



Invest in Yourself
You Deserve It

Philosophy

Dr. Ivan Rusilko

“Life's too Short to be Normal”

Dr. Ivan Rusilko strives to provide a supreme quality of life for his patients, applying lifestyle diagnosis and treatment on an environmental, nutritional, medical, and motivational level.

Dr. Ivan is a medically licensed physician who graduated from the largest medical college in the country, the Lake Erie College of Osteopathic Medicine, where he was selected for the Deans Award for his outstanding moral character along with academic excellence among his graduating class of 2010. Rusilko has received accreditations in medically based sports nutrition, hormone balancing, sexual health, and medical fat loss from various organizations nationwide.

He is certified in numerous aesthetic procedures (Botox, Fillers, PRP) by the American Academy of Procedural Medicine and is involved in numerous philanthropic organizations such as The Ronald Reagan Foundation, The George Bush Library, UF, GW, LECOM, Mercyhurst and Georgetown University.





DR IVANRUSILKO

LIFESTYLE MEDICINE

Nestled comfortably in the heart of Miami Beach, Rusilko's exclusive practice welcomes those truly dedicated to evolving into a better version of themselves. By applying diagnosis and treatment on an environmental, behavioral, and medical level, Dr. Rusilko creates healthy lifestyle programs that support longevity and help to improve overall quality of life. Getting to know his patients one-on-one, he targets lifestyle-related problems with an advanced clinical approach and individualized prescription methodology.

Dr. Rusilko served as the former Medical Director and Co-Founder of the Club Essentia Wellness Retreat at The Delano Hotel in Miami Beach. He was the Medical

Fitness, Nutrition and Hormone Specialist at The MIAMI Institute located in the Four Seasons where he also worked to perfect his unique IV regimens. He has been featured as a health writer and lifestyle coach for The Washington Times and served as a media expert and spokesperson for the American Osteopathic Association. His medical school featured him as the Key Note speaker during their yearly summit as well as their white coat ceremony in 2018.

While he practices out of his Miami Beach office, Dr. Rusilko's talents are recognized globally. He has spoken internationally on his methods and unique forms of treatment to audiences of all sizes. With his first-hand experience in the exercise and nutrition field, Dr. Rusilko combines medicine with a healthy way of life for those willing to *Invest in Themselves*.

**"Age is a
decision. Living
life, the only
option."**



The Practice

Lifestyle Medicine

“How Much is Your Lifestyle Truly Worth?”

At Lifestyle Medicine (LFSTM) we pride ourselves on a personal approach to medicine with our patients. Waiting rooms, white coats and God complexes are a thing of the past as we believe that each experience should be a fun one with someone you trust, respect and genuinely like.

Lifestyle Medicine caters to those who have made the commitment to invest in themselves for a better quality of life therefore slowing the aging process and living longer, fuller, happier lives.

We tend to accept new patients by referral and each program candidate is vetted for commitment as well as the ability to participate and adhere to the structure of their program.

Each new new patient will submit to in-depth diagnostic blood testing in order for Dr. Rusilko to initiate their program safely and effectively. These results are correlated with the initial consultation as a treatment



FAQ's

When deciding if Lifestyle Medicine is a good fit for you please review these frequently asked questions. If your questions are not answered here you can email them to drivanassist@gmail.com

Do you accept Insurance?

No, we do not accept any form of insurance but you are free to contact your insurance agent about reimbursement for your labs and services.

What are the costs?

There are two options to the pricing at LFSTM.

Option 1: Diagnostic Testing and Review

If you would like to just check and see where you are at biophysically and discuss your results and possibilities with the doctor you can simply select one of the many tests from the menu. Pricing starts at \$1500 and works up depending on tests desired. Please see Diagnostic section for more information.

Option 2: All Inclusive

If you are ready to commit to a better version of you then the all inclusive options are your best choice which include lab testing, consultation, program formation, supplementation and medication. Pricing starts at \$5000 and works up depending on

program desired. Please see the All In section for more information and details.

If I have old labs can they be used"

Outside lab testing will be subject to a \$400 lab review fee and must have been taken within six months. Please note that most labs from outside providers are incomplete and will require additional testing. At LFSTM we aim to fix the problem not just mask it which requires the testing of many things most physicians don't look for. Things that can be the cause of biomarker irregularities and lifestyle dysfunctions that may go undiagnosed for years, for lifetimes.

Why are your costs higher than other doctors?

