



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.





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:

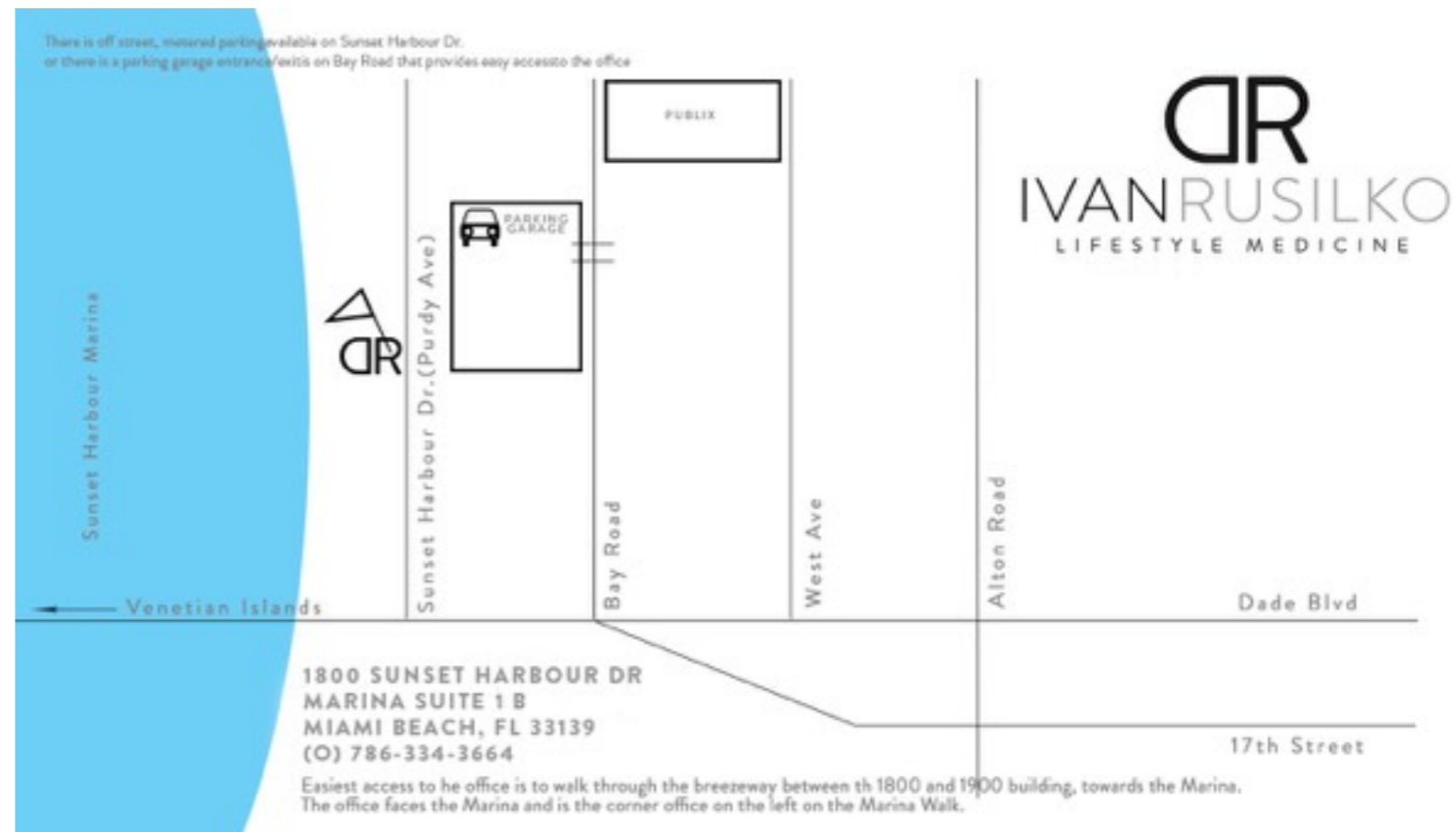
Monday - Friday by Appointment Only.

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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.



The Programs

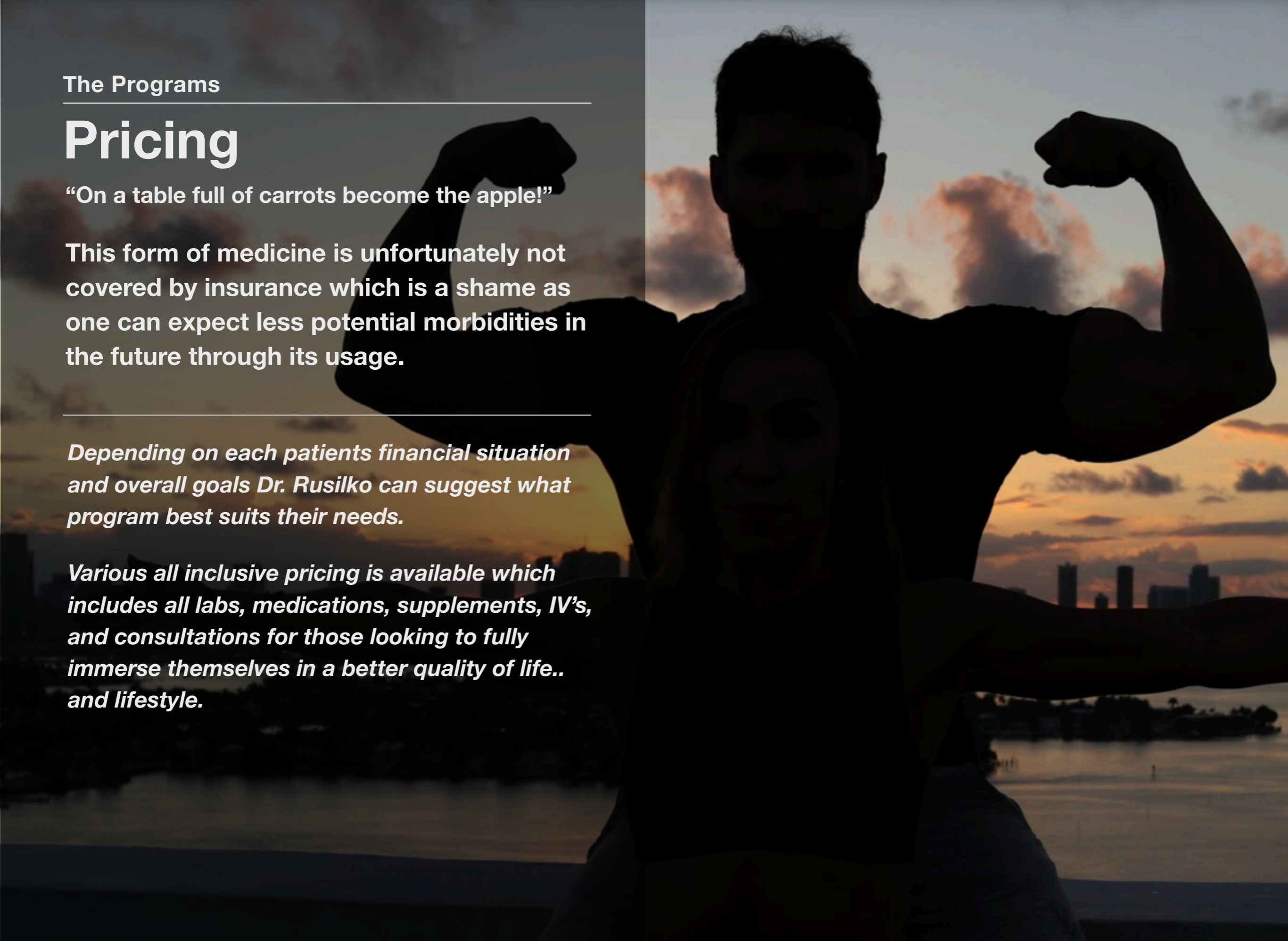
Pricing

“On a table full of carrots become the apple!”

This form of medicine is unfortunately not covered by insurance which is a shame as one can expect less potential morbidities in the future through its usage.

Depending on each patients financial situation and overall goals Dr. Rusilko can suggest what program best suits their needs.

Various all inclusive pricing is available which includes all labs, medications, supplements, IV's, and consultations for those looking to fully immerse themselves in a better quality of life.. and lifestyle.



Pricing Breakdown

1. Diagnostics

A battery of diagnostic labs are selected and run according to each patient's goals, desires and budget. This price includes the labs, consultations, and program formulations.

2. Program

Based on the results of both the testing and initial consultation a two month program is formulated for each patient. This price includes the medications, supplements, delivery and monitoring.

All Inclusive Programs

All prices include lab fees, shipping and handling, consultations, program formulations and specified medications/peptides/supplements listed in the description for 2 months. Programs last on average 6-8 months but some choose to extend the treatment indefinitely.

Tailored Lifestyle Panel- \$5,000 (2 Months)

Comprehensive biophysical review including hormones, food sensitivities, neurotransmitters, and heavy metals. This is a fully customized program for those looking to change multiple aspects of their life including sexual health, sleep augmentation, fitness levels, detoxification, energy enhancement, and mood elevation.

Basic medications and supplements are included in this package (IGF, peptides, and IV's excluded).

Total Lifestyle jumpstart- \$10,000 (2 Months)

Complete diagnoses of all the labs in the tailored package along with testing for environmental sensitivities, cancer, nutrition, and STD's. This full body physiological make-over is ideal for individuals looking to completely redefine and restructure their approach to health and wellness combating the onset of age related diseases, symptoms, and diminished quality of life. All medications and supplements are inclusive including IGF and peptides along with an allotment of eight custom IV's.

Total Lifestyle Revamp - \$55,000 (6 Months)

A commitment to the full program (6 months) not just the jumpstart will save you \$5,000.

Total Lifestyle Recall - \$100,000 (12 Months)

The Recall Program is a commitment to a program that will alter who you are forever in the best of ways. This includes lifestyle coaching and weekly tele-medicine conference for updating and guidance. This option has a savings value of \$20,000.

Diagnostic Testing

Prices include lab fees, shipping and handling, consultations and program formulations only.

Lifestyle Panel- \$1,500

Complete hormonal, dietary (food sensitivities), toxin and candida/gluten diagnostic panel focused on improving fitness levels and reversing aging. This is the ideal for those looking to get in shape and achieve an overall better quality of life.

(+) Neurotransmitters \$600

- Diagnosis the various chemical messengers produced by the brain that dictate how one feels, thinks and functions.

(+) Cancer Screen \$500

- Baseline screening of biomarkers indicative of various types of cancer throughout the body.

(+) Nutrition \$1,000

- Diagnosis the numerous types of vitamins and minerals responsible for the biophysical processes of living.

(+) STD \$300

- Diagnosis of all forms of STD's

(+) Biological Age \$2,000

- Find out how old you actually are according to your cells. Must be requested two weeks in advance.

(+) Environmental Sensitivities \$1,000

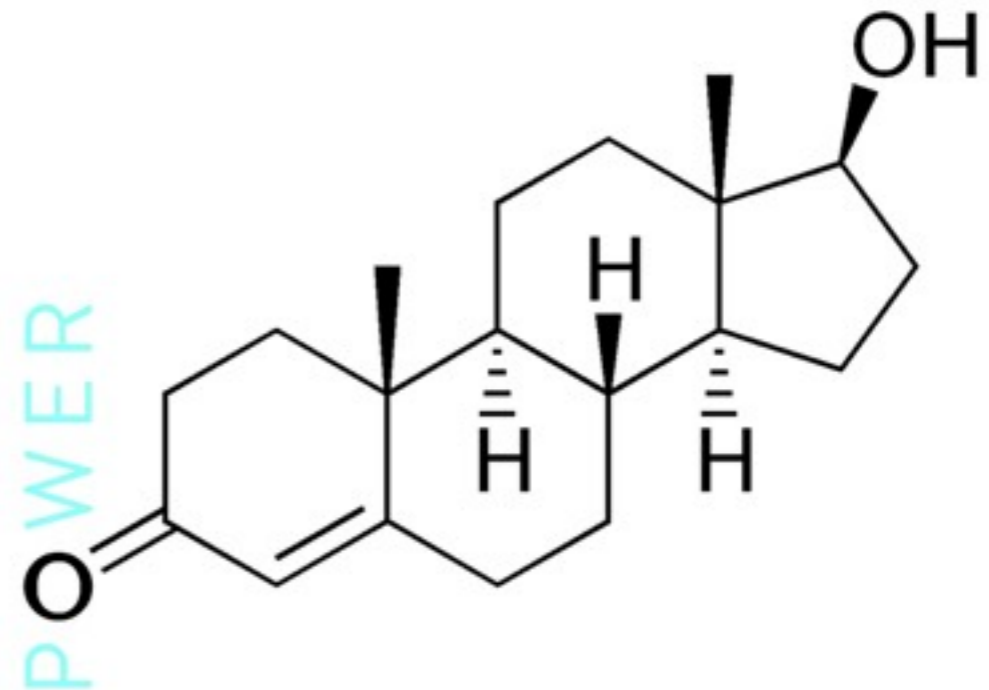
- Diagnosis allergens found in the environment including dust, pollen, mold etc.

(+) Candida or Gluten Alone (included in initial testing) \$200

- Diagnosis of Candida or ones sensitivity to Gluten

(+) Follow Up Hormone Testing \$850

- Required testing at the end of the initial two month cycle for program continuation safety if desired.



IV Programs

IV Light- \$1,000

This package includes (8) 500ml custom IV's that can be taking at will. Upgrade to 1000ml bags for an additional \$400.

IV Heavy- \$1,900

This package includes (16) 500ml custom IV's that can be taking at will. Upgrade to 1000ml bags for an additional \$800.

IV Heavy- \$2,600

This package includes (24) 500ml custom IV's that can be taking at will. Upgrade to 1000ml bags for an additional \$1,200.

Age Vaccine- \$2,500

This package includes (5) 500ml NAD Booster IV's and a custom two month nutraceutical program for complete age defiance. This combination is unique to LFSTM and formulated to enhance the power of NAD with the addition of other minerals, vitamins and peptides.

Individual IV's

The IV's at LFSTM, unlike many IV clinics, are highly concentrated and contain over 10 ingredients/bag to start. Dr. Rusilko prides himself on delivering quality in his IV's which are personally formulated using his background as a physician AND nutritionist.

IV's can be done blindly meaning that no blood work is taking, only a history along with the patients goals. These IVs have been pre formulated and are consistent each time.

Tailored IV's can be done for those looking for a more personal touch. These are based off the patients blood work and each one unique.

