



FUNCTIONAL MEDICINE SERVICES GUIDE

At Beyond Skin Aesthetics, we believe
in a comprehensive approach to aesthetics
that goes beyond just the surface.
Functional medicine is at the heart of our philosophy,
empowering both our providers and patients
to achieve optimal health.



UNDERSTANDING FUNCTIONAL MEDICINE



Functional medicine has gained traction in recent years and is sometimes used interchangeably with integrative medicine. While there's overlap, there are key distinctions. Functional medicine focuses on identifying the root cause of health concerns. It is a systems-oriented approach that recognizes the interconnection of the body systems and their collective impact on overall health.

For example, instead of simply treating acne breakouts, the BSA Team examines potential underlying causes, considering factors like lifestyle, hormones, and gut health.



PERSONALIZED CARE FOR LASTING RESULTS

Beyond Skin Aesthetics prioritizes personalized healthcare. We understand that every patient is unique, with individual genetic predispositions and lifestyle habits. This personalized approach contrasts with traditional medicine's "one-size-fits-all" model.

By tailoring treatment plans to your specific needs, functional medicine can provide more effective and long-lasting solutions, ultimately improving your quality of life.



DR. MULUMBA: YOUR PARTNER IN PERSONALIZED WELLNESS

Dr. Mulumba's passion for patient care began at Ohio State University, where he completed his residency in family medicine. He then went on to excel in express care, founding and managing three successful practices.

However Dr. Mulumba's vision extended beyond simply treating symptoms. He saw the potential for a more comprehensive approach to healthcare. Driven by this desire to help patients achieve optimal well-being, he embarked on a journey of continuous learning.





FUNCTIONAL AND INTEGRATIVE MEDICINE: A DIFFERENT APPROACH

Dr. Mulumba offers a comprehensive approach to healthcare, combining his foundational expertise in Family Medicine with an additional board certification in Aesthetic Medicine and certification in Functional Medicine. This unique combination allows him to address both the appearance and the root causes of health concerns.



BEYOND SYMPTOM MANAGEMENT

Dr. Mulumba believes in preventative medicine. He focuses on identifying the underlying factors that contribute to long-term illnesses rather than just managing symptoms.

A TAILORED PATH TO WELLNESS

Through comprehensive testing, lifestyle analysis, and personalized recommendations, Dr. Mulumba empowers you to take an active role in your health. This may include targeted supplements and lifestyle modifications to address the root causes of your concerns, not just the symptoms.

**Dr. Mulumba and
the BSA team
are dedicated to
partnering with you
on your journey to
a healthier, happier you!**

TIRED OF MANAGING CHRONIC CONDITIONS WITH MEDICATION ALONE?



At Beyond Skin Aesthetics (BSA), we believe in a deeper approach to healthcare. We go beyond simply managing chronic conditions with medication. Functional medicine is a cornerstone of our philosophy, offering a comprehensive approach to chronic diseases like heart disease, diabetes, and autoimmune disorders.

This approach focuses on finding the root cause of your illness, not just treating the symptoms. By understanding the underlying factors that contribute to your condition, we can create a personalized treatment plan to help you achieve optimal health and well-being.

THE BSA WAY:

Our 4-step system to address the entire body

1. Detoxify for Clarity & Focus:
We'll start by gently cleansing your system to help eliminate toxins that can contribute to skin problems and brain fog, leaving you feeling sharper and clearer.
2. Rejuvenate Your Gut: We'll focus on optimizing your digestion for better nutrient absorption, leading to a flatter stomach and a natural boost in energy levels.
3. Balance Your Hormones for Overall Wellbeing: By addressing hormone imbalances, we can help you feel your absolute best – with improved mood, a revved-up metabolism, and a healthy sex drive.
4. Build Sustainable Habits for Lasting Results: We'll help you establish healthy lifestyle changes that you can maintain for the long term, ensuring you keep reaping the benefits and truly thrive.





Why This Works: These steps are interconnected, so tackling them together makes perfect sense. Our proven, step-by-step approach is what gets amazing results. We have over 8 years of experience helping people achieve their wellness goals, and we're excited to share our expertise and work with you!

By gaining as much information as possible about what contributes to you, Dr. Mulumba can work to create a holistic treatment plan that incorporates conventional medications, therapies, stress management, diet, exercise, and any alternative approaches. With such a sharp focus on what individually predisposes you to a chronic illness and what works and doesn't work as a part of your unique treatment plan, you receive the best care possible — not one-size-fits-all treatment.

UNDERSTANDING YOUR HEALTH: THE POWER OF COMPREHENSIVE ASSESSMENTS

At Beyond Skin Aesthetics, we believe a complete picture is essential for optimal health. That's why we offer comprehensive health assessments. These assessments go beyond a basic check-up, providing a holistic view of your entire body system.



BENEFITS OF A COMPREHENSIVE ASSESSMENT:

Uncover Hidden Connections:

These assessments can reveal how different health conditions might be interrelated, helping us create a more targeted plan for you.

Early Detection is Key:

They can also be instrumental in the early detection and prevention of potential health concerns.