We approach medicine in a much different way when compared to most doctors. Our focus is on the COMPLETE customization of





the COMPLETE lifestyle. Dr. Rusilko provides personal contact with every patient along with diet and exercise plans centered around their desires and overall health. His experience in this industry as a physician, certified nutritionist, lifestyle coach and personal trainer rounds out the completeness in each program.

Programs not only contain supplements and medications, they also include diet, nutrition, detoxification, sleep correction, addiction alleviation, sexual augmentation and fitness amplification.

I don't live in Miami does that matter?

No, we have the privilege of treating patients hailing from all corners of the world and walks of life. Our mail in option allow us

to treat patients nationally with certain diagnostic tests and medication/supplements being able to be shipped to your doorstep. We utilize telemedicine to interact with our patients regarding any questions and/or follow up consults.

Dr. Rusilko does engage in house calls both locally and internationally which can be booked on the website. Consults can be organized using the Moti Application found in the app store.

How long does it take for the tests to come back?

Testing turn around time relies on our partnering laboratories and postal systems. Some tests take a day while others several weeks to be returned so please be patient. We will contact you the second your full lab report is ready.

How long will I be on my program?

This varies greatly among each patient. It is Dr. Rusilko's goal to have every patient on and off their program within eight months (four 2 month cycles). This time frame allows the body to fully restart itself to a more youthful level.

However, there are instances where life long treatments may be needed due to age, genetics, or current physical condition. These possibilities are discussed and addressed on a case by case basis.

There are also those who want to feel healthy and act young indefinitely choosing to continue on their program for much longer. This can be done in a safe, effective, and fun way.

What kind of doctor is Dr. Rusilko?

Dr. Rusilko is recognized by the state of Florida to practice all forms of general medicine from the prescription of medications to procedural based medicine.

The form of medicine he was versed in is called Osteopathic Medicine. Osteopathic Doctors carry the same rights, education and credentialing as MD's but were trained more to focus on the prevention of disease and with a holistic approach.

Location:

1800 Sunset Harbor Drive, Suite 1B

Miami Beach, FL 33139

Office Hours:

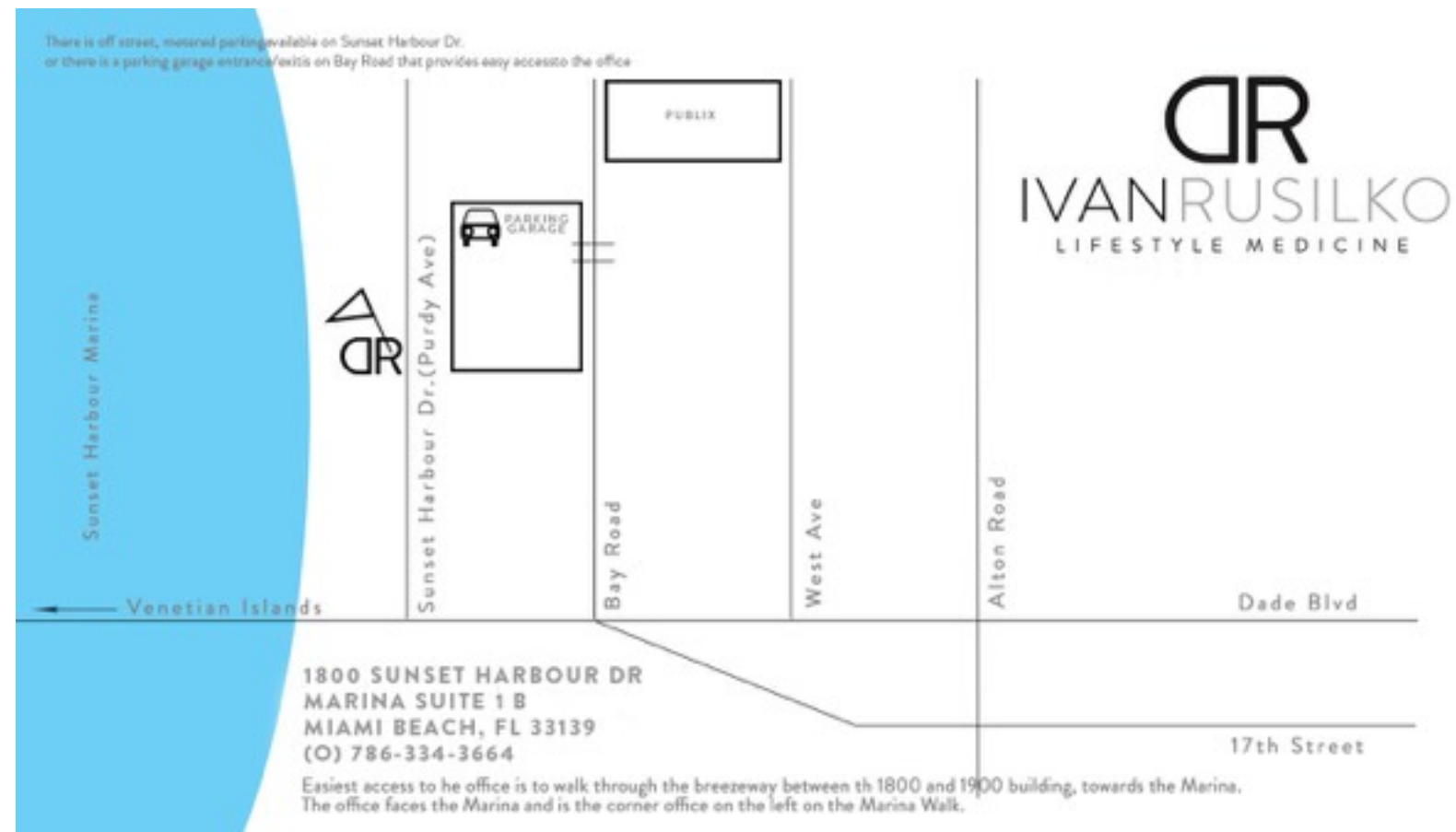
Monday - Friday by Appointment Only.