All prices are listed as base IVs and can be augmented at intervals depending on additional ingredients being added to each bag on top of the initial requested formula.

100ml Grenades- \$125

- Less Hydration with a Faster Effect Onset

150ml Midi's- \$150

- Medium Hydration with a Medium Effect Onset

200ml Big Boys/Girls- \$200

- Full Hydration with a Slower but Powerful Effect Onset



ADRENALINE

Enhances the potential within your inner core to boost energy, sharpen focus, increase stamina, and mental drive.

ANABOLIC

Supports the body's natural ability to produce energy by boosting your metabolism which burns fat, builds muscle, and will maximize your fitness efforts.

THERMIC

Augmenting the body's natural ability to produce energy, burn fat, build muscle, and maximize your fitness efforts.

TRANQUILITY

A gentle recovery for anyone looking for a little peace, calm, and serenity by inspiring the reduction of anxiety, physical discomfort and stress.

BEAUTY

Providing the essential building blocks to enhance hair growth, beautify skin, and strengthen nails.

IMMUNITY

Boosting the ability to fight off infections, prevent diseases, and overcome nagging ailments.

LIBIDO

Stimulating a sense of desire, closeness, trust, love, and eroticism for that perfect night out, or in.

LIQUID MONEY

Combines CLEANSE, IMMUNITY, and BEAUTY to provide the ultimate support therapy for the patient who has a demanding schedule or a tough

CLEANSE

Ridding the body of toxic chemicals to maximize it's ability to function and prevent aging.

THE AGE VACCINE

Aids in the detoxification the body of harmful chemicals to maximize funtion and prevent aging while boosting the immune system to fight off infections, prevent diseases, and helps the body recover from and overcome nagging ailments.

Building Your Own IV

If more than one type of IV is desired additional ingredients can be added to your base formula making it to a more potent of a treatment. **(+) \$25/Addition**

Examples

- Beauty/Immune Bag 500ml Bag - \$175
- Libido, Adrenaline, thermic 1000ml - \$250

Minor Additions (+10/each)

- Anti inflammatories, Pain Alleviation, Nausea, Heart Burn, Anxiety Alleviation, Mood Elevation, Sexual Enhancement, Energy Boost

House Calls (+\$500)

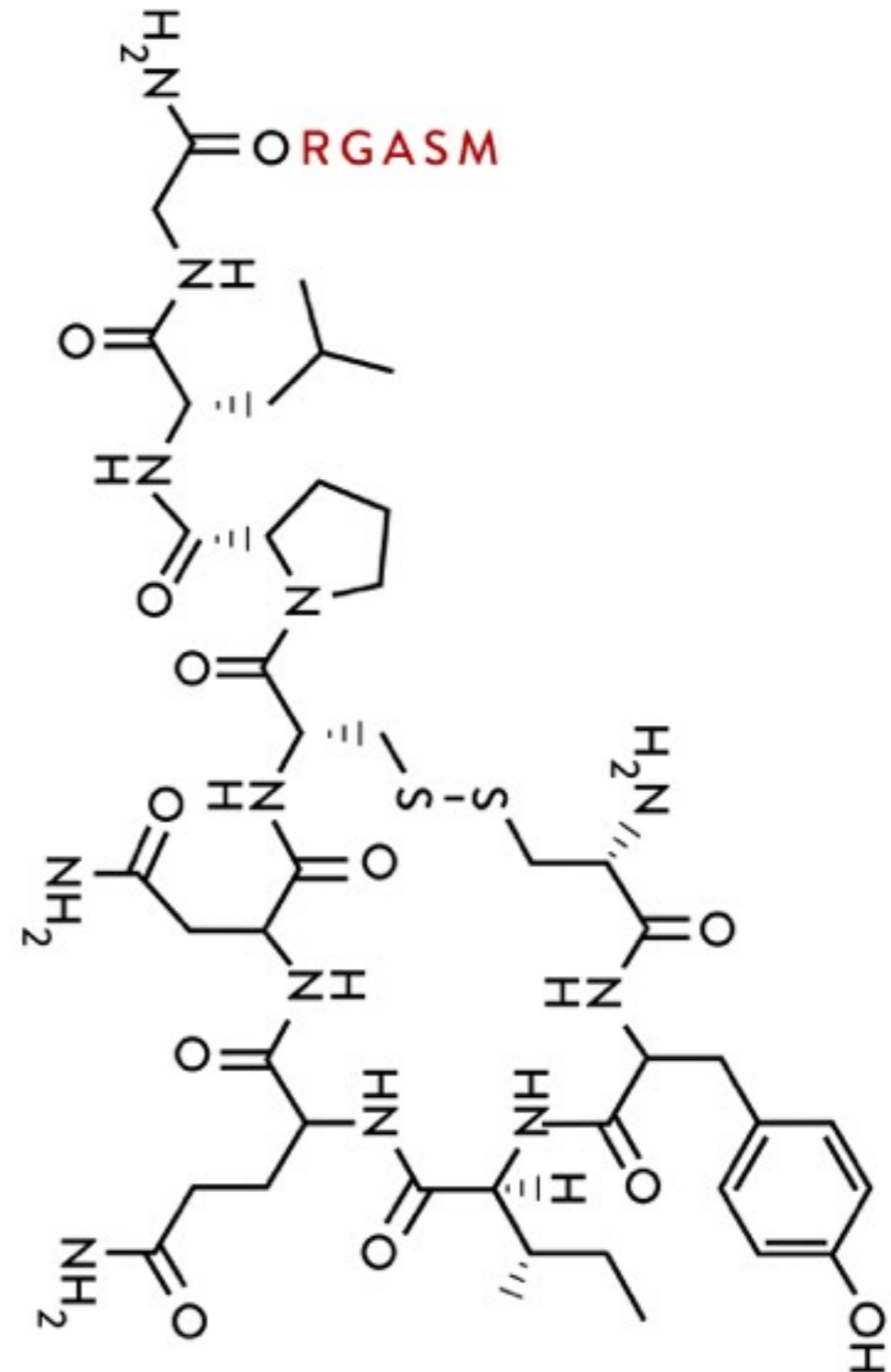
- Situational and booked in advance to ensure availability.

With the growing number of IV clinics and mobile units growing Dr. Rusilko cautions anyone who uses these options to ensure that what they are getting is what is advertised. A true \$200 IV bag appears the exact same as a bag that cost \$5 dollars to make.

Regardless if you use us for your IV nutritional needs please use discretion when selecting your IV provider because unfortunately

there are many business out there that have their bottom dollar as their main interest and not your health.

Always question what is in your bag before it goes in YOU



Wellness

Unlock Your Potential

“Creating the Perfect You from the Inside Out”

Wellness Medicine focuses on enhancing one's quality of life and overall vibrancy through the intricate inner balance of nutrition, hormones and the clearance of physiological stressors. One can expect improved energy, vigor, mood, sex, and quality of sleep to name just a few.

The core components of 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.



Four 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 the 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 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.

Diagnostic Testing

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.

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

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.

Three Pillars

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.

Biophysical 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.

Augmentation

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.

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.



Thermic Boosting

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.

Fitness Enhancement

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.

Sexual Augmentation

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.

Sleep Quality

There is a reason you spend 1/3 of your life sleeping, its important. Natural supplementation, peptide therapies, and sleep hygiene will be used to both improve your sleep quality and also eradicate any dependence you may have on harsh sleeping aids.

Brain Enhancement and Reprograming

Your brain is an amazing organ that we are just now really beginning to understand.

Using guided testing to identify irregularities in the blood we now can identify the contributing factors and deficiencies causing neural dysfunction. Working with cutting edge peptides, nutrition and psychoactive guidance we are able to remap, reprogram and re wire the brains physiology to improve its overall function.



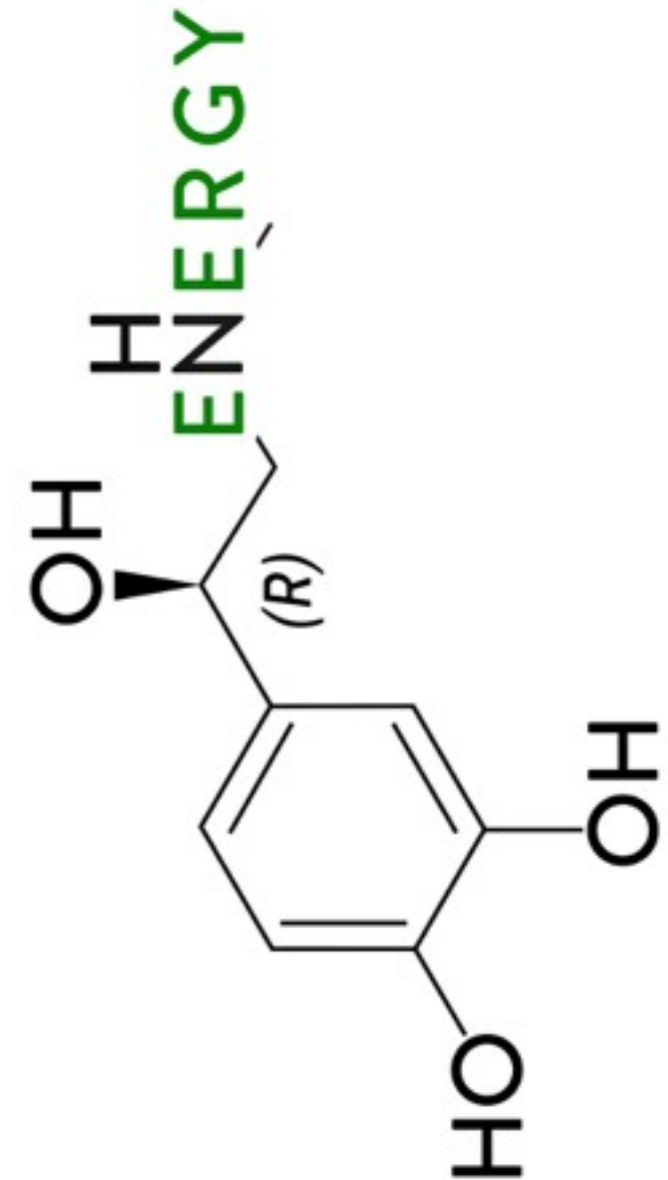
Transition

It is the goal of LFSTM to help patients regain their bodies natural ability to function on its own at a more youthful level without the need for medications. Upon completion of your 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 will have physiologically slowed the aging process and increased their body's ability to function altogether.

Growth

It is our mission to ensure that each patient exits this practice better than when they entered it. This is a commitment on both sides and we look forward to working with you to evolve your potential into reality.





Internal Dermatology

Medical Beauty

“Define the Very Definition of Beautiful”

Medical Beauty constitutes medical procedures which work to augment overall radiance and enhance beauty directly. This aspect of Lifestyle Medicine works best when combined with a wellness program which maximizes the body’s ability to support the aesthetic procedures therefore culminating in long lasting results.

Areas that can benefit from Beautiful Medicine include skin texture and appearance, hair volume and thickness, cellulite reduction, body contouring, hair removal, wrinkle reduction, amplified volume, and acne clearance.

Each treatment will consist of a consult and then in-depth review of your general medical and previous aesthetic procedure history. Dr. Rusilko will use your history and your beauty goals to assess and recommend the best support possibilities to facilitate long lasting beauty benefits by balancing the internal workings of the body as a whole.

Medical Beauty

The appearance of our skin, hair, and nails is dictated by how well our internal biochemistry is balanced. Physiological stress results in numerous aesthetic manifestations such as thinning hair, acne, hyper/hypo pigmented blemishes, brittle nails and loose skin. Managing these manifestations from the inside out allows for more powerful and intense corrections and that in turn produce longer lasting effects of the beauty procedures.

Lifestyle medicine uses several approaches to correcting and alleviating internal stressors through hormone balancing, medical nutrition/detox, and IV therapies.

Hormones such as IGF-1 and peptides play a critical role in the repair, rejuvenation, and regeneration of collagen and hair follicles. Optimizing these concentrations in the body allows for healthier looking skin, stronger nails and fuller hair. Coupling this with concentrated medical nutrition and detoxification using uniquely the uniquely formulated Beauty and Cleanse IV regimens support and prime the body's ability to systemically rejuvenate by providing essential nutrients and removing the toxic build up.

As with all programs at LFSTM, suggested controlled diet programs are provided and encouraged to promote a long lasting overall effect for the years to come.

Possibilities

Key components of Dr. Ivan Rusilko's Internal Dermatology include:

- *Wrinkle Correction*
- *Volume Enhancement*
- *PRP*
- *Internal Dermatology*



Wrinkle Correction

BOTOX® and Xeomin are purified proteins that smooth out animated lines that are only visible when **facial expressions** take place by relaxing the muscles that cause them to contract. The active ingredient in the treatment is derived from bacteria and is manufactured in sterile laboratory conditions.

BOTOX® and Xeomin are a prescription-only medicines administered by a qualified medical professional. The main areas of treatment include the relaxation of the following:

- *Worry Lines (Forehead) & Crow's Feet*
- *Glabellar Lines (frown lines between eyebrows)*
- *Nasolabial Folds & Smile Lines*
- *Excessive Underarm Perspiration*

The protein is administered into selected facial muscles using a very fine needle, by multiple injection sites within a concentrated area, over span of about 5-10 minutes. Patients can expect minimal discomfort during the administration process and can expect post-treatment effects to settle within 3-5 days. A week after administration, patients can expect to realize maximum effects of the procedure.

Results will vary slightly depending on each patient's muscularity, but most experience that the procedure can last 4-6 months. Repeat treatments tend to work shorter amounts of time due to the body forming a resistance to the product.

Possible side effects include headaches, pain, burning/stinging, bruising, and redness at the injection site. Local muscle weakness including drooping eyelids/eyebrows, swollen eyelids, skin tightness, tingling sensations,



itchiness, nausea and flu like symptoms are also possible but less common.

Prior to treatment all patients should avoid anti-inflammatory / blood-thinning medications, ideally for a period of 5 days before treatment. Medications and supplements such as Aspirin, Vitamin E, Ginkgo Biloba, St. John's Wart, Ibuprofen, Motrin, Advil, Aleve, Vioxx and other NSAIDS are all blood thinning and can increase the risk of bruising and swelling after injections.

Post treatment care helps to reduce any possibility of side effects and include:

- No straining, heavy lifting, vigorous exercise for 3-4

hours following treatment.

- Avoid manipulation of the area for 1-2 days following treatment. This includes facials and sleeping on your face for 2 days.

