



Enlightenment Medicine

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.





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:

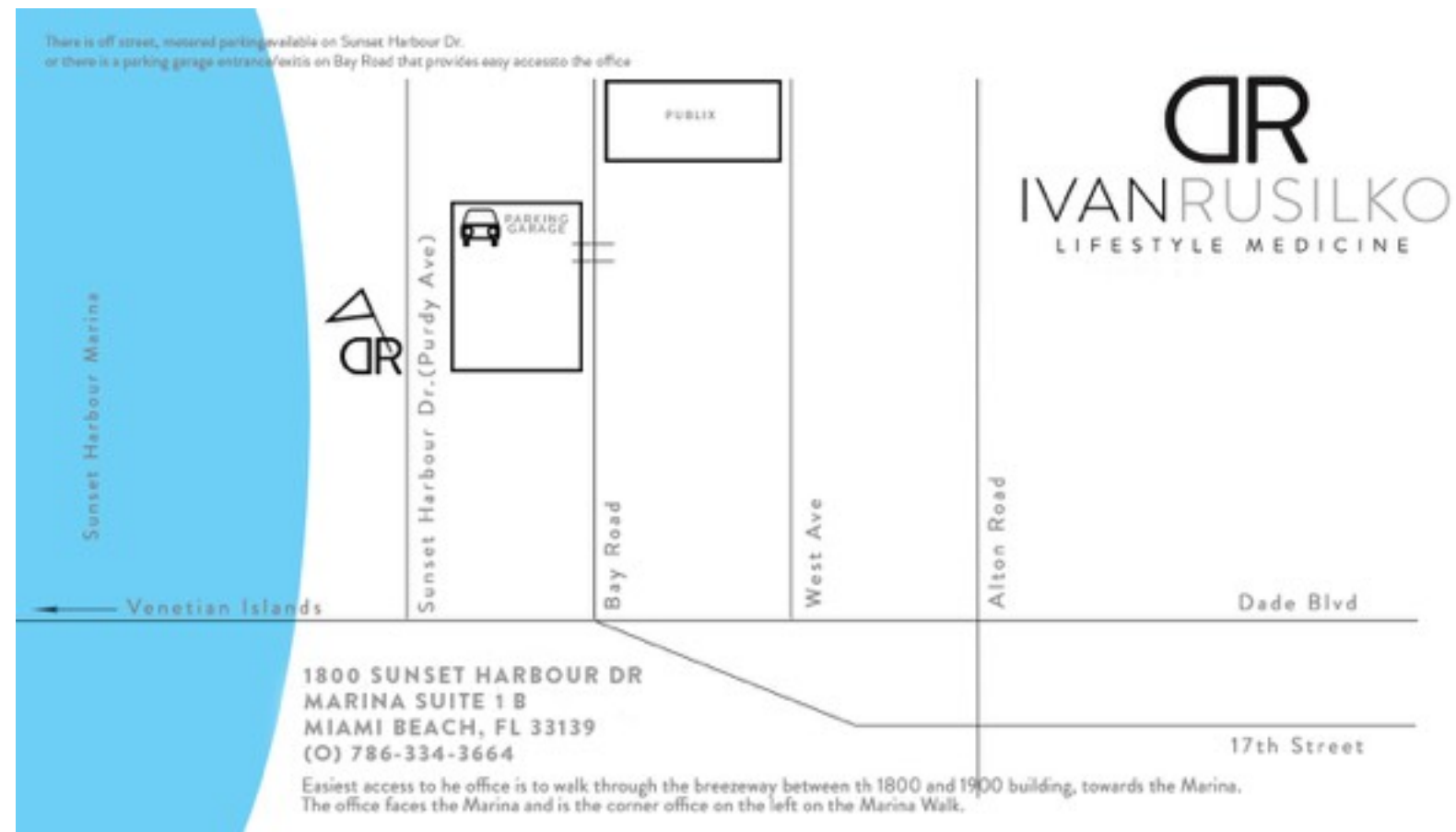
Monday - Friday by Appointment Only.

(p) 786-334-3664

(f) 305-203-0752

Email: drivanassist@lfstm.com

Website: www.lfstm.com



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





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

Sincerely,

Lifestyle Medicine

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.



