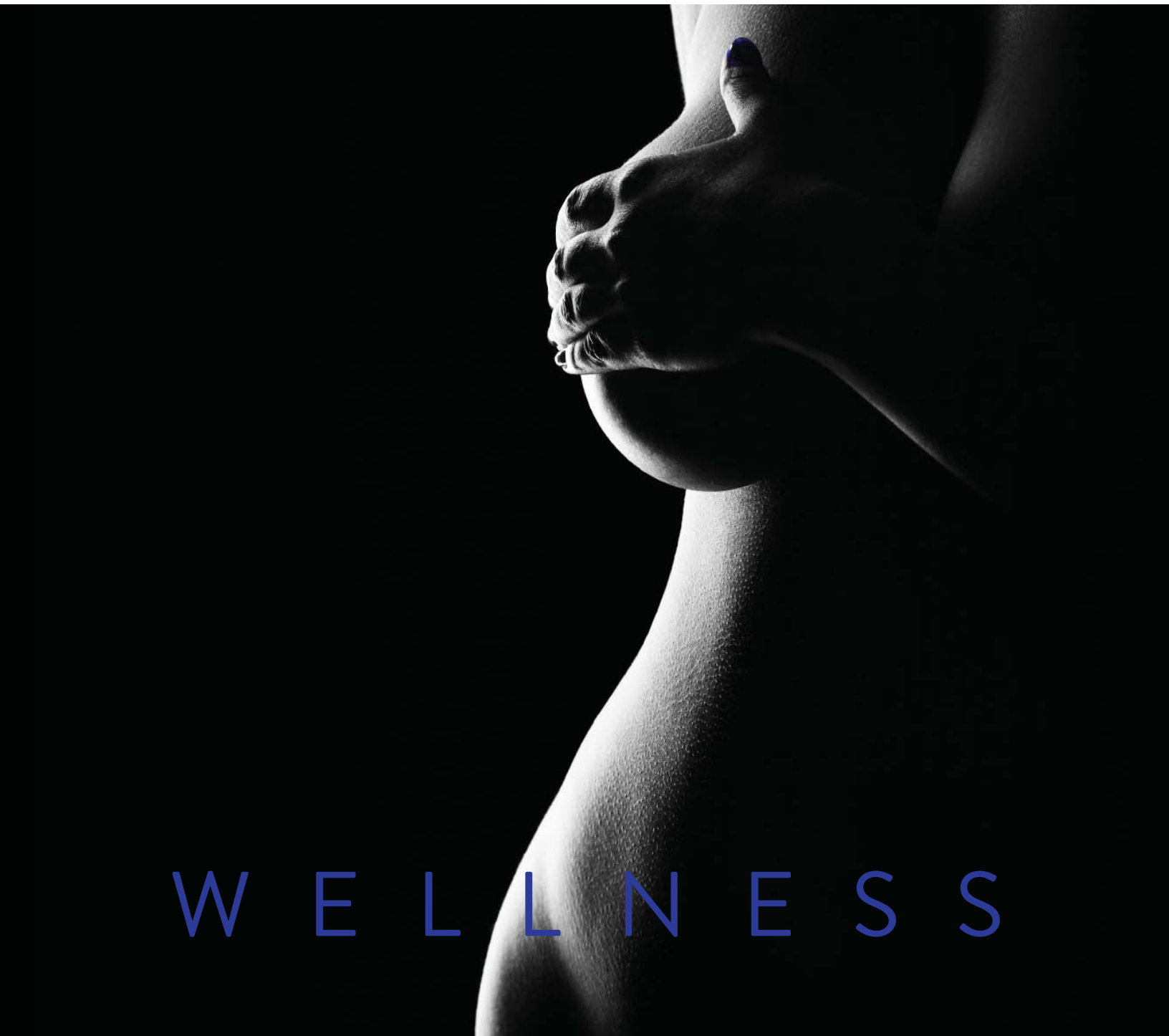




DR

IVANRUSILKO

LIFESTYLE MEDICINE



W E L L N E S S

OVERVIEW

Wellness Medicine focuses on enhancing one's quality of life and overall vibrancy through the intricate inner balance of nutrition and hormones and clearance of physiological stressors, resulting in increased energy and vigor, improved mood, sex, and quality sleep. The core components in wellness medicine include: sleep, nutrition, fitness, digestion, hormonal balance, sexual health, brain performance, metabolism, and stress reduction.