Volume Amplification

Dermal Fillers consist of Hyaluronic Acid (HA), a soft injectable gel that is placed just under the skin to help enhance volume, revitalize the skin, and reduce non animated wrinkles instantly. Hyaluronic acid is a molecule that exists naturally in almost all living organisms that is vital for the transportation of nutrients and in regulating water balance in skin.

The result of a single treatment can be seen instantly and can last for around 6 to 9 months. Some patients have experienced results that last up to a full year, depending on the product used for the procedure and individual's metabolism. Dermal filler injections can give a natural looking result that does not affect facial expression. As your face changes over time, dermal fillers allow you to control your looks subtly as you age.

Areas that can be enhanced with dermal fillers include:

- *Nose to Mouth Lines*
- *Lips Volume and Liner*
- *Cheeks & Jaw Line*
- *Hands, Elbows, and Knees*

The treatment is quick, typically taking about 15-20 minutes. Dermal filler products are biodegradable, which means they

will naturally disappear in the body. To ensure an optimal and long lasting result, a top-up treatment is recommended 6-12 months after your initial treatment.

After a treatment some reactions might occur, these include; slight redness, swelling, itching, bruising, pain and tenderness. The reactions are generally mild to moderate and usually disappear shortly after injection. They typically resolve spontaneously within one or two days, but for some treatments they may last longer.

Generally, pain relief is not necessary when injecting into the skin to correct lines and wrinkles. Some people may experience the treatment as a mild discomfort. A local anesthetic cream can be applied to the area for a more comfortable treatment experience if needed.



Platelet Rich Plasma (PRP)

PRP Therapy leverages the body's ability to heal and regenerate and works to enhance the appearance of skin as well as increase volume in areas of the body that have fallen or 'caved' naturally with aging. It is very simple and relatively pain free procedure that begins with the extraction of the patient's own blood. The collected blood is then prepared for PRP injection by first being centrifuged and then activated with calcium chloride. This super concentrated mixture is then introduced under the skin with multiple injections with a micro-needle to the desired area to fill decreased volume. Or it can also be micro-needled into the skin which has been popularized in celebrity culture and labeled "The Vampire Facial."

In combination with the PRP, unique peptides are combined to the process that further aid in the plasma's ability to heal and regenerate. An injection of PRP contains a high concentration of platelets rich in growth factors that work to stimulate the body's ability to heal.

Areas that can be treated with PRP:

- *Cheeks Jawline, and Chin*
- *Naso Labial Fold & Under the Eyes*
- *Elbows, Knees, and Scars*

PRP administration can take approximately 45 minutes and can be done in the office or by concierge appointment in your home or hotel room. Patients can expect that results will be most visible within 2-3 weeks, and will last approximately 3 months. For maximum benefits, it

is recommended that patients adhere to a PRP program in which the procedure is repeated on a quarterly basis.

After a treatment typical superficial reactions may include; slight redness, swelling, itching and bruising at injection sites, pain and tenderness. The reactions are generally mild to moderate and usually disappear shortly after injection. These minor symptoms typically resolve spontaneously within one or two days.

Success rates on PRP rely heavily on the current medical condition of that patient. As this process utilizes the body's ability to heal and regenerate on its own, optimization of the system as a whole is a must prior to any treatment.

Who shouldn't receive PRP?

- *Heavy smokers, drug and alcohol users*
- *Platelet Dysfunction Syndrome or Anti Coagulation Therapy*
- *Sepsis or with Acute and Chronic Infections*
- *Chronic Liver Pathology*



Hair Regeneration

Regenerating your scalp's ability to regrow hair that has started to thin is one of the most challenging things to do in the aesthetic industry. Yes, there are countless approaches to go about doing this ranging from gimmicky marketing slogans on Amazon promising some Chinese herb that is revolutionizing the way people regrow hair to the expensive and invasive transplant procedures that even then don't guarantee the follicles will stick.

Many factors go into why one's hair may be thinning and the key to treating it is identifying why exactly this process is taking place. Things such as hormone deficiency or overabundance, toxicities, stress, genetics and even what you are eating can factor into why your hair is falling out. We first must diagnose the root cause of the problem before we can treat it effectively. That is why at Lifestyle Medicine diagnostic testing is pivotal to the treatment process and is performed on all patients looking to partake in the program. Treating the problem will in turn help to prevent it from happening again in the future.

Dr. Rusilko has developed a one-of-a-kind PROGRAM that focuses on both an internal and external approach to stimulating the body's ability to grow and maintain those lustrous locks you once enjoyed. Through the use of specific IV nutrition, medical supplementation, PRP, hormone correction and augmentation and the option to include stem cell implantation and peptide therapy, Lifestyle Medicine thoroughly covers every angle when it comes to optimizing your chances at regrowing hair and more importantly keeping it.

Programs range from \$5-10,000 dollars depending on the extent of hair loss and the modalities included in the overall treatment which



can consist of oral medications/supplements, topical applications, lifestyle corrections and subcutaneous injections. The addition of stem cell and peptide therapy is at the forefront of treating thinning hair and Dr. Rusilko's approach is unlike any other. See following information portion.

Hair Revival

“With many hair growth programs falling far from actually treating the problem, the Lifestyle Hair Revival Program is the most effective way of attacking thinning hair from the inside out.”

~ Dr. Ivan Rusilko

Procedures like hair transplants, topical creams, and even PRP do little to address why your hair is actually falling out in the first place. Unlike any other place, we first begin with a blood test that examines nutritional deficiencies, toxic overload and hormonal imbalances, which all can contribute to losing one's hair.

Once we have these results, a personalized two month program will be designed in which you will undergo three procedures involving injections of stem cells and PRP into the scalp, a daily regimen of cutting edge peptide therapy, hormone balancing, nutritional augmentation and toxic clearance.

During this program one can expect not only to see a thicker and fuller head of hair that will stay with them for a longer period of time after treatment, but also achieve better sleep, more energy, stronger muscles, improved vitality and an overall boost to both your life and lifestyle. The goal of this treatment is to bring your bio-physicality back to a level of optimum functionality.



Real Hair Revival Ingredients

Stem Cells (SC)

The SC's used at LFSTM are minimally manipulated human tissue allografts derived from the Wharton's Jelly of the umbilical cord. These structural integrity from the Wharton's jelly are preserved for homologous use and are cryogenically preserved to ensure viability.

LFSTM uses innovative human cell and tissue products processed in an FDA registered lab. The minimally manipulated tissue cells are prepared by utilizing proprietary extraction methods that reduce the loss of important structural proteins, cytokines and growth factors.

PRP

Your own blood plays a major factor in the treatment process. Over the six week course, several vials of blood will be collected and spun to separate cells from plasma. Once the plasma is extracted, it is activated using calcium chloride and then re-injected into the areas that are thinning. It is crucial that your body is optimized for this process to work efficiently, which is why optimizing your system is critical.

IGF-1 LR3/CJC

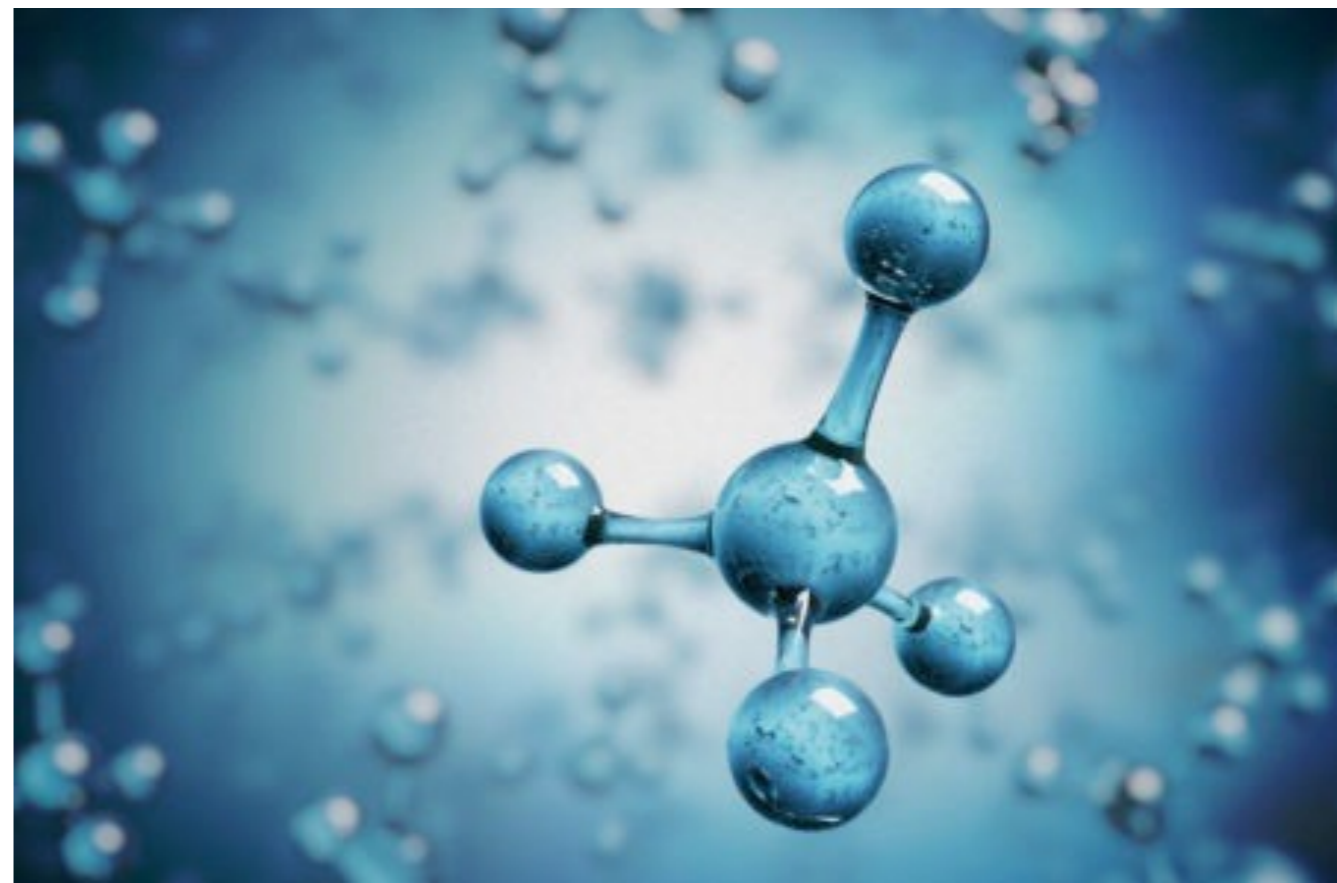
IGF-1 carries the same regenerative effects as growth hormone but conveniently bypasses the liver thus making it far more effective. IGF-1 Long R3, or IGF-1 LR3, is a form of IGF that has been

chemically altered to last in your system far longer than regular IGF-1, therefore exhibiting exceptional success.

By combining it with CJC, a growth hormone secreting peptide, pituitary shut down is avoided. This increases its safety along with its ability to heal the system.

Tesamorelin

This is secretly the most powerful of the peptide family. It stimulates the pituitary gland throughout the night to produce growth hormone naturally making its addition almost imperative when working to regrow hair follicles. This peptide prevents pituitary castration and enhances the body's ability to heal, regenerate and repair itself while we sleep.





TB4

The main function of this peptide is to promote healing and regeneration, and is present in every cell of the body. It works to promote the formation of new blood vessel which is how new hair follicles are stimulated. Its healing effects have been observed in tendons, ligaments, muscles, skin, heart, and eyes.. It is also a very potent anti-inflammatory agent further aiding in the treatment process.

GHK/ZN

GHK-CU is known for accelerating wound healing, skin repair, stimulates collagen and glycosaminoglycan synthesis in skin fibroblasts, and promotes blood vessel growth. GHK is present in human plasma, saliva, and urine but unfortunately it declines with age. Its topical application has been proven to enhance hair growth.

Finasteride

Finasteride is a 5α -reductase inhibitor which works to decrease the amount of androgens (DHT) in the skin, prostate and scalp that may be causing one's hair to thin.

Formula 82M

Topical twice a day solution to increase follicular growth.

Medpack

A customized physician grade vitamin pack that is taken twice a day will be formulated by Dr. Rusilko, where he will specifically design it to target hair growth along with any other issue one may be experiencing.

IV

The day of your procedure will include a specific type of formulated IV, which will work to enhance the effectiveness of the treatment and include all the medical grade ingredients needed to maximize the body's ability to assimilate the PRP/stem cells into your system.

Pre Procedure

Medical History and Examination

To determine potential causes of hair loss and determine safety of program

Before Pictures

To document progress

Blood Draw

To diagnose internal biochemistry and causes of hair loss

FAQ's

When will my hair start to grow?

Most patients should expect to see hair growth (usually baby/white hairs) beginning around 3-4 weeks with more substantial hair growth starting at 6-8 weeks.

Will my new hair fall out after the treatment?

Along with the program lifestyle modifications are key to managing what was causing your hair to fall out in the first place. Avoidance of specific triggers such as stress, excessive alcohol and tobacco smoking, and poor dieting all work to ensure your new hair will stay and not end up in the drain.

How do I know if I am a candidate?

Simple... schedule an appointment and find out.

What are the side effects?

There are no real side effects minus the possibility of some initial hair shedding as new follicles push through the old weak ones.

What's the difference between this and a hair transplant?

Hair transplants take hair from other parts of your scalp and place them in thinning areas. With this type of procedure, there is little knowledge of the internal factors causing actual hair loss and in



many cases the majority of the hair transplanted doesn't stick. It's like putting a bandaid on a hemorrhage (transplant) vs sewing it shut (program).