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Introduction

LFSTM

“Medicine that Makes you Smile Before Each Visit”

I developed the model “Lifestyle Medicine” early 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 is an ideology that aging is the choice we unknowingly make every day. Every cigarette smoked, glass of wine drank, overly starchy (yet delicious) food indulged in, and extended night out we take weighs heavily on our body’s health.

Numerous facilities and organizations offering “anti-aging” and/or aesthetic medical practices only target 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 achieving optimum results but also ones long lasting ones.

“Helping others achieve a better version of themselves is an honor and privilege I get to indulge in daily. For there are those that like to remember yesterdays and then those that like to create tomorrows. Become a creator.

DR

IVAN RUSILKO

LIFESTYLE MEDICINE

BUENOS AIRES

Operations

Those wishing to book an appointment please fill out the on line medical questionnaire and patient payment form located on the website. Once you have submitted the online forms you will be contacted by a LFSTM staff member to schedule your apportionment. Online programs and testing can be found on the site as well.

The turn around time can vary with each test drawn so a LFSTM representative will contact you upon completion of your results. This may range from days to weeks. Once your results are in a review will take place either in person or virtually and your program formulated. Each program cycle will last 2 months with some medications and supplements only lasting one. One can expect the course of treatment to last anywhere from two to four cycles (4-8 months) with some desiring to remain on indefinitely. Once your treatment process has come to an end you will be transitioned of your program and resume a normal life at a much younger age.



Our office utilizes an electronic medical record system to ensure we maintain your correct information on file that is easy to share with you. A patient portal will be provided to each patient that allows access to labs and information regarding their

treatment.

Lifestyle

Medicine is a paperless practice.

Some patients start and stop programs at will, so it is

your responsibility to inform our staff when your program cycle is nearing an end. Refills can be done utilizing the call in method to help save on travel time for those who do not live in the Miami Dade county area. Refills may take up to a week to arrive so please plan in advance when scheduling.

Your medical records are strictly confidential. The Health Information Portability and Accountability Act (HIPAA) restricts us from releasing any information without your written permission. Please understand that we are a cash based practice that has waived all right to accept insurance and by becoming a patient you agree to not seek reimbursement through our practice for any costs occurred. You can however submit your paid invoice to your insurance company who may reimburse you but it is best to confirm with them prior to treatment.

For your convenience we accept Cash, Check, MasterCard, American Express, and Visa. If using a credit card a 3% merchant fee will be added to the final bill. Wire transfers are also accepted but a confirmed transfer is required before any medications are dispensed or ordered. A credit card will be kept on file for





convenience and used for all future procedures, refills and treatments.

It is our desire to have a mutually respectful relationship with our patients regarding prompt payment. Failure to pay for medical services delivered in good faith will cause a patient's account to be turned over to an outside agency for collection. Should collection proceedings be required to collect an outstanding debt you will be responsible for all additional expenses incurred to collect the debt including the collection agency fees and any associated court costs.

House calls for all procedures and treatments are available for premium. Please contact our office for pricing information and scheduling.

Our practice maintains a small patient demographic to aid in the personal care and attention given to each patient.

Thank you for allowing us to assist you with your Lifestyle needs.