Your Personalized Baseline:

These assessments establish a baseline of what's "healthy" for you, allowing us to track progress and tailor future care.



BUILDING YOUR HEALTH PICTURE

1. Dr. Mulumba's Tools: We begin with the fundamentals – a thorough physical exam and a detailed medical history. This allows us to assess each organ system and identify potential areas of concern.

2. Partnering with You: You play a crucial role! Sharing your recent symptoms, past illnesses, family history, and any current concerns provides valuable insights.



3. Advanced Diagnostics:

To gain a comprehensive understanding of your health, we utilize advanced laboratory testing from reputable sources like DUTCH and DIAGNOSTIC SOLUTIONS. These tests provide valuable insights into hormonal balance, digestive health, sleep patterns, and other critical areas, enabling us to develop a tailored treatment plan.

PARTNERING FOR YOUR HEALTH

By taking a comprehensive approach, we gain valuable insights to create a personalized plan that empowers you to achieve your optimal health goals.

BEYOND SKIN AESTHETICS' APPROACH & PROGRAM



Our goal? Equip you with the knowledge, tools, and resources to make informed health decisions and build habits for long-term well-being. Investing in your health saves you money in the long run – fewer doctor visits, prescriptions, and surgeries – and pays off big in terms of how you feel – more energy, clarity, and overall zest for life!

Our approach is unique. We work collaboratively to provide comprehensive care, including supplements and lab tests tailored to your needs. We understand it might seem different at first. Just ask – we're here to clear any confusion and help you navigate your program.

Ultimately, we want you to feel amazing and potentially even reduce your reliance on medications. We focus on addressing the root cause of your health concerns, not just masking symptoms with medication.

Our customized treatment program has several parts, each designed to address your specific body type, genetic makeup, lifestyle, and health conditions.



INITIAL CONSULTATION

During your first visit, we'll order personalized lab tests to gain a deeper understanding of your health. To expedite the process, please prioritize completing urine and stool tests first, as they take longer to analyze.

REVIEW OF FINDINGS APPOINTMENT

Once your test results are in, we'll schedule a comprehensive appointment to meticulously review them with you. Our goal is to translate complex information into actionable insights. We'll create a personalized wellness plan tailored to your specific needs, potentially including lifestyle changes, supplement recommendations, and, if necessary, hormone-balancing strategies.





EMPOWERING YOU ON YOUR JOURNEY

Longer Appointments: This in-depth discussion will likely take more time than a typical doctor's visit due to the amount of information we'll be covering. Please ensure you have ample time allotted in your schedule.



Partnering with You: We encourage you to bring your significant other to this appointment if you'd like their support. We believe in a collaborative approach and want to empower both of you on this journey.

Ongoing Support: You'll receive written instructions, but we understand questions may arise. The BSA team is here for you every step of the way, offering ongoing support and guidance to ensure you reach your wellness goals successfully.





TRACKING PROGRESS AND REFINING YOUR PLAN

Regular Check-ins:

Depending on your program, you'll have monthly consultations with a BSA team member to monitor progress and address any concerns.

Progress Report Appointments:

Around the 3-month mark, we may repeat your labs and schedule a follow-up appointment to discuss your progress, review the new test results, and celebrate your achievements. We'll then refine your wellness plan to guide you through the next phase of your journey.

INVESTING IN YOUR WELL-BEING: PERSONALIZED WELLNESS PROGRAMS



We understand that taking charge of your health is a commitment. That's why we offer several personalized wellness programs designed to optimize your well-being based on your individual needs.

The Beyond Wellness Program:

This four-month journey is a great fit for individuals who prioritize good health and are looking for proactive ways to maintain it.

What's Included:

- **Your Personalized Supplement Bank:** We'll tailor a selection of high-quality supplements to address your specific needs.
- **Lab Testing Made Easy:** Access to a lab bank covers the cost of essential tests to monitor your progress.
- **A Tailored Wellness Plan:** We'll create a plan that's unique to you, including lifestyle recommendations and ongoing support.



The Optimal Wellness Program:

If you're looking for an even more comprehensive approach, consider the Optimal Wellness Program. This six-month program offers everything in the Beyond Wellness Program, plus:

- **Increased Access to Specialists:** You'll gain access to a wider team of specialized providers for even more tailored care.
- **Concierge Support:** A dedicated concierge phone number provides you with direct access to our team anytime you need it.
- **Enhanced Supplement Support:** Receive twice the amount of high-quality supplements to address your specific needs.
- **In-depth Lab Analysis:** Unlock a deeper level of understanding of your health with a more comprehensive lab analysis.



The Optimal
Wellness Program
is a \$4,800
investment.

Let's Talk!

Whether you're looking for a jumpstart on your wellness journey or a deeper level of personalized care, we have a program to fit your needs. Let's discuss which program is right for you!