*What is the effectiveness?
Before/After?*

I always say you must practice what you preach. I was the

victim of the androgenic/genetic shortcomings of thinning hair. I did my own program and here are the results. You tell me. (see the video on LFSTM.com)

Cost

Total Revival

- Includes all Ingredients (stem cell)

\$12,500

Semi Revival

- All ingredients Minus Stem Cell

\$10,000

Touch Up

- All ingredients Minus Stem Cell and PRP

\$5,000

Peptide Only

- Peptide only program

\$3,500



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:

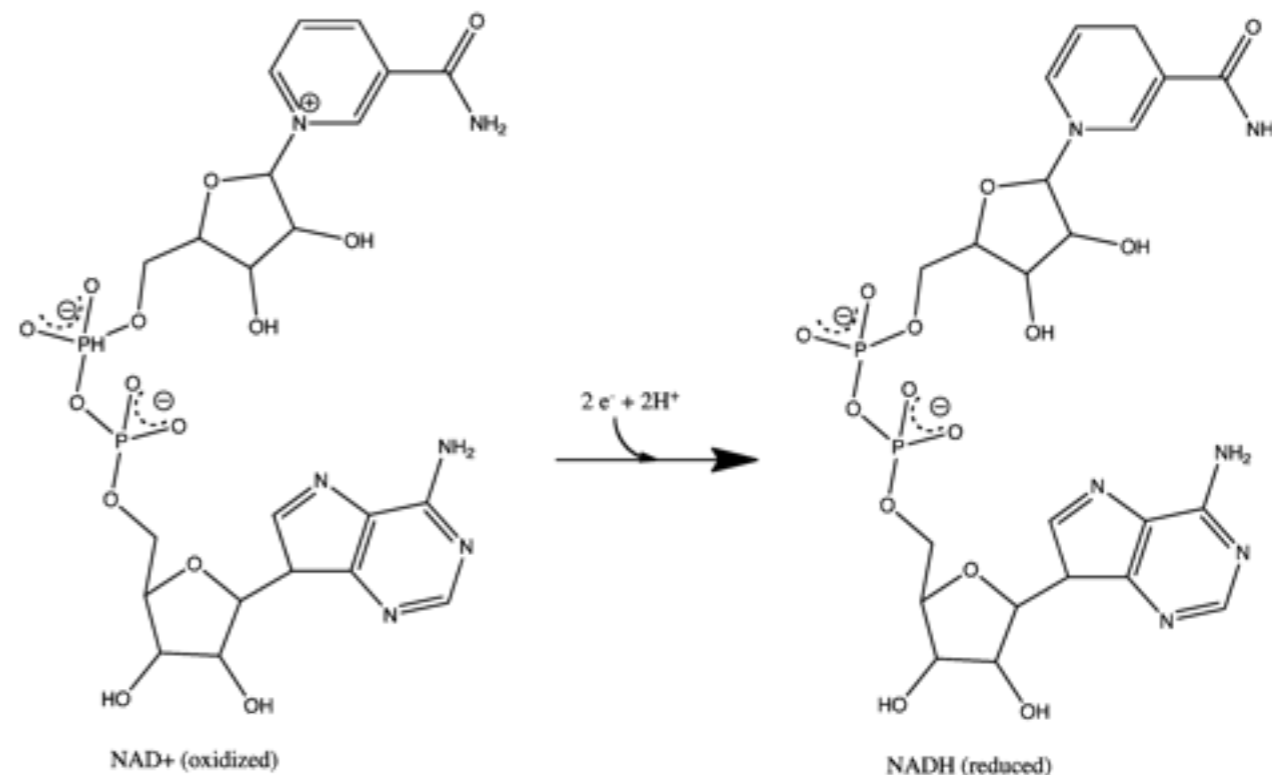
Certain health conditions are linked with a decrease in the efficiency of the mitochondria and cellular energy processes such as: sedentary lifestyle, aging, over eating, and drug abuse.

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

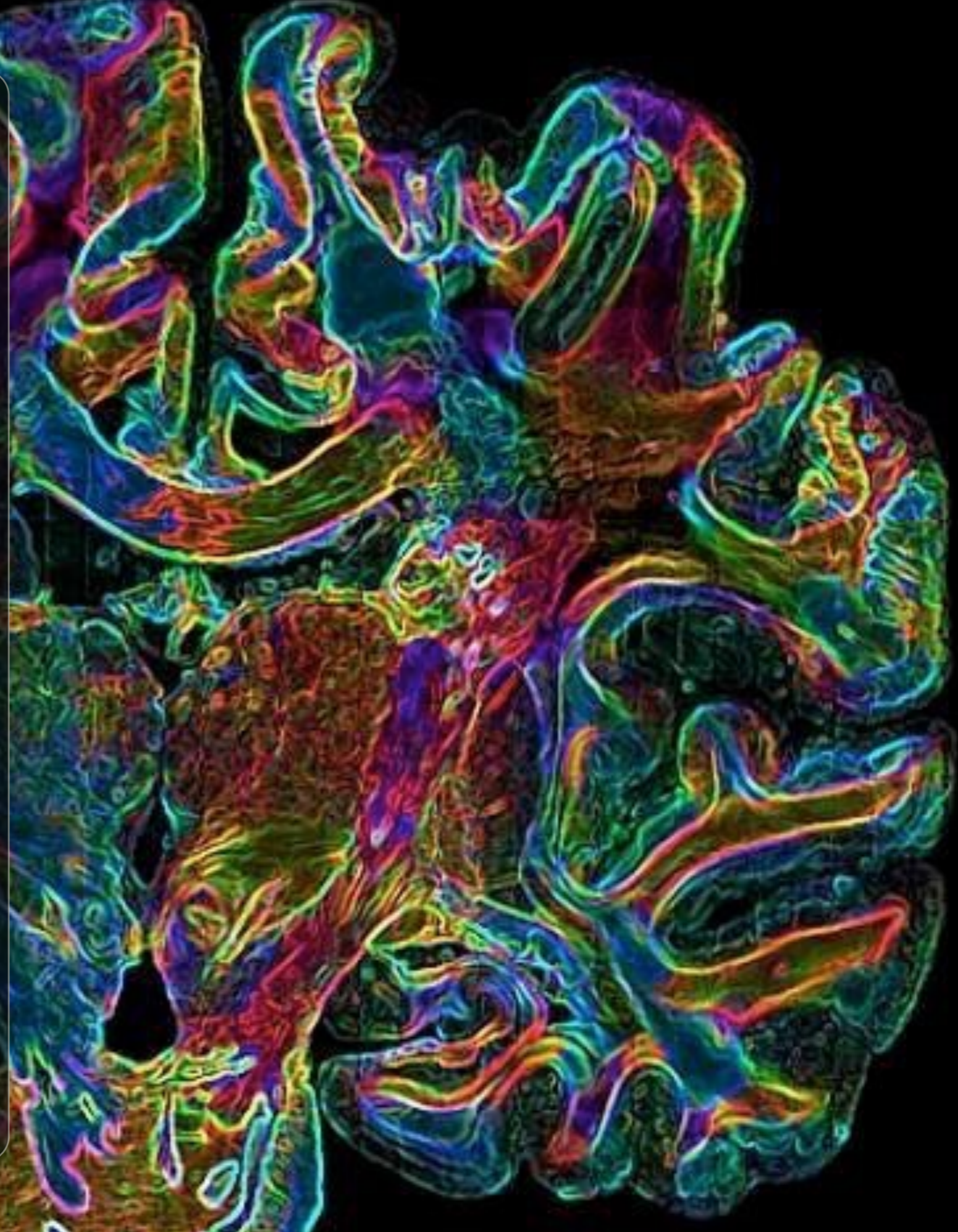
RESHAPING THE CYCLE

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

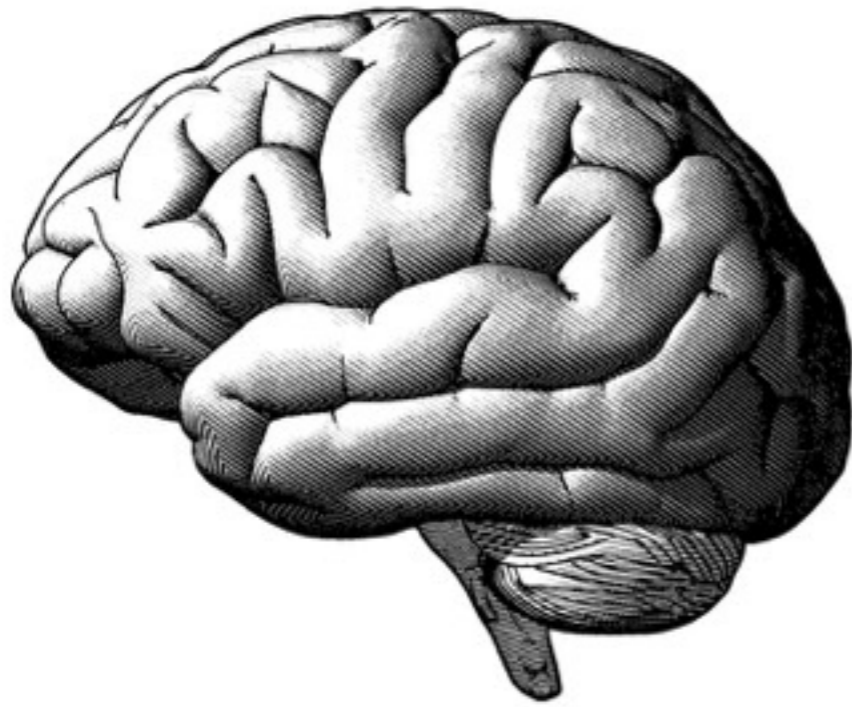


Contradictions

- 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 nowhere 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

Stem Cells

With the ability to create new life, replicate indefinitely and repair anything they touch
Stem Cells truly are Gods among cells.

~ Dr. Ivan Rusilko

With the uncanny potential to differentiate into numerous cell types throughout the body, stem cells (SC) are at the forefront of evolutionary medicine.

Lifestyle Medicine has a one of a kind approach to administering this therapy. Optimizing ones nutritional and hormonal status pre and post treatment is critical in unlocking the full potential of these cells.

With unlimited possibilities, SC therapy can impact ones life and lifestyle in many ways.



Types of Stem Cells

Type of Stem Cell Used at LFSTM

The SC’s used at LFSTM are minimally manipulated human tissue allografts derived from the Wharton’s Jelly of the umbilical cord. These structural integrity of this Wharton’s jelly is preserved for homologous use and are cryogenically preserved to ensure viability.

LFSTM uses innovative human cell and tissue products processed in an FDA registered lab. The minimally manipulated tissue cells are prepared utilizing proprietary extraction methods that reduce the loss of important structural proteins, cytokines and growth factors.

ISCT Standards		Mesenchymal Stem Cell Attributes	
		Mesenchymal Stem Cells (MSC)	✓
		Biologically Young Source	✓
		Viable MSC Cell Count	✓✓✓ 1,100,000 Cells/ml
		Positive Expression of CD73	✓ 59%
		Positive Expression of CD90	✓ 73.5%
		Positive Expression of CD105	✓ 64.9%
		Lack Expression of CD14	✓ 2.3%
		Lack Expression of CD34	✓ 0.2%
		Lack Expression of CD45	✓ 1.2%
		Lack Expression of HLA-DR	✓ 0.3%
		Viable MSC: Plastic Adherent	✓✓✓

Where do the Cell Come From?

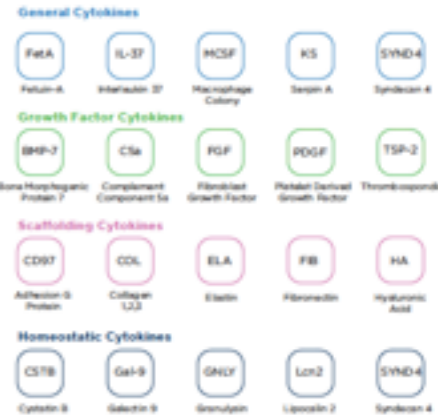
All birth tissue products are obtained from normal, full-term pregnancies. Donors that consent to use of their birth tissues are carefully screened prior to the use of their tissues for any and all diseases according to FDA requirements to minimize any potential risks of disease transmission. .

Each donor is tested for:

- HBsAg (Hepatitis B Surface Antigen)
- HBcAb (hepatitis B core Antibody)
- HCV (hepatitis C Antibody)
- HIV I/II-Ab (Antibody to Human Immunodeficiency Virus Types 1
- Syphilis detection test
- HIV NAT (HIV Nucleic Acid Test)
- HCV NAT (HCV Nucleic Acid Test)

The Building Blocks of Healing

The human body utilizes a variety of tissue and cell interactions to support the healing process. Predictive's human cell and tissue allografts supplement similar tissue in your body via scaffolding, growth factor, homeostatic and general cytokines



Quality Assurance

Once all of the birthing tissue has been processed, the products are sent for additional sterilization testing and placed in quarantine.

- All testing results are reviewed by the medical director of Predictive Biotech

- All products are tested to demonstrate the absence of bacterial and fungal pathogens and are nonpyrogenic.
- After the products have passed their 14 day quarantine, testing and medical director review, the allografts are released for use



Comparing SC Types






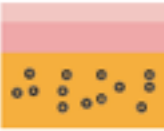
The following chart helps to differentiate the numerous types of SC and GF's available on the market. LFSTM uses Umbilical Chord Matrix along with the patients own PRP for its treatments. The option to upgrade and include Placenta products is possible and can be discussed with Dr. Rusilko.

Areas Treated

SC therapy can be incorporated into many areas of the body.

- Facial Rejuvenation
- Hair Augmentation
- Joint and Muscle Pain

Tissue Source		Pharma	Peripheral Blood		Placenta			Umbilical Cord		Bone Marrow	Adipose
Products		Steroid, NSAID, Synthetic HA...	Platelet Rich Plasma	Platelet Rich Plasma - Heated	Amniotic Fluid	Amniotic Matrix	Amniotic Membrane	Umbilical Cord Blood	Umbilical Cord Matrix	Bone Marrow Aspirate	Lipoaspirate
Characteristics	Autologous (from you)		✓	✓						✓	✓
	Allogeneic (from others)				✓	✓	✓	✓	✓		
	General Cytokines	✓	✓	✓	✓✓	✓	✓	✓	✓✓✓	✓	✓
	Growth Factor Cytokines		✓✓✓	✓✓✓	✓	✓✓	✓	✓	✓✓✓	✓✓	✓
	Scaffolding Cytokines					✓✓✓	✓✓✓		✓		
	Homeostatic Cytokines		✓✓✓	✓✓✓	✓✓	✓✓✓	✓	✓	✓✓✓	✓✓✓	✓✓✓
	Mesenchymal Stem Cells (MSC)								✓	✓	✓
	Viable MSCs Counts								✓✓✓	✓	✓✓
	Biologically Young Source				✓	✓	✓	✓	✓		

Platelet Rich Plasma	PRP - Heated	Umbilical Cord Blood	Umbilical Cord Matrix	Bone Marrow Aspirate	Adipose Extraction
PRP <ul style="list-style-type: none"> Blood is drawn from the patient and is spun through a centrifuge to separate the platelets and their growth factors into a concentrated serum¹ This concentrated serum of platelets is then administered to the patient¹ 	Heat Shock <ul style="list-style-type: none"> Blood is drawn from the patient and incubated at a slightly elevated temperature for 24 hours After 24 hours the blood is spun through the centrifuge and the middle layer is extracted administered to the patient² 	HSC <ul style="list-style-type: none"> Blood is extracted from the umbilical cord and is processed to isolate hematopoietic stem cells (HSC) and mesenchymal stem cells.³ (MSC concentrations are therapeutically insignificant²) The processed cord blood is then administered to the patient 	Wharton's Jelly MSC <ul style="list-style-type: none"> The Wharton's Jelly of the umbilical cord is processed to preserve cytokines, growth factors, proteins, mesenchymal stem cells and structural matrix This human cell and tissue allograft is then administered to the patient. 	Bone Marrow MSC <ul style="list-style-type: none"> Bone marrow is extracted from the iliac crest and then spun down through a specially designed tube and centrifuge that will isolate the MSCs⁴ This autologous serum is then administered to the patient 	Lipoaspirate MSC <ul style="list-style-type: none"> Fat tissue is removed through a mini liposuction procedure. The adipose is then placed into a processing kit and spun down through a centrifuge to isolate MSCs⁴ This cell pellet is then suspended and administered to the patient 

- Overall Health and Vitality
- Wound Healing and Injury Recovery
- Sexual Augmentation
- Pain Management

The Program

LFSTM employs a total approach to MSC/Exosome treatments. This is because your body needs to be primed to assimilate the treatment as the successful introduction of these cells is linked to your bodies current health status.