Sincerely,

Lifestyle Medicine



A microscopic view of several mitochondria, which are bean-shaped organelles with a highly folded inner membrane (cristae). They are stained with a blue and pink dye, making them stand out against a dark background. The cristae are visible as intricate, wavy lines within the organelles.

NAD

“When your able to revitalize the powerhouse of the cell, mitochondria, the sky is the limit on what you can do.”

~ Dr. Ivan Rusilko

Nicotinamide Adenine Dinucleotide (NAD), a form of Vitamin B3, is a metabolic co-enzyme found in all living cells and has more than 100 functions in the human metabolism.

It plays a key role in cellular metabolism and is tasked with the important job of structuring, repairing, and remodeling every cell in the body.

These specialized enzymes require constant replenishment in the body.

THE NAD IV

NAD IV therapy helps to replenish these enzymes and target brain restoration which has been studied since the early 1920's.

Many of the chronic ailments that human beings suffer from tend to take root when the body is in an energy deficient cellular environment, over stressed. Mitochondrial function, our bodies furnaces, is linked to overall health and have been link to a multitude of disease when they are deficient.

It is also believed that many people have a degree of subtle "subclinical" mitochondrial impairment that may lead to a cascading effect of disease development. About 90% of the energy needs of the human body are met by mitochondrial oxidative phosphorylation. Oxidative phosphorylation is a highly refined and efficient system for producing the phenomenal amounts of energy that are required to maintain the structure and function of the body as well as regulate body temperature.

NAD Therapy for Anti- Aging and Energy Restoration:

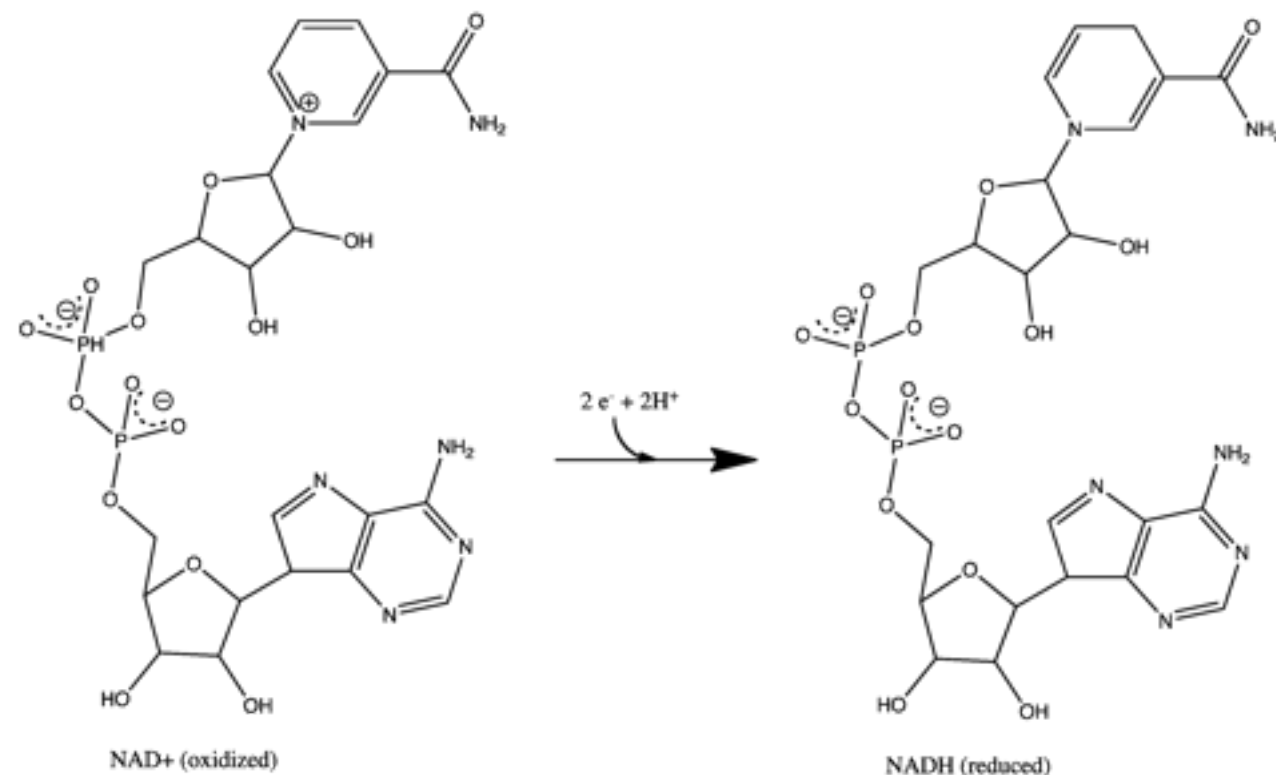
Certain health conditions are linked with a decrease in the efficiency of the mitochondria and cellular energy processes such as: sedentary lifestyle, aging, over eating, and drug abuse.