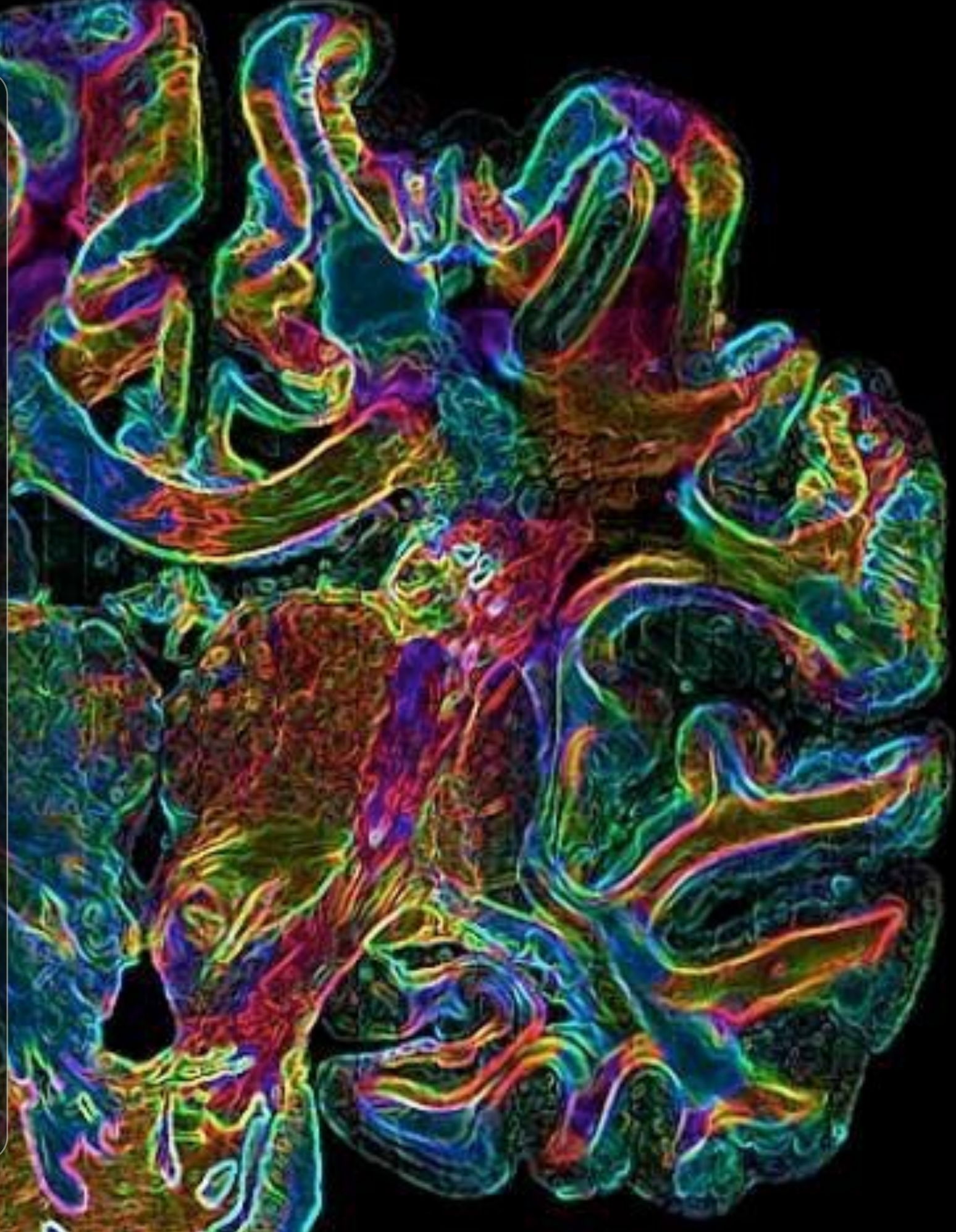
RESHAPING THE CYCLE

ENLIGHTENMENT MEDICINE

The human body is a machine comprised of physical, mental and emotional facets that work together to make up who we are and how we function.

The health of each of one being just as important as the next in determining quality of life and the ability to perform the daily act of living.

Enlightenment Medicine is aimed at addressing all three of these internal factors with special focus being placed on the emotional aspect of what makes you... you.



Enlightenment Medicine

What is Ketamine?

Enlightenment Medicine utilizes the unique properties of the medication Ketamine which was first synthesized in 1962 to treat wounded soldiers on the battlefields of Vietnam. Its ability to not compromise the ability to breathe and maintain good blood pressure was key in its safety during treatments in the field.

Since then it has become a staple in emergency situations across the country, and is particularly useful for procedures in the pediatric/ geriatric populations given its method of action. Its safety and effectiveness profile is so good it is on the World Health Organization's List of Essential Medicines which highlight the most effective and safe medications available.

Recently, Ketamine has been found to be very impressive in treating a variety of conditions including chronic pain, major depression, PTSD, Anxiety, Bipolar Illness, addiction and OCD.

When coupled with a full in depth Lifestyle Medicine program involving hormone and nutrition optimization and

detoxification of toxins Ketamines effectiveness is enhanced and the results undeniable.