Each new program navigates a series of phases that transition the patient safely from the initial consult through the implementation and ultimate completion of their Lifestyle Medicine Program.

PHASES

INITIATION

The initiation stage begins with a detailed history and physical with Dr. Ivan Rusilko, in which goals and desired outcomes of your treatment are discussed. A series of blood tests and body analyses will then be conducted to determine your customized two month program. An in depth review of all results and a plan will be presented by the doctor for discussion and approval.

IMPLEMENTATION

Once the follow up review has been conducted and treatment regimen agreed upon the implementation of a two month program will commence that caters to your physiological specifics as well as environmental or situational challenges to help you attain your goals, and in turn, reversing years of stress and aging.

AUGMENTATION

All Lifestyle Medicine programs are comprehensive and carefully crafted for each patient but add-on components can be introduced to augment your progress and overall transformation. Follow up lab testing will be conducted to ensure safety as well as optimization of the programs results.

TRANSITION

Upon obtaining the desired results each patient will be transitioned safely off of their programs into a maintenance regimen more conducive to the patient's new post-program, new-normal lifestyle.

* Program duration will vary person to person and may require lifelong monitoring depending on each person's physiological makeup

* Program continuation can be continued indefinitely with modifications and adjustments being made along the way if desired



DRIVANRUSILKO
LIFESTYLE MEDICINE

INTRODUCTION

WHY IS DIAGNOSTIC TESTING IMPORTANT?



Diagnostic Medicine uncovers deficiencies and excesses of health related biomarkers that can account for numerous illnesses and symptoms that affect overall quality of life. The results from these tests allow for customized programs centered on the patient's health, lifestyle, and goals.

Biomarkers that can be tested include hormones, metabolism, nutrient levels, toxic loads, food sensitivities, cancer screens, pre-diabetes, stress and inflammation, sleep quality, biological and physiological age, and genetics.

The labs used by Lifestyle Medicine are among the most credentialed and reputable in the world. Each test cycle includes an initial consult, follow-up, and plan formation.

By combining diagnostic testing with the numerous procedures and programs offered, each patient receives a completely unique program based off of their blood results.

WHAT IS BIODIDENTICAL HORMONE REPLACEMENT (BHRT)?

Stress can take a traumatic toll on the body causing a decline in optimal health at any age. Weight gain, hair loss, fatigue, and low libido are just a few examples of the common symptoms of aging that should not be brushed off as a simple "fact of life." Identifying which hormones are unbalanced allows the Lifestyle Medicine physicians to develop a program that optimizes each patient's hormonal potential and provide them the ability to experience renewed energy, restore youthfulness, and live a longer, healthier, and happier life.

The aging process affects people in different ways. Over the course of a lifetime, we are exposed to a multitude of environmental and dietary toxins which take their toll on our bodies. Along with the normal aging process, these toxins contribute to a natural decline of hormones. The responses to these declines vary from person to person. Genetics and lifestyle choices such as personal habits, dietary intake, and physical activity all have a role to play in how well your body functions as you experience the aging process.

Restoring these biomarkers to a normal much more youthful level slows the aging process and markedly improve one's quality of life.

INITIATION

HORMONE AND MICRO-NUTRIENT TESTING

Examination of numerous biomarkers in your blood that could indicate many conditions and diseases, including:

- Cardiovascular disease (including risk for heart attack and stroke)
- Hematology (anemias, hemochromatosis)
- Metabolic disorders (diabetes, metabolic syndrome, pre-diabetes, and obesity)
- Endocrine problems (thyroid disease, pituitary and adrenal disease)
- Immune system (depressed immune function, chronic inflammation)
- Sex hormonal imbalance (menopause, testosterone deficiency, somatopause)
- Toxin/Nutrient Screening (measuring levels of toxic substances, vitamins and minerals in the blood)
- Organ status (liver, kidney, pancreas, gastrointestinal and musculoskeletal function)

The micronutrient tests measures how micronutrients are actually functioning within your white blood cells. These tests allow nutritional assessment for a broad variety of clinical conditions including arthritis, cancer, cardiovascular risk, diabetes, various immunological disorders, metabolic disorders, and micronutrient deficiencies.