Diagnostic testing first uncovers any hormonal or nutritional deficiencies and toxin overloads which must be corrected prior to treatment. Specially formulated pre, post and day of IV's are instituted to maximize the regeneration and incorporation. Peptide therapy along with medical nutrition and PRP are also included to further augment the process.

How the SC's are applied during the treatment depends on what area is being treated. Injectable and IV forms of introduction are used accordingly.

More information can be discussed with Dr. Rusilko upon consultation.

Cost

Stem Cell Introduction - \$7,500

- Standard Concentration, PRP, IV, Standard Blood Test, Peptide Therapy

Stem Cell Advanced - \$9,000

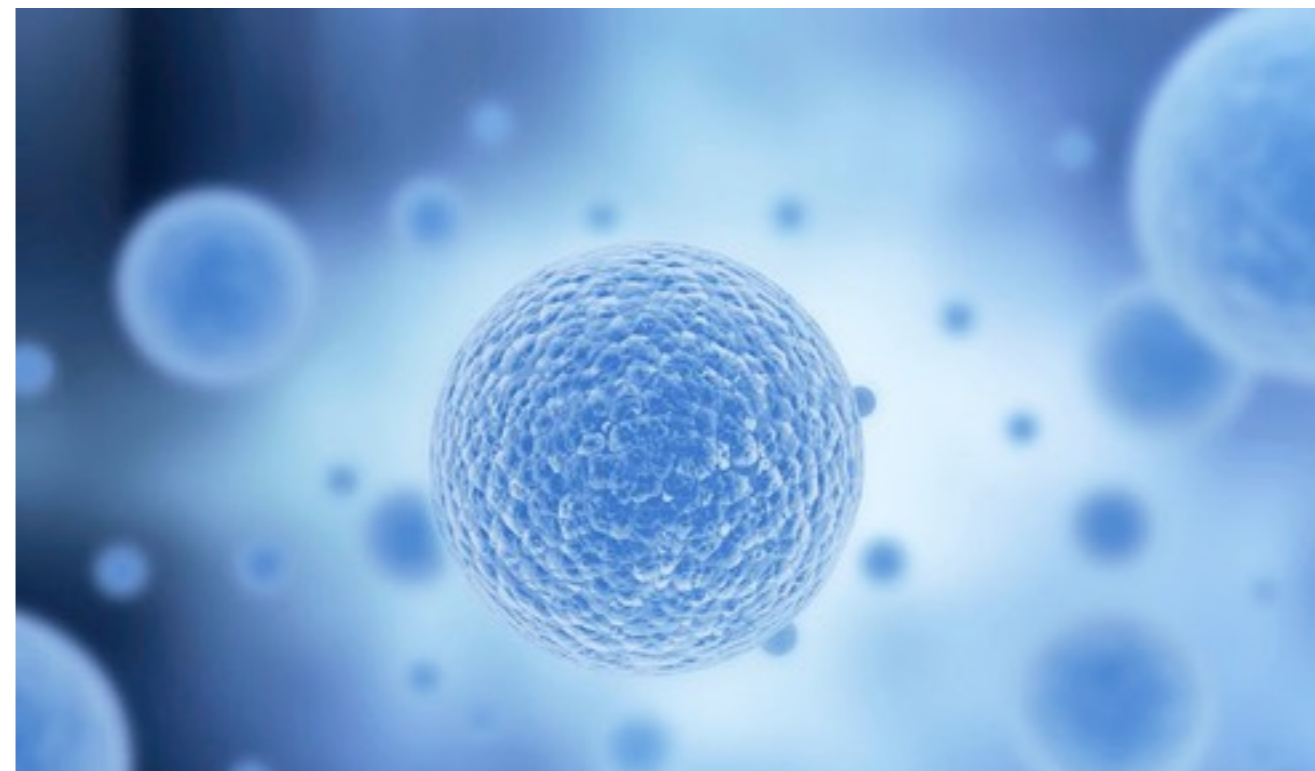
- Advanced Concentration, PRP, IV, Standard Blood Test, Advanced Peptide Therapy

Exosome / Stem Cell Introduction - \$10,000

- Standard Concentration & 1ml Corecyte Stem Cell, PRP, IV, Standard Blood Test, Peptide Therapy

Exosome / Stem Cell Advanced - \$15,000

- Advanced Concentration & 1ml Corecyte Stem Cell, PRP, IV, Standard Blood Test, Advanced Peptide Therapy



Exosomes

Making cell to cell signaling possible and life that much more functional.

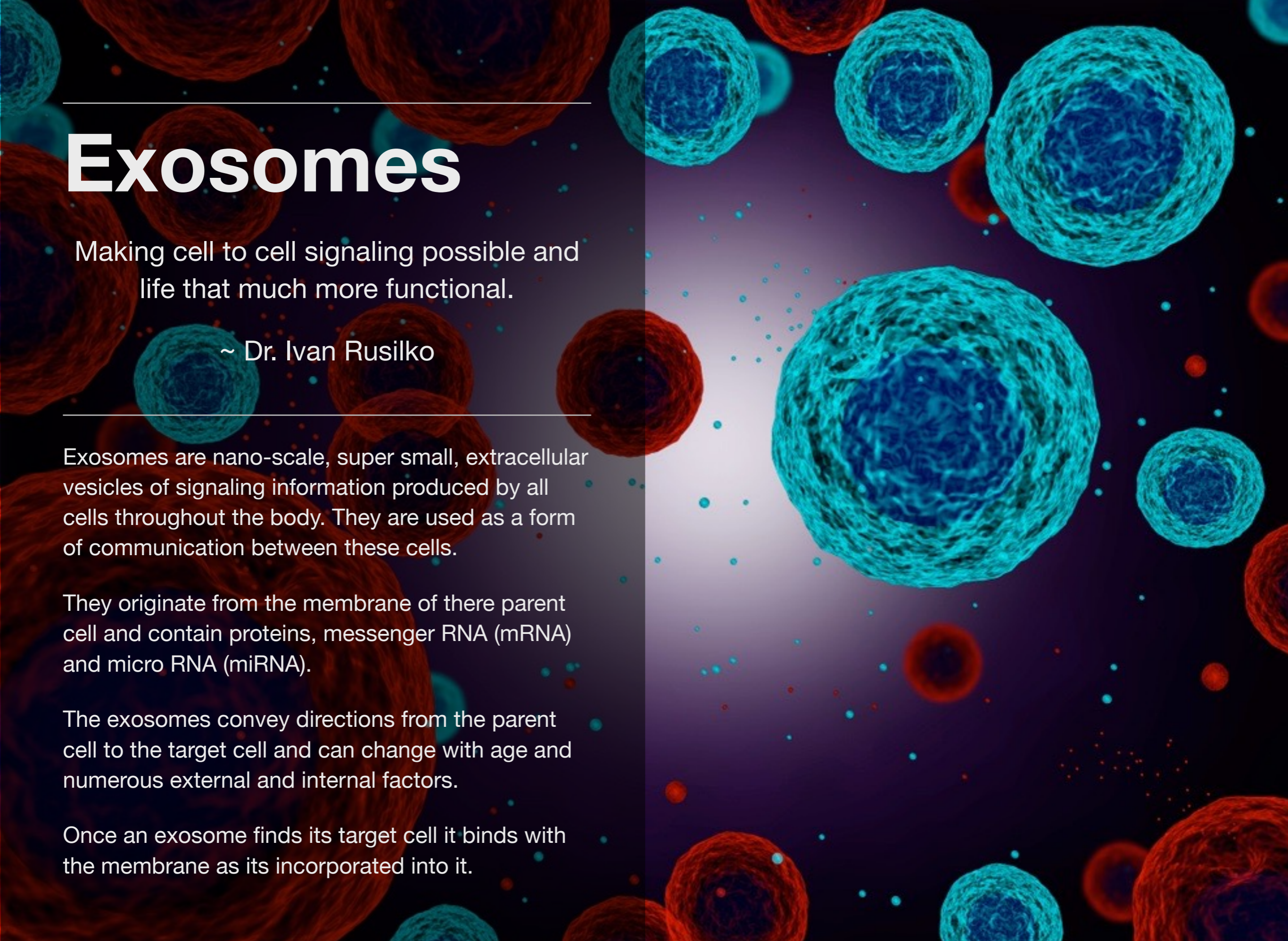
~ Dr. Ivan Rusilko

Exosomes are nano-scale, super small, extracellular vesicles of signaling information produced by all cells throughout the body. They are used as a form of communication between these cells.

They originate from the membrane of their parent cell and contain proteins, messenger RNA (mRNA) and micro RNA (miRNA).

The exosomes convey directions from the parent cell to the target cell and can change with age and numerous external and internal factors.

Once an exosome finds its target cell it binds with the membrane as its incorporated into it.



Exosomes

The proteins inside exosomes can consist of growth factors, enzymes, receptors, transcription factors and matrix proteins that govern cell structure, function and signaling. mRNA is the blueprint for protein production and miRNA is an important intracellular signaling mediator.

Once the exosome attaches to the target cell it releases its contents into the cellular matrix and begins to alter how that cell functions. The mRNA and miRNA increase the effectiveness of the alteration sustaining it for a much longer time.

Therapeutically the diagnosis of natural exosome content can tell us much about potential disease in the body along with how to correct it. The membrane of the exosome itself allows for access to parts of the body not easily infiltrated by medications such as the blood brain barrier and solid tissues (thyroid and tumor).

The innate ability of perinatal MSC exosomes to suppress inflammation, reduce oxidative stress, promote cell survival and heal damaged connective tissue may be the basis of the remarkable clinical benefits observed with mesenchymal stem cell therapy.

Stem Cell Exosomes

Exosomes produced by stem cells contain a message from the earliest form of the cellular lineage they are derived from.

Mesenchymal stem cells are responsible for the development of connective tissues like skin, hair, bone, muscle and cartilage.

Hematopoietic stem cell exosomes from bone marrow contain a message for the development of blood elements such as red and white blood cells. Neural stem cell exosomes aid in the

Apoptosis

Exosomes derived from different types of stem cells have been shown to modulate apoptosis (programmed cell death) by influencing apoptotic enzymes like caspases.

Anti-inflammatory

By down-regulating inflammatory proteins like IL-1 β , TNF- α , MMPs and upregulating anti-inflammatory proteins like IL-4, IL-10 and TIMPs, exosomes reduce inflammation, which is a central mechanism of many autoimmune, inflammatory and degenerative conditions.

Anti-Oxidant

Exosomal proteins like peroxiredoxins can reduce the oxidation state of cells under oxidative stress, which is present in many disease states and plays a role in tissue degeneration associated with aging.

Epigenetics

Influencing the activity of proteins like histone deacetylases allows exosomes to modify the functions of the target cells without altering the genome.

Immunomodulatory

By influencing the polarization of macrophages and T-cells to regulatory phenotypes, exosomes can modulate the activity of immune cells to reduce fibrosis and tissue degradation.

Regenerative

Exosomes stimulate the proliferation and migration of cells such as fibroblasts, endothelial cells, keratinocytes and specific endogenous progenitor cells that could be involved in healing damaged tissues.

Pro-Angiogenic

By stimulating endothelial cell function, exosomes can improve angiogenesis (new blood vessel formation) to increase survival of damaged tissues.

development of neural tissues like the brain, spinal cord and nerves. Each type of stem cell exosome has a different potential for specific applications in lifestyle medicine.

Type of Cells Used

Placental mesenchymal stem cells represent the youngest, connective tissue progenitor cells, and they naturally produce exosomes that support tissue development, reduce inflammation, modulate the immune response, promote cell survival and suppress tumor formation.

The placenta is also not a natural reservoir for viruses, which makes it even more desirable as a tissue source of stem cells. After isolated mesenchymal stem cells are cultured, conditioned media and the exosomes produced by these cells are sterile-filtered to remove the cells. These exosomes then undergo a serial purification process that removes the components of the conditioned media and yields isolated MSC exosomes. Each lot of these MSC exosomes are then tested for viral, bacterial and endotoxin contamination, and characterized with multiple modalities including protein and RNA sequencing, Nano Tracking



Analysis and STORM super resolution fluorescence microscopy to confirm isolated MSC exosomes.

How to Harness an Exosome

Aside from the natural role exosomes play in nature we can now modify various aspects of them and their parents cells to enhance their efficacy in treating various clinical conditions. Modifying the surface proteins or the lipid composition of the membrane could augments the targeting to specific cell types or conditions.

Exposing the parent stem cells to stimuli like hypoxia, cytokines and different organic compounds changes their exosome output in clinically beneficial ways. Their intrinsic ability to target damaged or diseased cells by preferentially diffusing along chemokine gradients makes them an excellent way to deliver medications and treatments.

Stem Cell vs Exosome Treatments

The cumulative effects of combing these therapies is undeniable and is be encouraged.

Stem Cells (MSCs) may be harvested from autologous tissues (your own) or from allogeneic sources (eg. umbilical cord, placenta) from others. But as we age, the number and function of MSCs in our tissues declines sharply producing about 30% of the cytokines and significantly different miRNAs compared with peri-natal MSCs by age fifty.

This is why there is a significant advantage of peri-natal MSC exosomes over autologous progenitor aged cells. The harvesting process along with significant regulatory restrictions imposed on

on acquiring MSC's makes their administration even more difficult when compared to exosomes. Stupidly, the current regulatory environment in the US does not allow the clinical use of immortalized or expanded cultures of MSCs which increases the cost of administering these cells.