Wellness Advanced Program:

For those seeking the ultimate in personalized care, the Wellness Advanced Program offers a nine-month journey to optimal health for \$9,000. Building on the Optimal Wellness Program, it includes:

- **Acute Care Visits:** Immediate access to acute care visits as needed, similar to a minute clinic.
- **Enhanced Lab Access and Supplements:** Enjoy expanded access to labs and high-quality supplements tailored to your specific needs.
- **Medical Weight Loss:** Benefit from a 12-week medical weight loss program for comprehensive health management.

Experience unparalleled support and advanced health solutions with the Wellness Advanced Program.

UNLOCKING YOUR BODY'S NATURAL HEALING POWER



FOOD AS FUEL: POWERING YOUR BODY FROM THE INSIDE OUT

Did you know that the food you eat is more than just calories? It's powerful medicine that can significantly impact your health and well-being. Imagine your body as a high-performance engine. The right fuel – a nutrient-rich diet – keeps it running smoothly and efficiently and prevents breakdowns. It allows you to perform at your peak, feel your best, and fight off potential health issues.



MAKING EVERY BITE COUNT: THE POWERHOUSE OF NUTRIENTS

A well-balanced diet isn't just about filling your stomach; it's about supplying your body with the essential building blocks it needs to thrive. These vital nutrients include:

Vitamins and Minerals:

These micronutrients act like tiny spark plugs, igniting vital chemical reactions that keep your body functioning properly. They support everything from energy production and immunity to bone health and cell repair.

Antioxidants:

These natural warriors fight free radicals (unstable molecules that damage your cells) and contribute to aging and chronic diseases. Think of them as your body's built-in defense system.

Fiber:

This dietary powerhouse keeps you feeling fuller for longer, aids in digestion, and helps regulate blood sugar levels. It's like a natural broom, sweeping through your digestive system and promoting gut health.



FINDING INSPIRATION: NUTRIENT-DENSE DIETS IN ACTION

Several dietary patterns have been shown to reduce inflammation, improve health markers, and promote overall well-being. Here are two popular approaches:

THE MEDITERRANEAN DIET:

This heart-healthy approach emphasizes fresh, whole foods found around the Mediterranean Sea. Think colorful fruits and vegetables, whole grains like brown rice and quinoa, legumes (beans and lentils), healthy fats like olive oil, and moderate amounts of fish and lean protein. Red meat, processed foods, and added sugars are limited. This diet promotes a balanced intake of nutrients with a focus on anti-inflammatory properties.

PLANT-BASED DIETS:

These diets focus on fruits, vegetables, whole grains, legumes, nuts, and seeds. Some plant-based diets may include dairy or eggs (lacto-vegetarian, ovo-vegetarian), while others are completely vegan. Plant-based diets are naturally rich in fiber, antioxidants, and essential vitamins and minerals.



BUILDING A BETTER PLATE: SIMPLE STRATEGIES FOR DAILY SUCCESS

Making small changes to your diet can have a big impact on your overall health. Here are some easy tips to incorporate more nutrient-dense foods into your daily routine:

- **Plan Your Meals:** Taking some time each week to plan meals and snacks can help you resist unhealthy temptations and make mindful choices when you're hungry.
- **Embrace the Rainbow:** Aim for a variety of colorful fruits and vegetables on your plate. Each color boasts a unique blend of vitamins, minerals, and antioxidants.



- **Go Whole Grain:** Swap refined grains like white bread and pasta for whole-wheat options. Whole grains are packed with fiber, keeping you feeling satisfied and providing sustained energy.

- **Choose Lean Protein Sources:** Lean protein, such as chicken, fish, beans, lentils, and tofu, helps build and repair tissues, supports a healthy metabolism, and keeps you feeling full.
- **Healthy Fats are Your Friends:** Healthy fats, such as those found in avocados, nuts, seeds, and olive oil, are essential for hormone health, brain function, and cell health. Limit saturated and unhealthy fats found in processed foods and fried foods.
- **Stay Hydrated:** Drinking plenty of water is crucial for overall health, improves digestion, and can help you feel full and energized. Aim for eight glasses of water daily, adjusting based on your activity level and climate.



MAKING SMALL CHANGES, BIG RESULTS:

By implementing these simple changes, you can significantly improve the quality of your diet, reduce inflammation in your body, and unlock a variety of health benefits. This may include increased energy levels, a sharper mind, improved mood, better gut health, a stronger immune system, and a reduced risk of chronic diseases. Remember, you are what you eat! So, fuel your body with the best possible ingredients and watch your health and well-being flourish.

BEYOND SKIN AESTHETICS: A PARTNERSHIP FOR LONG-TERM WELLNESS

At Beyond Skin Aesthetics, we believe in a more personal approach to aesthetics and functional medicine. We go beyond the surface to understand the unique factors contributing to your overall well-being. The BSA team is passionate about uncovering the root causes of your health concerns.

We leverage functional medicine, a holistic approach that considers your genetics, lifestyle, and environment. This allows us to create personalized plans that address your specific needs, not just a generalized diagnosis.

Imagine feeling your best, not just looking it. Functional medicine can help you achieve just that. We're excited to embark on this journey with you and unlock your potential for a healthier, longer life. Schedule today with BSA for your initial consultation and take the first step towards a more vibrant you!





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