NAD therapy is used for chronic fatigue, fibromyalgia, and drug and alcohol abuse.

Studies have shown that NAD switches "off" the genes of aging, helps to extend life span, increases endurance, improves cognitive function, and enhances cellular energy. These benefits add up to a system-wide slowing and reversal of certain aging processes.

NAD Therapy for Drug Detox

NAD IV program eases the discomfort of withdrawal, reduces cravings, produces a mind and body cellular restoration and speeds up the detox process.





When a person stops taking drugs, their brain will eventually heal and rebuild lost receptors and neurotransmitters. However, this process can take a long time and may be physically or emotionally difficult for both the patient and their family. NAD IV Therapy significantly speeds up this natural healing process. It does this by bathing the brain with amino acids, vitamins and other nutrients thereby blocking the discomfort of withdrawal and jump-starting the process of healing the brain's neurotransmitter and cognitive function.

Some reports indicate NAD therapy can reduce withdrawal symptoms by 70-80%, though there are not research studies that prove this claim.

NAD Therapy for Brain Reprograming

For those wishing to take there mental abilities to the next level the NAD LFSTM protocol can be targeted to help advance your ability to think in unique ways. By boosting ones potential to process information and at the same time detoxing them from the accumulation of toxins built up over a lifetime NAD can truly help reprogram your brain to be more effect in every instance.

NAD also supports detoxing ones brain and there for increasing its functionality. This can aid in disease such as anxiety, expression, PTSD, ADD, alcoholism, and chronic stress to name a few.

What is the NAD IV Treatment Process?

NAD IV therapy requires one infusion per day for a period of 5-10 days. Between the 4th and 8th day, patients typically report feeling better, with increased mental clarity. However, it is important to note that patients must complete each infusion process in order to eliminate or minimize cravings.

More importantly, after receiving NAD IV therapy, each patient must still deal with the psychological aspects of addiction, otherwise there is an incidence of relapse. Though NAD IV therapy will need additional research and evaluation, the treatment does seem to produce positive results among patients



struggling with addiction. Early data seems to indicate the highest success rates with NAD are among alcohol and opiate addictions.

Patients can maintain their progress with 1-2 NAD IV's monthly after their initial package.

NAD for Chronic Conditions

Cellular dysfunction and dys-regulation has been linked to numerous chronic conditions, including chronic fatigue syndrome, neurodegenerative disease and mental health disorders for which NAD therapy may show incredible results.

Anything that increases stress; drugs, alcohol, stress, medications, chronic illness and age, all contribute to decreases

in NAD+ stores therefore lowering energy and causing cells to age.

The Treatment

The goal of therapy is to detoxify and replenish the brain chemistry into an augmented state use IV administration of NAD and other minerals, vitamins, and amino acids. Other oral supplements are utilized during the treatment to enhance the procedure and are taken daily.

It usually takes a around seven days for the change to be noticeable and depends greatly on the biochemistry of the patient before starting.

It is recommended that patients entering this therapy be on a full program complete with diagnostic testing, and hormonal/nutritional/toxic balance.

The treatment itself can be intense. Patients may feel abdominal tension, mild headache and chest tightening which is all normal. The administration of the protocol depends on the patients ability to tolerate it and can last anywhere from thirty minutes to two hours.

We have developed a unique protocol that allows for a faster than normal treatment experience. Where most IV clinics offer



sessions that can take up to three hours, LFSTM can get you in and out in under an hour and a half.

Some may wish to add ketamine to their IV to help deal with issues such as PTSD, anxiety, panic disorders, depression and addiction. Studies have shown that this medications has the ability to help deal with such disorders in a non addictive way. Please ask for more information regarding this upgrade possibility and if it is right for you

Cost

1 Session - \$600

5 Sessions - \$2,500

10 Sessions - \$4,500

(+) Ketamine Upgrade add an additional \$250/IV

(+) Pre NAD IV Booster add \$100/IV

Medical Supplement Booster (1 Month) - \$300

Peptide Booster (1 Month) - \$1,000

Full NAD Program (2 Months) - \$7000

- 10 IV's,
- Supplement Packs
- Peptide Therapy

Full NAD/Ketamine Program (2 Months) - \$7,500

- Full NAD Program
- 4 Ketamine IV Inclusions