Where do the Cell Come From?

The exosomes used at Lifestyle Medicine adhere to strict CGMP standards utilizing technologies such as ELISA protein analysis, high pressure liquid chromatography, (HPLC), RNA sequencing, NanoSight Nano Tracking Analysis, Atomic Force Microscopy, Electron Microscopy and STORM super resolution fluorescence microscopy.

Strict production and characterization requirements have been implemented to ensure consistent production of its exosome products including pharmaceutical-grade MSC exosomes.

Each donor is tested for:

- HBsAg (Hepatitis B Surface Antigen)
- HBcAb (hepatitis B core Antibody)
- HCV (hepatitis C Antibody)
- HIV I/II-Ab (Antibody to Human Immunodeficiency Virus Types 1
- Syphilis detection test
- HIV NAT (HIV Nucleic Acid Test)

- HCV NAT (HCV Nucleic Acid Test)

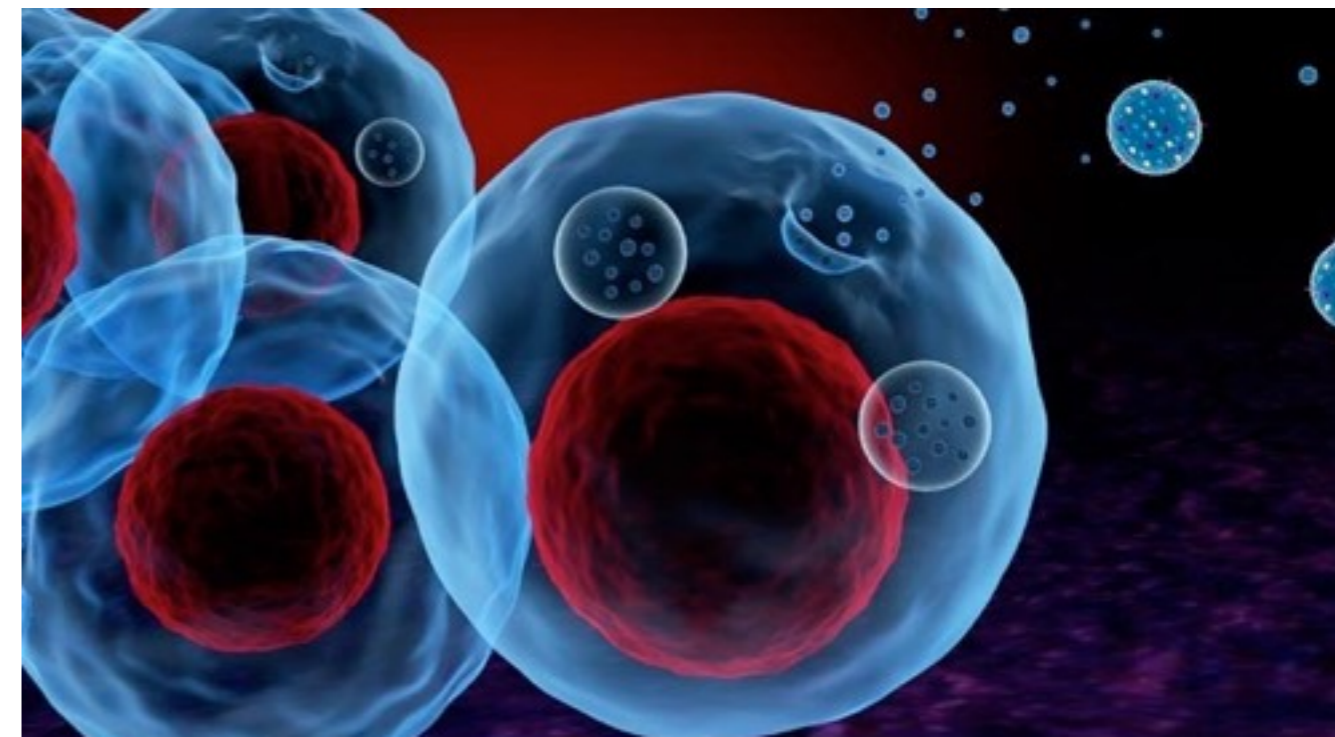
Quality Assurance

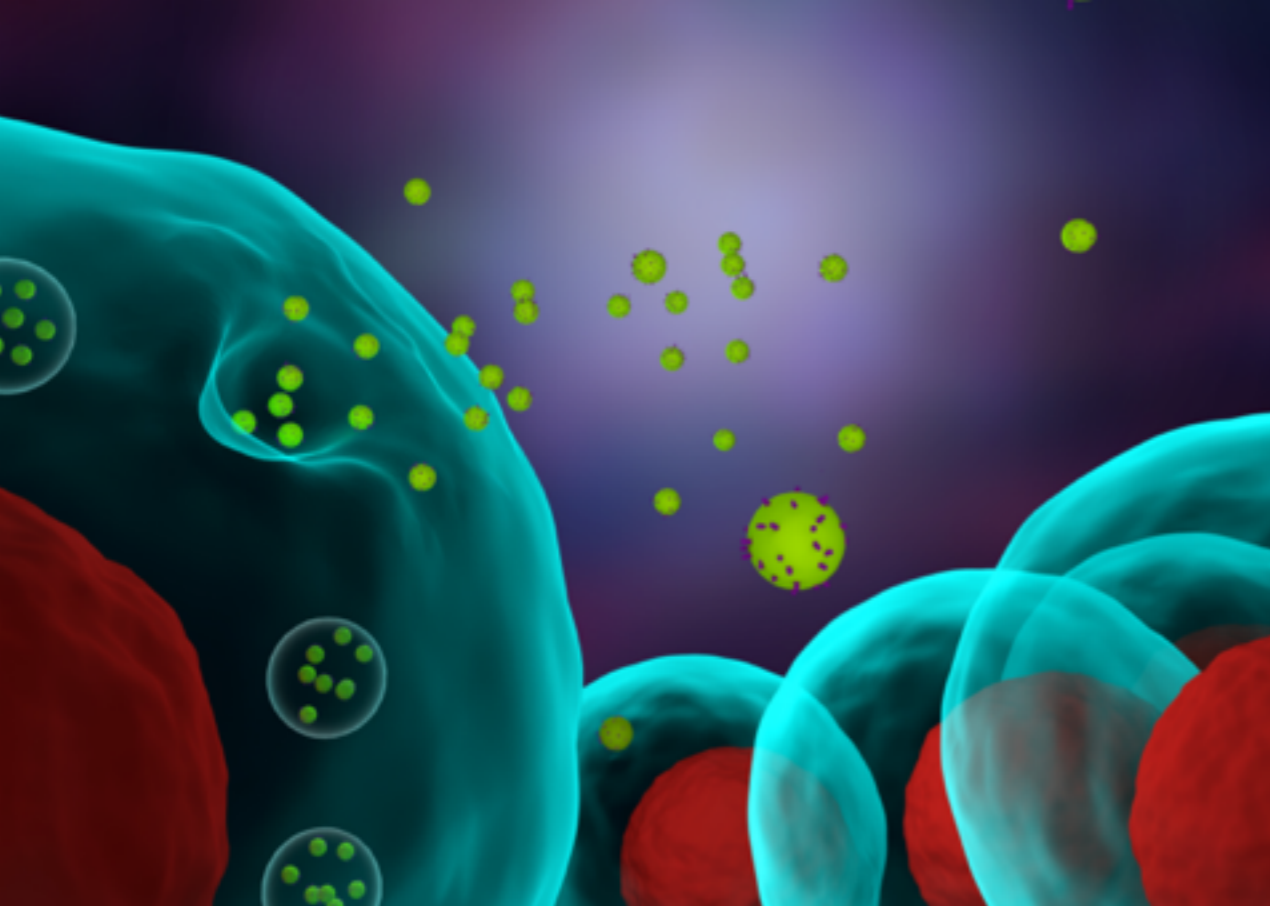
The lab used for obtaining these exosomes is an FDA-registered and inspected, §1271 HCT/P tissue processing and exosome biotechnology laboratory located in Miramar, Florida.

Unlike establishments registered as producers and distributors of exosome products, the lab is specifically registered for amniotic and umbilical cord tissue processing, which includes the production of MSC exosomes. With the guidance of FDA biologic license approval process experts, including highly acclaimed clinical investigators, experienced clinical research organizations and respected regulatory attorneys,

The Program

LFSTM employs a total approach to MSC/Exosome treatments. This is because your body needs to be primed to assimilate the treatment as the successful introduction of these cells is linked to





your bodies current health status. Diagnostic testing first uncovers any hormonal or nutritional deficiencies and toxin overloads which must be corrected prior to treatment. Specially formulated pre, post and day of IV's are instituted to maximize the regeneration and incorporation. Peptide therapy along with medical nutrition and PRP are also included to further augment the process.

How the SC's are applied during the treatment depends on what area is being treated. Injectable and IV forms of introduction are used accordingly. More information can be discussed with Dr. Rusilko upon consultation.

Cost

Exosome Introduction - \$5,000

- Standard Concentration, PRP, IV, Standard Blood Test, Peptide Therapy

Exosome Advanced - \$7,500

- Advanced Concentration, PRP, IV, Standard Blood Test, Advanced Peptide Therapy

Exosome / Stem Cell Introduction - \$10,000

- Standard Concentration & 1ml Corecyte Stem Cell, PRP, IV, Standard Blood Test, Peptide Therapy

Exosome / Stem Cell Advanced - \$15,000

- Advanced Concentration & 1ml Corecyte Stem Cell, PRP, IV, Standard Blood Test, Advanced Peptide Therapy

Peptide Programs

“Peptide therapy is a fantastic addition to any program as the options and results they provide are outstanding.

~ Dr. Ivan Rusilko

Peptides are cell signaling amino acid sequences that augment numerous life enhancing and regenerative actions, Their main focus is on the neuro-endocrine-immune functions in the body.

They can manipulate bodily chemistry and how cells interact.

When combined in the right way their ability to work is enhanced resulting in a symbiotic type reaction and maximization of results.



Peptide Programs

WHAT PROGRAM IS RIGHT FOR YOU?

All peptide programs are combined with diagnostic testing to help customize treatment formulations and improve overall efficacy. Also included with each package is a medical grade supplement pack tailored to you and your program and a one month program of MOTS-c. All programs are two months in length with some peptides only being utilized for one month during this time frame.

Immune Enhancement - \$3000

Peptides - Thymosin Beta, Thymosin Alpha, IGF-1 Lr3

Physical Performance - \$3500

Peptides - LGD 4033, Tesamorelin, IGF-1 Lr3, GW

Fat Loss - \$3000

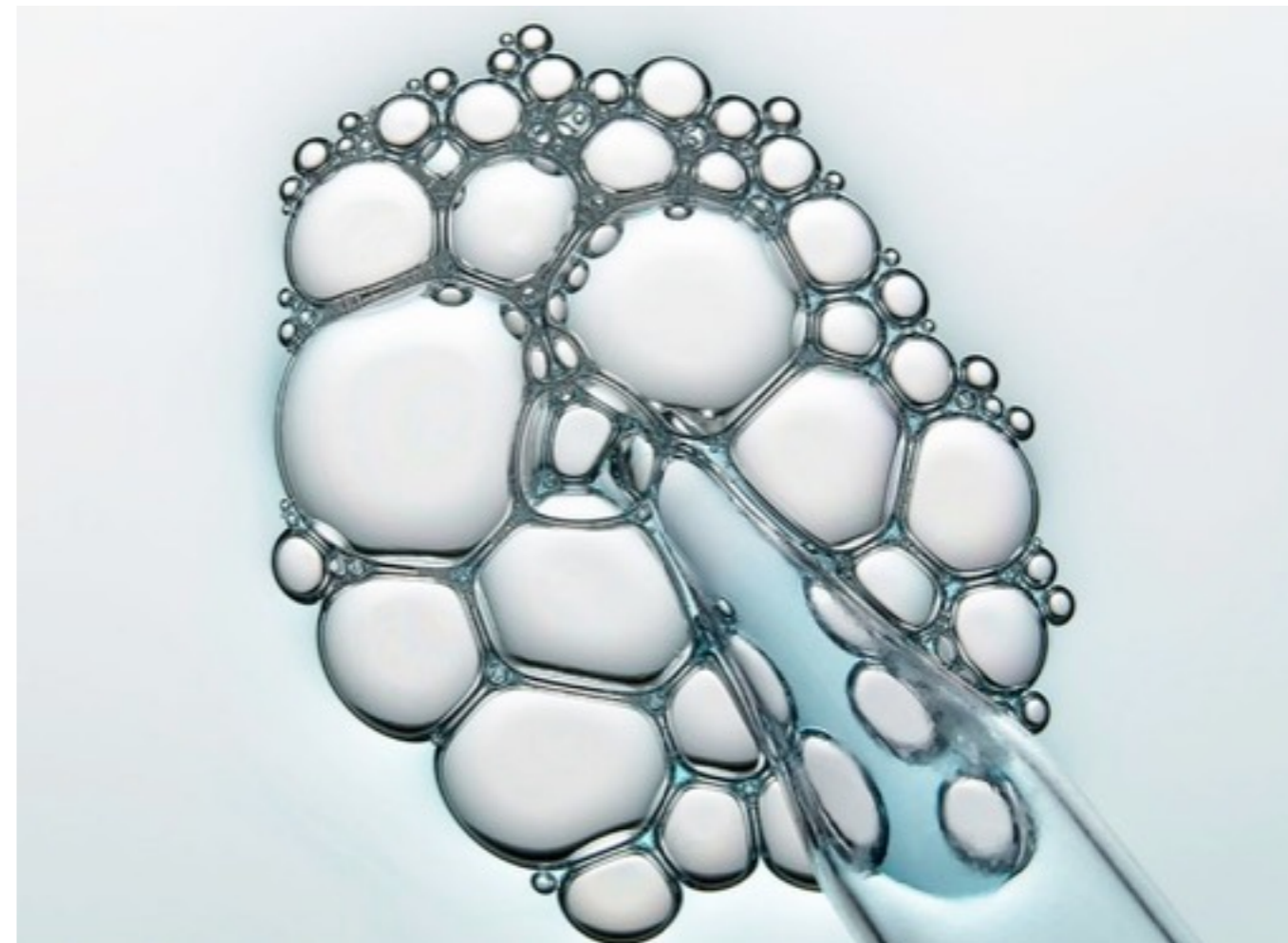
Peptides - S4, AOD 9604, GW, Tesamorelin

Brain Augmentation - \$3000

Peptides - Cerbrolysin, Selank, Semax, FGL

Hair Regeneration - \$3500

Peptides - Formula 82m, Thymosin Beta, IGF-1 Lr3, Tesamorelin





Beauty - \$3000

Peptides - GHK-Cu, Tesamorelin, Epitalon

Telomere Reversal - \$3500

Peptides - Thymosin Beta, Tesamorelin, Epitalon, IGF-1 Lr3

Sexual Boosting - \$3500

Peptides - Bremelanotide, Tesamorelin, LGD, Liquid Libido

Healing/ Post Surgical - \$3000

Peptides - IGF-1 Lr3, BPC 157, Thymosin Beta, Tesamorelin

Sleep Correction - \$3000

Peptides - DSIP, Tesamorelin, Epitalon

Mold Eradication - \$3000

Peptides - Thymosin alpha, Thymosin beta, VIP

Complete Age Revitalization - \$5000

Peptides - MOTS-c, Tesamorelin, Epitalon, GHK-cu, IGF-1 Lr3, Thymosin Alpha. and Beta, Selank, BPC-157, DSIP

Mix and Match - \$TBD

Customized programs can be made for those looking to take their treatment to the next level.