Strategic dosing and nutritional replenishment is important in reducing any potential side effects while optimizing receptor activity. Enlightenment Medicine is much more than just your run of the mill "Ketamine Clinic" as we understand that there are so many more factors contributing to health dysfunction that must be addressed in order to truly correct the disorder.

FAQ's

Is it safe?

Ketamine preserves excellent vital signs and bodily functions making it extremely safe in skilled hands. There will always be a highly skilled medical professional present during your infusion.

Will I get HIGH?

The goal of the treatment is to experience a disconnect from the issues surrounding your life that have been contributing to whatever ailment you may be experiencing. It is not to get high

and anyone suspected of seeking this will be denied treatment. This is a medical therapy geared at helping people who need it.

How does the infusion feel?

The correct answer is no answer. Every patient will feel and experience something different. Feelings of dream-like state with enhanced euphoria is the most widely reported sensation.

Should I Consider It?

Depression, anxiety, addiction and PTSD all can be debilitating issues regarding how you live life. Current treatments for these conditions are marginally effective and tend to mask a problem that is much deeper. If you have tried these or any other types of therapies such as counseling or alternative modalities to help get over something in your life ketamine may be your answer. Some people choose not to pursue traditional forms of medication based treatment for personal reasons which we understand and sympathize with.

At the end of the day if you find yourself struggling with components of your life that are affecting its quality then feel free to contact us and see if this therapy may be right for you. We all have issues in life it's good to know there's another option out there to get past them.



How long do the results last for?

This again is very situational and depends on many things surrounding each patient. This is where the combination of Lifestyle Medicine separates us from everyone else. LFSTM focuses treating all the aspects that make up who you are.

Your mentality, emotionality and physicality will be treated along side of the infusions. Also, lifestyle management therapy will help determine goals, filter out stressors, and revitalize a zest for overall living which is equally important in the entire process.

We aim to provide results that last beyond the typical weeks to month time frames as most expect. Some patients can require maintenance dosing which can be provided in the form of sub

lingual trochees and follow up IV's beyond their programs allotment.

How is Ketamine Given?

Ketamine is infused intravenously (IV) at “sub-dissociative” doses over a 40-50-minute period for most mood disorders with pain treatments taking 15-20 minutes longer. But again its different for each patient and condition being treated.

Ketamine Therapy for Mood Disorders:

- Depression & Anxiety
- PTSD
- Addiction (all substances)
- Anxiety
- Chronic Pain

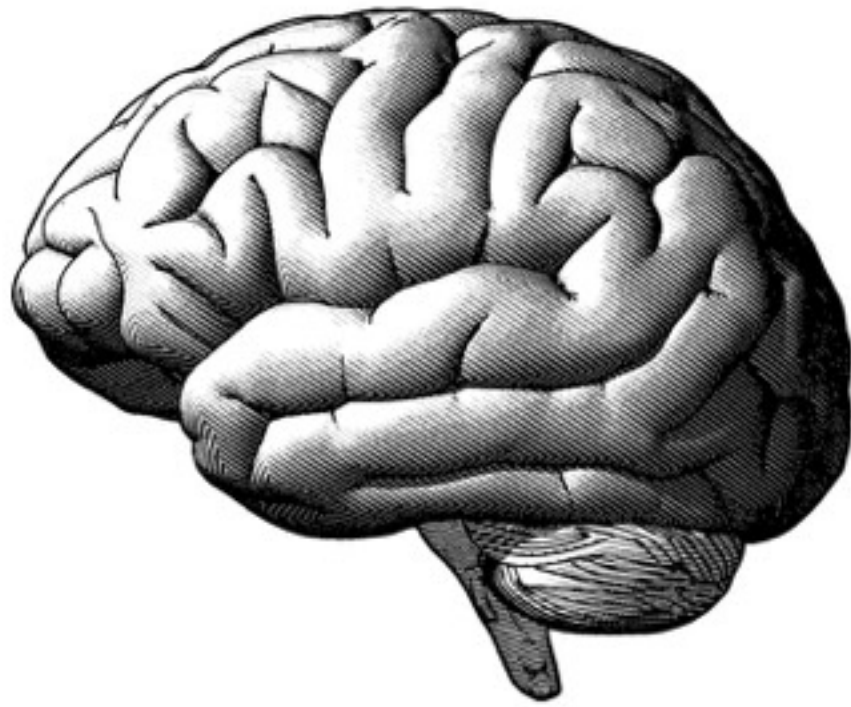


Contradictions

- current state of confusion
- alcohol/drug intoxication
- increased spinal fluid pressure or pressure in the eye
- significant uncontrolled high blood pressure
- suddenly serious symptoms of heart failure
- failure of the heart to maintain adequate circulation
- decreased lung function
- hypersensitivity to the drug.
- It is not recommended for use during obstetrics, pregnancy, or for women who are breastfeeding as it is unknown if this medication passes into breast milk.
- schizophrenia due to the potential for exacerbating the underlying condition.
- delirium

Side Effects

- Mild increased blood pressure/rate



- Visual hallucinations and sense of Oneness
- Vivid dreams and Euphoria
- See full list in the patient hand out

Before You Come In

Please use the following checklist prior to your appointment.

