

Functional Medicine: Health for a Lifetime

By Tracy Johnson



For more than 12 years, Susan Mulkey, a certified American Board Anti-Aging Health Practitioner with a Masters of Science in Nursing and certified Family Nurse Practitioner, has been helping patients improve their health through personalized care at Blue Skies Medical Weight Loss & Wellness. Her healthcare career spans more than four decades and includes 20 years in the cardiology department at Tucson Medical Center, teaching in the nursing program at Northern Arizona University, and serving in the Heart Transplant Critical Care Unit at the University of Arizona. In 2011, she was invited to work at a wellness center, an opportunity that led her in a new direction.



Susan founded Blue Skies Medical Weight Loss & Wellness in 2015 with a mission to provide individualized, patient-centered care. Her experiences inspired her to become certified in Functional Medicine, a science-based health care model that identifies and addresses the root causes of chronic illness instead of simply treating symptoms. For Susan, functional medicine way to use science as an anti-aging and regenerative process.

What Susan offers is different from a main-stream weight loss program because, she is looking at the person as a whole and the individual systems that make the person up. She uses test results and science/research backed practices to improve each component of your body systematically and systemically. "Nutrition and food are the bases of health and life. We can change eating behaviors, but we also have to retrain our bodies to properly use the nutrients in the food in order to achieve and maintain good health." She goes on to explain that elevated cortisol, chronic stress, insulin resistance, and leptin resistance can all interfere with weight loss and overall wellness. By addressing these underlying issues, patients often experience improvements that reach far beyond weight loss.

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- Susan Mulkey



Because she frequently sees dramatic improvements in her patients' health, Susan works closely with their primary care providers and specialists to safely adjust medications when appropriate, including insulin, statins, and blood pressure medications. She is currently seeking to add a Family Medicine practitioner to Blue Skies so patients can receive even more comprehensive care in one location.

Susan treats both men and women though she notes that women's health is often more complex because of hormonal influences. Regardless of the patient, one of her first priorities is reducing inflammation. "If we can decrease systemic inflammation, it positively affects cognition, cardiac function, kidney function, sleep, asthma, blood pressure, insulin regulation, energy, cholesterol, anxiety, depression, libido, and pain. Reducing inflammation creates positive changes throughout the body and helps patients regain a sense of purpose and motivation to enjoy life.

Susan's goal extends well beyond weight loss. She wants her patients to remain healthy, active, and independent for as long as possible. "We're living longer," she says. "I want to be able to cook for myself and take care of myself when I'm 80 or 90 years old, and I want my patients to have that same opportunity."

In addition to Functional Medicine and medical weight loss, Susan offers aesthetic services supported by scientific evidence. However, she often finds that as patients begin feeling better, they naturally become more active, creating a positive cycle that supports lifelong health.

*Susan Mulkey, ABAHP, MSN, FNP-C at **Blue Skies Medical Weight Loss**, is a Functional Medicine specialist that offers financially accessible anti-aging and regenerative medicine so you can prioritize your health before it costs you your sleep, mobility, and mental decline. You will be cared for with compassion and empathy. If you would like additional information, contact Susan Mulkey, FNP-C, of Blue Skies Medical Weight Loss & Wellness at **520-625-4094**.*



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75 W Calle de las
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