Cost: \$1500

New Wellness Patients can expect to submit to diagnostic blood tests ranging from \$1,500 to \$12,000 depending treatment factors. These panels consist of in-depth diagnostic blood testing which Dr. Rusilko will use to initiate their program safely and effectively and includes initial and follow up consultations, plan formulation and digital file construction. Execution of the program will be determined after the follow up consultation and will vary in price and schedule which are NOT included in the lab costs.



IMPLEMENTATION

BIOLOGICAL AGE

A telomere test is a blood test that measures the length of telomeres, the protective structures located at the tips of chromosomes. The test is intended to reveal a person's biological age, the age a person shares with most people of similar physiology.

Relevance: Once your true age is determined a program will be initiated to target your telomeres using unique medical supplementation and actually reverse the aging process.



FOOD SENSITIVITIES

The Food Sensitivity test is based on a highly respected technique called the IgG Enzyme Linked Immunosorbant Assay (ELISA), can identify over 154 'trigger' foods causing intolerance. Since white blood cells only remember the foods that were a problem for approximately two months, in most cases, the reactive foods can be gradually re-introduced into the diet. These sensitivities can lead to many problems including weight gain, migraines, digestive issues, rashes, sexual disturbances, etc.

CANDIDA/ANTI-GLIADIAN

Digestive disorders such as gluten sensitivity and candida overgrowth can lead to a plethora of physiological tresses on the body as well as poor nutrition and hormone status. Evaluating your digestive systems ability to function in-turn leads optimized health and wellness.

Relevance: For those that test positive a program consisting of diet modifications and gut flora balancing using medical grade probiotics and candida clearance medications will be initiated.

ENVIRONMENTAL SENSITIVITIES

Some individuals experience immediate (Type I) allergy symptoms when exposed to pollens, dust, animal dander and foods. Previously, skin testing with its attendant patient's risks and discomfort, was used to diagnose these IgE mediated allergy reactions (skin prick testing). Immuno's Airborne & Food Allergy IgE detects serum IgE specific for airborne allergens and foods. The procedure involves incubation of serum with airborne and food allergenic extracts covalently bonded to a solid surface. Specific IgE (if present in serum) binds to fixed allergen.

IMPLEMENTATION

CANCER SCREENING

Biomarker screening for all major forms of cancer with the aspirations of discovering a baseline level. Colon, liver, Pancreatic, testicular, ovarian, etc will be tested.

Relevance: This screening measure will provide a baseline for the future.

AUTOIMMUNE

Biomarker screening for all major forms of autoimmune diseases including Lupus rheumatoid arthritis, Sjoren syndrome, etc.

Relevance: Discovering autoimmune disorders can aide in alleviate of symprtns and avoidance of flare ups in the future.

NEUROTRANSMITTERS

Neurotransmitters regulate numerous physical and emotional processes. Disorders including anxiety, depression, loss of focus, addiction and dependency are all symptoms that can be caused by disordered NT levels. GABA, dopamine, serotonin, norepinephrine, glutamate, and epinephrine will be tested.

Relevance: Balancing of these transmitters plays a crucial role in overall lifestyle health and can prevent many complications when imbalances take pace.

CENTURIAN DRAW

All labs mentioned above along with three additional hormone follow up lab draws included.

*Couples receive an extra 5% off all programs

*Taking more than one test will carry a extra 10% discount off the final total

*All test pricing includes blood draw, review, and plan formulation

*Initiation2 labs that can be drawn in addition to the initial panel or as follow ups.



IMPLEMENTATION²

The main goal of Lifestyle Medicine is to prevent aging and optimize living.

The following programs can be focalized based on the patient's goals and desires:

- Sexual Health and De-Stressing
- Fitness Enhancement and Fat Loss
- Sleep Correction and Pain Relief
- Internal Beauty and Detoxification
- Mental Acuity and Energy Augmentation

HORMONE BALANCING

According to your lab results, a variety of different hormones will be prescribed that work to place your body into an optimized physiological state. Each program will work to restart the body's natural ability to produce hormones as if it were at a much younger age. Adjustments will be made throughout the course of each program to maximize results safely and effectively.

MEDICAL NUTRITION

A complete diet program along with a customized oral supplement and IV regimen will work to enhance your body's ability to function on a metabolic level. The nutritional programs will be

tailored according to each patient's history, lab results and overall goals.



MEDICAL DETOX

Clearing your system of toxic build up and stressors can leave your body fresh and functioning at full capacity. Substances like mercury, lead, and arsenic can slow ones metabolism down and cause premature aging along with a myriad of other health complications. Using various supplements and IV's to detoxifying your system increases the program results and long lasting effect.