Peptides

Peptides are amino acid sequences with regulatory and rejuvenating actions that affect the neuro-endocrine-immune systems. These sequences have the ability to help maintain homeostasis and augment how ones biochemistry works. they can also be utilized for the treatment of injuries, prevention of aging, easing of illness, and enhancement of peak performance.

Peptides:

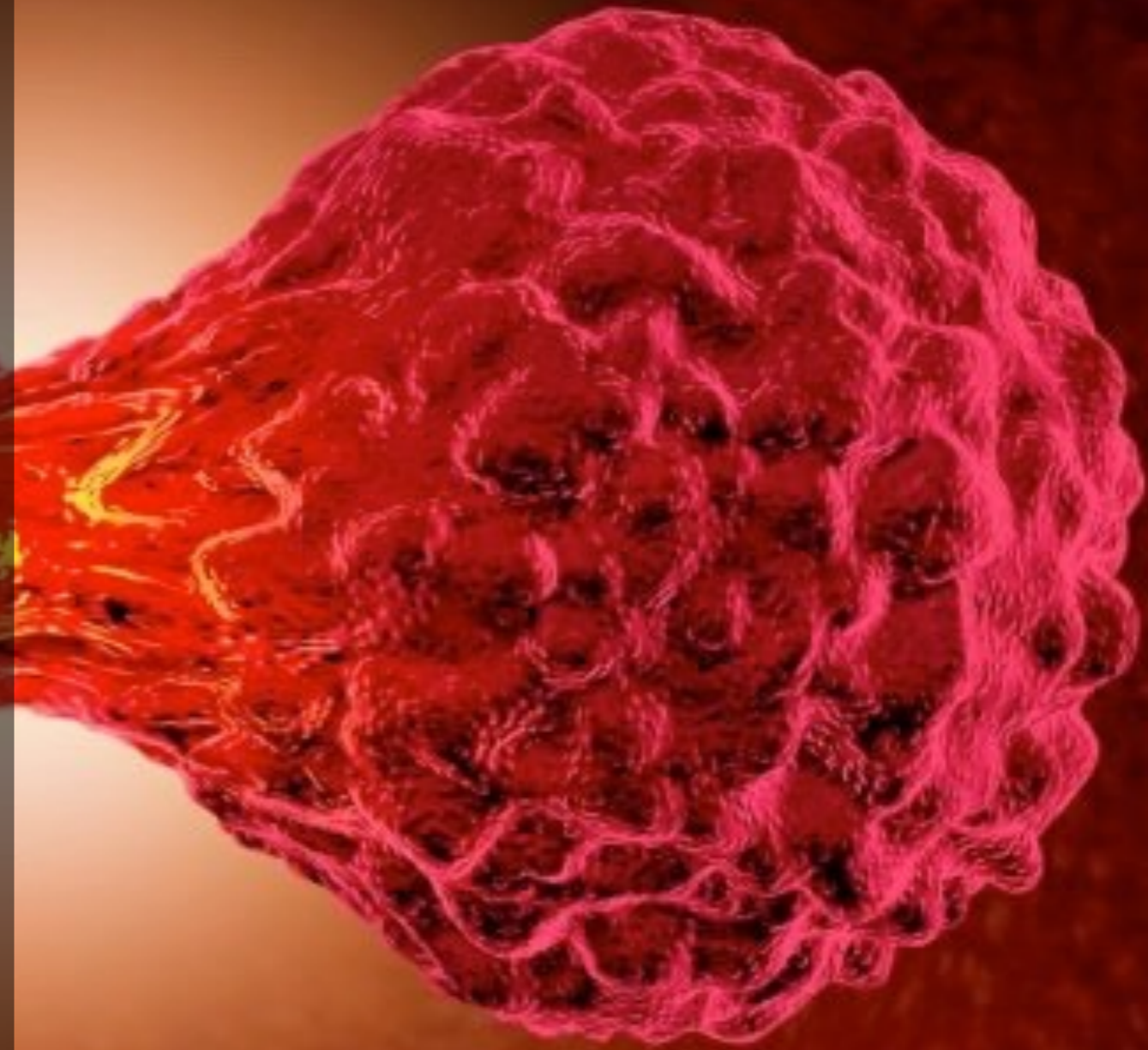
- Tesamorelin
- CJC/Ipra
- IGF-1 LR3
- PEG-MGF
- MOTS-c
- AOD
- RG3
- Cardarine
- LGD
- Andarine
- Ostarine
- Cerebrolysin
- FGL
- Semax
- Selank
- Tesofensine
- BPC 157
- GHK Cu
- Epitalon
- DSIP
- Thymosin a
- Thymosin b
- iRD
- PNC-27
- Bremelanotide
- Melanotan 2

Tesamorelin

Tesamorelin is a growth hormone releasing hormone analog that works on your pituitary gland to increase growth hormone naturally. It has been shown to increase IGF-1 levels as well as hosting nootropic effects, reduces triglycerides, decreases carotid intima-media thickness (cIMT), decreases visceral adipose tissue (VAT), and reduces C-reactive proteins (CRP).

Tesamorelin works by:

- Stimulating metabolism
- Enhancing immune function
- Improving quality of sleep
- Boosting heart health
- Reduces fine lines and wrinkles
- Increases energy levels
- Improves mood
- Increases libido
- Improves cognition



CJC 1295 & Ipamorelin

The combination of the peptides CJC 1295 and ipamorelin have been successfully used for anti-aging treatments as well for treating inflammation, disease or people with low IGF-1 levels. Ipamorelin is one of the safest, most effective forms of growth hormone (GH) restoration and widely used for sports performance. CJC 1295 has been known for increasing protein synthesis, improving recovery, reducing body fat and support the immune system.

CJC 1295 & Ipamorelin work together by:

- Accelerating weight loss
- Increasing muscle mass
- Increasing strength
- Improving energy
- Increasing physical and mental performance
- Improving immune function
- Repairing connective tissue post injury
- Improving quality of sleep
- Containing anti-aging properties
- Increasing libido
- Increasing metabolism
- increasing bone strength



IGF-1 LR3

IGF-1 LR3 is commonly known for promoting cell growth and its main function is to increase the biological activity of IGF, which its primarily function is to stimulate growth but also possess the ability to reduce blood glucose. IGF-1 LR3 is a modified amino acid sequence from IGF-1, also known as insulin-like growth factor 1. IGF-1 LR3 is much more powerful than IGF-1 and has a higher potency and a longer half-life.

IGF-1 LR3 works by:

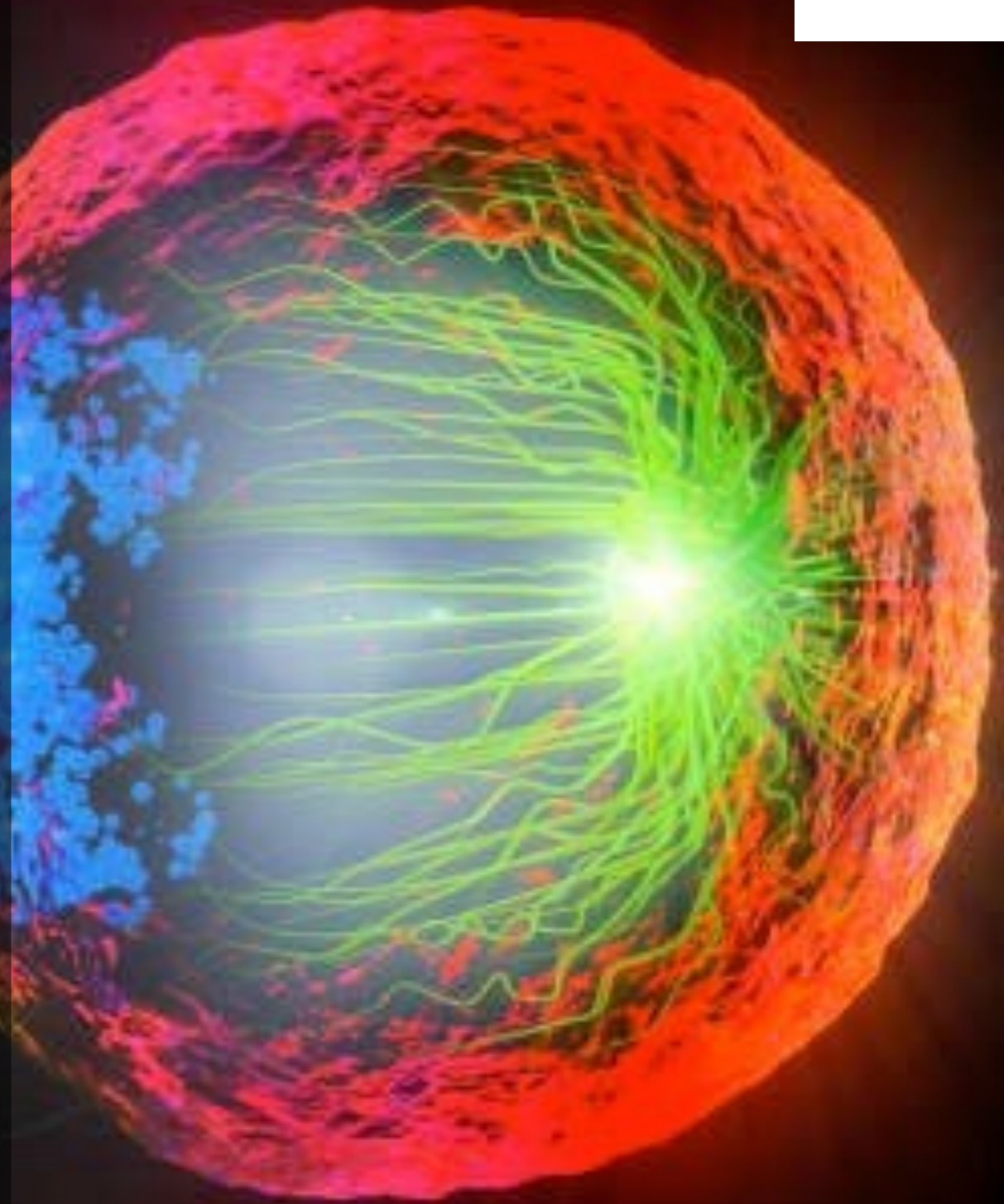
- Increasing amino acid absorption
- increasing glucose transportation thereby managing blood sugar levels
- increasing protein synthesis thus promoting new muscle tissue
- Preventing muscle wasting
- Mobilizing fat from adipose tissue as fuel for energy
- Protecting cognitive function and fighting against neurological diseases or loss of brain cells
- Accelerating the rate of angiogenic repair thus allowing formation of new blood vessels

PEG-MGF

PEG-MGF is a variant of IGF-1 that can be used to stimulate myoblast division and allow muscle fibers to fuse and mature. Essentially, this peptide is responsible for repairing damaged muscle and increasing satellite cell growth much better than IGF-1.

PEG-MGF works by:

- Stimulating muscle growth
- Creating new muscle fibers
- Increasing muscle recovery
- Promoting nitrogen retention
- Increasing protein synthesis



MOTS-c

A performance enhancing mitochondrial-derived peptide. This peptide can dynamically translocate to the nucleus in response to metabolic stress and regulate adaptive nuclear gene expression. It also promotes resistance to metabolic stress and regulates metabolic homeostasis through stimulation of glucose uptake and clearance, as well as the activation of fatty acid metabolism.

MOTS-c works by:

- Regulating metabolism, muscle and fat
- Mediating mitochondria regulation of insulin and metabolic homeostasis
- Protecting against age and diet-dependent insulin resistance and obesity



AOD 9604

AOD 9604 is a small peptide fragment taken from the naturally occurring hGH hormone sequence, which specifically harbors the fat reducing activity of hGH without its negative effects. This hormone is typically suppressed in obese people.

AOD 9604 works by:

- Reducing body fat
- Triggering fat release from obese fat cells predominantly than lean ones
- No adverse effects on blood sugar or growth
- Stimulates lipolysis
- Inhibits lipogenesis, which is the transformation of non-fatty foods into body fat
- Generating a strong fat burning capacity without creating a desire to overeat

RG3

RG3 has been a groundbreaking treatment option intended to support healthy brain function in adults while protecting sensitive neurons from damage. Moreover, it has been found to enhance memory and mental focus in some individuals by decreasing inflammation and oxidative stress within the brain. Rg3 may also help with the induction of neurogenesis, the creation and development of neurons in the body.

