have a lot of good bacteria in your body, it’s going to block out the bad. You don’t get sick as often. When I put children on probiotics, they stop getting sick.

“All my patients have a wellness pack, and they all have methylated B vitamins. They all are on probiotics. They’re on good Omega 3 supplements, and they are on good minerals and vitamins. Never forget the minerals. For cardiac-related issues, take lots of vitamin C and also antioxidants. There is so much out there.

“Methylation is really important. The probiotics are really important. The wellness packs are really important—they have made a huge difference for my patients. People are busy. People forget, and older patients can’t easily open bottles. The packs are easy for them. I want to make all of this accessible. I also want to make our approach to health and wellness easy to understand and easy to comply with.”

MTHFR GENETIC ABNORMALITIES LEAD TO BLOOD VESSEL ISSUES



ADRENALINE

NITRIC OXIDE

Inflammation increases leading to erosions and plaque rupture

Vasoconstriction in patients that need vasodilation

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