* All program pricing includes monitoring, shipping, the medications and review consults.
* Program costs average from \$1500-\$3500/ two months depending on lab results and medications used The main goal of Lifestyle Medicine is to prevent aging and optimize living.

AUGMENTATION

AUGMENTATION OPTIONS

The Implementation Phase works to correct and balance years of toxic stress and buildup. While each patient works to achieve their initial goals, the Augmentation Phase allows for maximum optimization, pushing your body to work at it's highest capacity.

SEXUAL HEALTH

As men and women age, their body's imbalances divert the energy, hormones, and nutritional needs for optimum sexual health away to deal with the accumulating stressors found in everyday life and an aging body. Poor sexual health is generally the first sign of aging physically, mentally and emotionally which can result in strained relationships and a diminished quality of life. At Lifestyle Medicine, an integrative approach is taken when treating a sexual health. This includes diet modification, hormone replacement, exercise regimens, supplement recommendations, and BHRT.

FITNESS MEDICINE

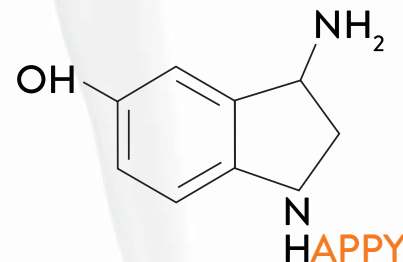
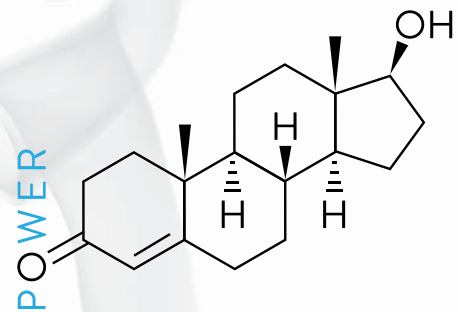
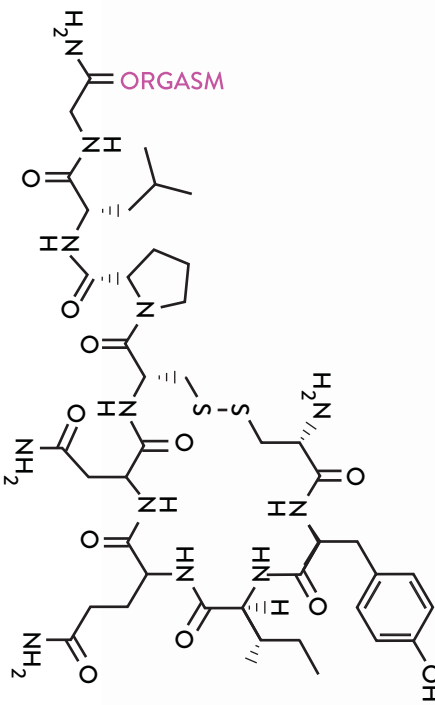
Physical fitness dictates how we function on a daily basis. Whether it is running marathons or paddle boarding with friends, how our body functions under physical stress aids in improving lifestyle and preventing health concerns. By optimizing our metabolic potential - strength, recovery and cardiovascular health - we can realize an significantly improved physical function and fitness potential.

THERMIC MEDICINE

Fat loss, not weight loss, is a key component in living a healthy fruitful lifestyle. The specially formulated ThermaBurn Medical Fat Loss Program combines a comprehensive diet plan with medications, supplements and exercise programs customized around each individual's current lifestyle. This nutritional plan was formulated using a combination of proven dieting techniques and regimens from Dr. Rusilko's experience as a professional fitness model and his training as a certified sports nutrition specialist provided.

INTERNAL DERMATOLOGY

Your skin is the external manifestation of inner health, things like wrinkles, blemishes, thinning hair, and loose skin are all signs of physiological disturbances in the body. Being able to correct, balance and augment these dysfunctions allows for healthier hair, skin and nails that lead to an overall radiant improvement.



*All program pricing includes monitoring, shipping, the medications and review consults.