1. Fill out the online form on our webpage that contains all waivers, requirements, and information needed for a guided experience..

2. Understand why you are coming in and be versed in all the information on this site pertaining to the ins and outs of the treatment process.

3. Identify a mode of transportation home afterwards

The Infusion Day:

- Make sure to have gotten healthy sleep the night prior to ensure you are well rested for the treatment. Avoid heavy meals, increase you water intake and cut all food out three hours prior to coming in.
- Bring an eye mask and comfortable clothing. If you tend to get cold bring a sweater..
- Bring headphones with a playlist of 1.5hrs of your favorite music. This should be happy music that exhibits positive feelings and enjoyable memories. There should be no stops/commercials in between songs. This is very important.
- Please arrive on time with a friend or family member who will be responsible for getting you home as you will not be allowed to operate motor vehicles or machinery until the next day. Uber is also an acceptable option as we understand it may be hard to tell someone you are seeking help for something. A waiver will be signed pledging that you are not operating machinery after the infusion for the day.

- Vital Signs will be taken and a discussion with Dr. Rusilko will ensue reviewing your history, concerns and goals of the treatment.
- Once ready you will make yourself comfortable, place your phone on do not disturb, and pull the mask over your eyes. A small catheter will be inserted in your vein and the infusion will begin.
- It is encouraged to take the IV alone but for some there may be a request to have a family member or friend sit with them the first time. Dr. Rusilko can sit and help guide their experience as well if requested. Your comfort level is indicative of the treatments success so never hesitate to ask questions.



- It takes anywhere from 10-20 minutes for patients to experience the effects of ketamine with everyones journey being different. It is important not to expect something because you read about it because you are a unique individual with even more unique brain chemistry. Your experience will be your experience so don't expect anything but the unexpected..
- You will be cognoscenti the entire time as the dose used is no where near a sedation level one and the IV can be slowed to match your comfortability level at any time. This will help in decreasing any nerves one may feel for the first time.
- Infusions usually last 40-60 minutes but may feel like much longer. It takes around another 20-30 minutes to find your bearings once the treatment has finished.
- Dr. Rusilko will sit with you again and discuss how your treatment went and help answer any questions you may have. This tends to be a very unique time frame where much discussion about lifestyle changes and goals formation takes place.
- Most describe the infusion as a pleasant and relaxing experience where the past and future dissipates and the focus is placed on the present and personal growth. Many patients

tend to journal immediately afterwards to help concentrate their thoughts.

- It is important to understand that this is a medically monitored experience with health professionals checking on your status continually. This is not recreational nor is it meant to simply get you high.

Post Infusion

- After your infusion and recovery period (around 30min), your friend or family member will need to drive you home. If you are taking an Uber than you will be required to wait additionally time and provide proof of order.
- The rest of the day is meant for reflection free of stress, work or anything that causes worry. Continue to drink plenty of water and a follow a healthy diet. If you are on a more in depth program than supplementation according to you plan is to be followed.
- A phone call will be made the following morning to follow up on your progress.

Ketamine NAD Combo Therapy for Total Brain Reprograming

For those wishing to take there treatment to the next level NAD can be added to help detox the brain and enhance how the brains mitochondria functions.

The ability to improve how the brains works helps to reprogram the way we think and perceive thoughts. This helps us see around issues that may be causing the stress in our life and in turn causing the depression. NAD can truly help reprogram the brain on its on but even more so when combined with ketamine.



Protocol

Treating the entire individual is the goal of Enlightenment Medicine. This is why all programs contain supplements, peptides, and potentially hormones along with IV and at home treatments.

Cost

1 Session - \$750

4 Sessions - \$2,500

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

Medical Supplement Booster (1 Month) - \$300

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

Full Enlightenment Program (2 Months) - \$5000

- 4 IV's & Home Treatment
- Lab Testing
- Supplement Packs & Peptide Therapy
- (Add NAD \$750)



Enlightenment + Lifestyle Medicine (2 Months) - \$10,000

- 4 KetamineNAD IV's & Home Treatment
- Full Lifestyle program complete with full labs