* Program costs average from \$1500-\$3500/ two months depending on lab results and medications used

T R A N S I T I O N

TRANSITION PROCESS



Upon completion of a Lifestyle Medicine Program each patient will be weaned off their program and eased into a maintenance program devoid of medications. This transition takes place once the patient's ultimate goals

are met and they are satisfied with their results. The length of each patients program depends on their starting medical condition, age, adherence to the program, and overall goals. Some patients will need to remain on certain regimens for life if their system cannot be reset due to the above factors if they wish to maintain their results indefinitely. Regardless, each patient who reaches the Transition Phase will have physiologically slowed the aging process and increased their body's ability to function altogether.

DR IVAN

I developed this model of medicine, **Lifestyle Medicine**, early on in my educational experience in medical school. I came to find that with traditional medicine the prolongation of death was more important than the augmentation of life... A philosophy I didn't agree with.

Lifestyle Medicine holds fast to the idea that aging is a choice we all make unknowingly every day. Every cigarette we smoke, every drink we drink, every serving of starchy and fatty food we indulge in, and every extended night out we decide to take weighs heavily on our body's health, in turn, aging us.

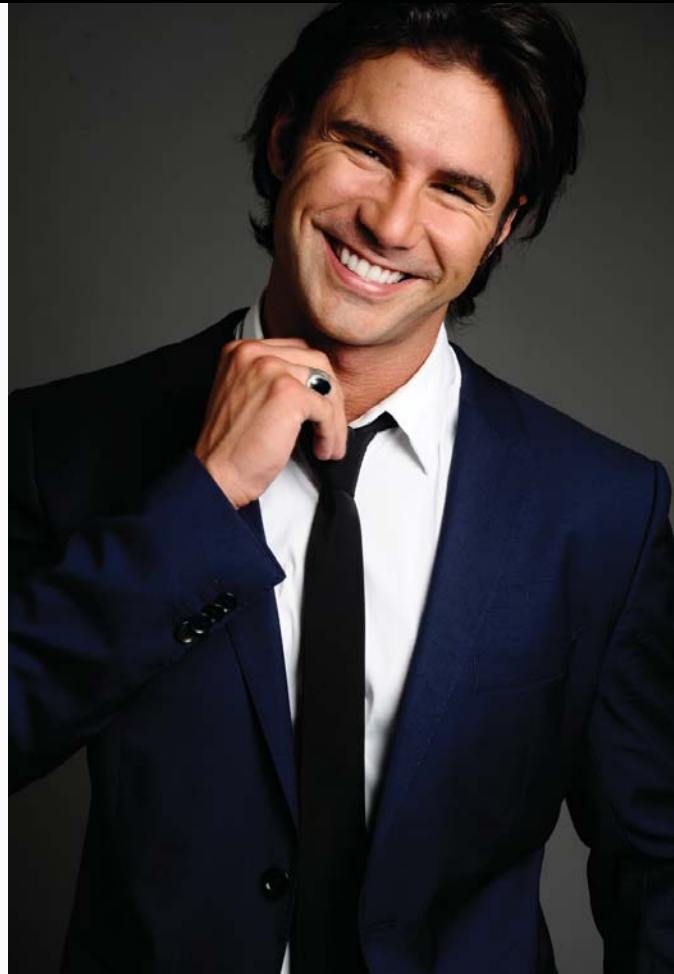
Numerous facilities and organizations offering "anti-aging" and/or aesthetic medical practices only targeted specific areas of one's true potential. How we function internally will dictate how we look aesthetically and feel biologically. Correcting nutritional, hormonal, and toxic imbalances in the body is imperative to not only achieve optimum results but also ones that are long lasting.

Lifestyle Medicine is the culmination of my education in aesthetic and wellness medicine, my certifications in fitness/sports nutrition and my professional fitness modeling career as Mr. USA. I whole-heartedly believe that those who preach should first practice what they are preaching. It is my goal to help my patients discover that the days when sleep was deep, fat loss was easy, and sex was a sure thing, not a guessing game, are not gone and can be regained.

The most important aspect, the one I strive for my patients to experience, is the renewed zest for life that comes with a feeling of excitement about starting their day, not a fear. Better energy, sex, sleep, physique, mental clarity, mood... all of these factors weigh heavily on one's physicality and emotionality.

Making an investment in yourself is the smartest and most beneficial one you will ever make.

DR IVAN RUSILKO





1800 SUNSET HARBOUR DRIVE, SUITE 1B
MIAMI BEACH, FL 33139
786-334-3664
DrlvanAssist@LFSTM.com
www.lfstm.com