RG3 works by:

- Decreasing stress
- Providing mental clarity
- Increasing energy
- Enhancing immune system
- Increasing learning abilities
- Provides neurological protection
- Protects against conditions such as cancer, heart disease, stroke, and diabetes
- Maximizes the nootropic and anti-inflammatory effects on the brain

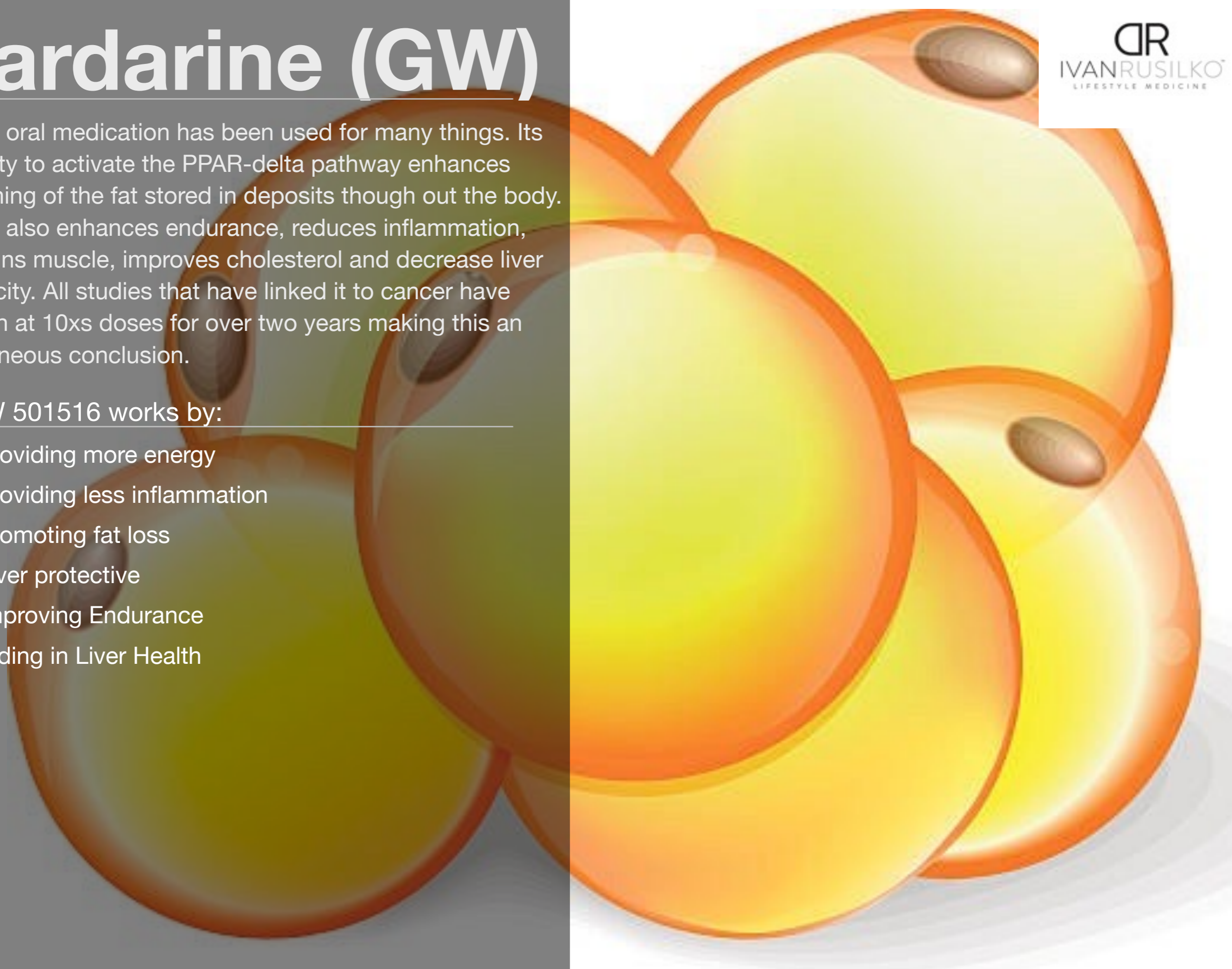


Cardarine (GW)

This oral medication has been used for many things. Its ability to activate the PPAR-delta pathway enhances burning of the fat stored in deposits throughout the body. This also enhances endurance, reduces inflammation, retains muscle, improves cholesterol and decreases liver toxicity. All studies that have linked it to cancer have been at 10x doses for over two years making this an erroneous conclusion.

GW 501516 works by:

- Providing more energy
- Providing less inflammation
- Promoting fat loss
- Liver protective
- Improving Endurance
- Aiding in Liver Health

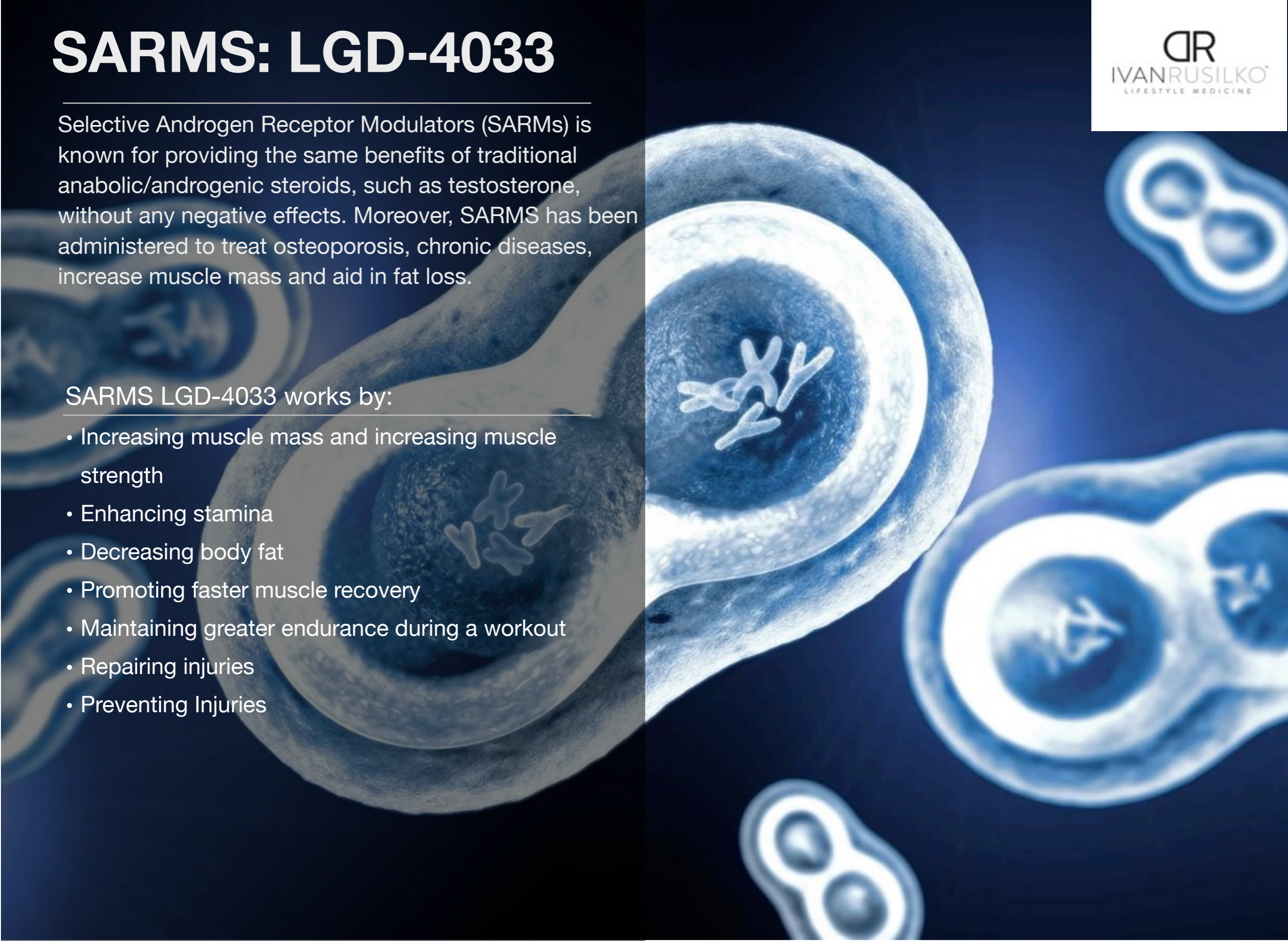


SARMS: LGD-4033

Selective Androgen Receptor Modulators (SARMS) is known for providing the same benefits of traditional anabolic/androgenic steroids, such as testosterone, without any negative effects. Moreover, SARMS has been administered to treat osteoporosis, chronic diseases, increase muscle mass and aid in fat loss.

SARMS LGD-4033 works by:

- Increasing muscle mass and increasing muscle strength
- Enhancing stamina
- Decreasing body fat
- Promoting faster muscle recovery
- Maintaining greater endurance during a workout
- Repairing injuries
- Preventing Injuries

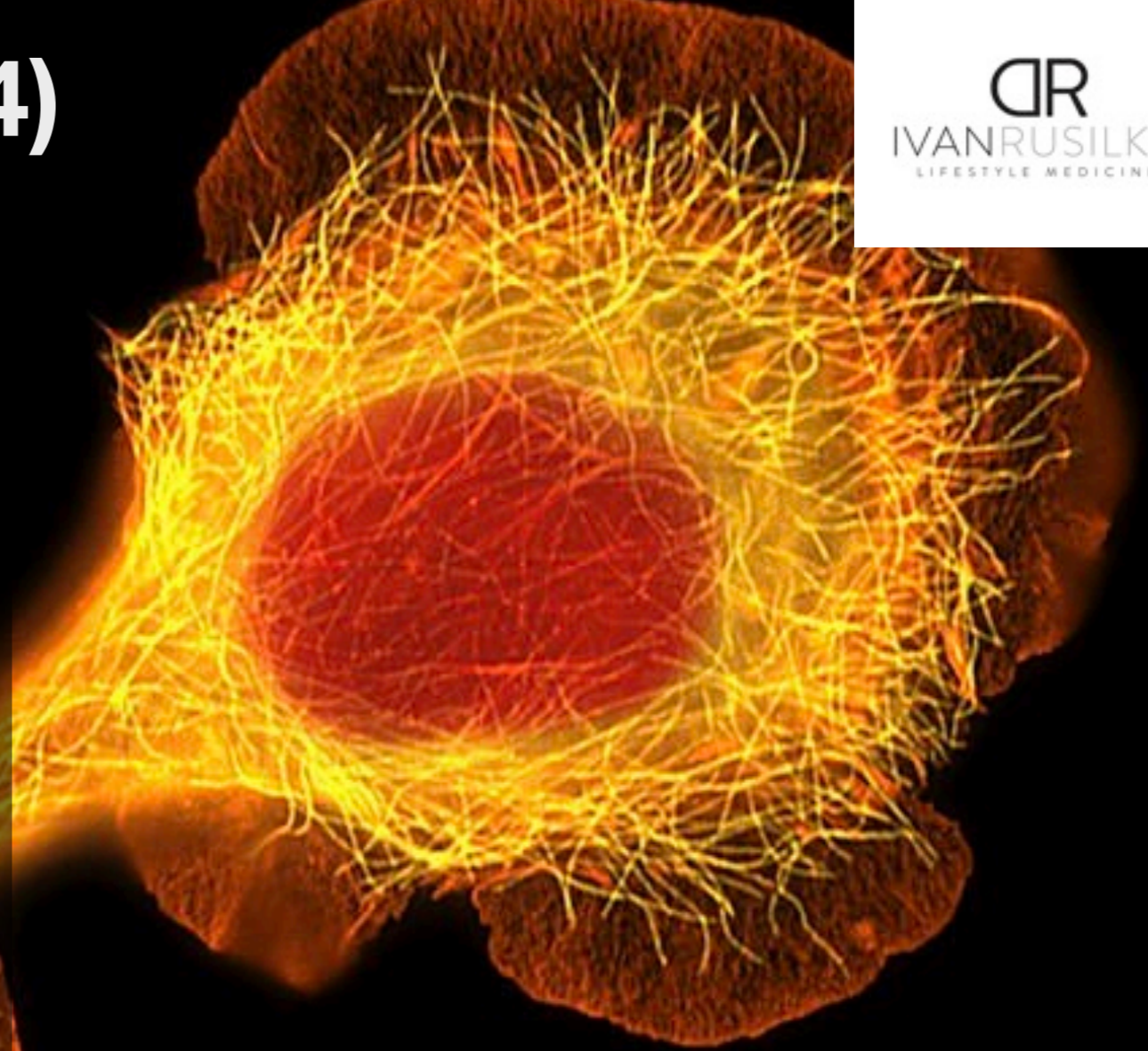


SARMS - Andarine (s4)

Andarine is a SARM meaning it up regulates how androgens work in the body but avoids any of the nasty side effects that can be seen with them. This SARM promotes muscle retention and increases the bodies ability to burn fat. It is also very benfical in improve bone desnity and endurance.

S4 works by:

- Helping prevent fat gain
- Preventing muscle/bone loss and thus promotes improving muscle growth and density
- Maintaining energy homeostasis and immune system regulation
- Stimulating lipolysis (the burning of fat)
- Improves overall mode and self perception



Ostarine MK-2866

Ostarine is a SARM and works much like testosterone does in the body but without the side effects one may experience when using testosterone. Its ability to enhance muscle and bone along with its heart healthy attributes make it a great augmentation to any program. Ostarine also has been shown to help with insulin resistance also when combined with proper dieting.

Ostarine (MK) works by:

- Improves heart function
- Enhances muscle and strength
- Augments bone health
- Decreases insulin resistance



Cerebrolysin

Cerebrolysin is a neurotrophic agent which helps improve the brain's ability for self-repair by stimulating neuro recovery. This nootropic agent has proven to enhance cognitive function, maintain memory retention, and protect the brain.

Cerebrolysin works by:

- Protecting brain cells and preventing cell death from harmful conditions
- Promoting growth of new brain cells
- Improving brain cell to cell communication, thus enhancing learning capacity and focus
- Increases brain energy and protein production in cells
- Decreasing brain levels of beta-amyloid deposits, which are linked to Alzheimers
- Lowers inflammation in the brain

FGL

A small peptide called FGL has been shown to boost learning and memory and is poised to begin clinical trials in Alzheimer's disease patients this year. Intriguingly, FGL sharpens memory through the up regulation of improved synaptic plasticity in the hippocampus. Its neuro protective and healing properties when used in conjunction with Lifestyle Medicine modalities can boost how you and your brain functions in the world greatly.

FGL 1 works by:

- Enhanced memory
- Improved focus
- Improved well being and thought formation
- Ability to heal damaged neural connections

SELANK

While SELANK has been traditionally prescribed for anxiety and depression, it has been known to be in many other treatments related to immune modulation, anticoagulation, PTSD, ADHD, and metabolic syndromes. Additionally, it has been shown to prevent accumulation of fat as well as positively influencing the formation of memory and learning process without unwanted side effects such as amnesia, withdrawal or dependence.

SELANK works by:

- Treating anxiety and depression
- Improving learning abilities
- Helping recover from brain damage
- Enhancing memory
- Strengthening immune function
- Increasing anti-oxidant activity in the liver
- Decreasing blood pressure and increasing blood flow to the brain
- Preventing weight gain and reducing cholesterol

SEMAX

SEMAX is a neuropeptide successfully used in treatment of patients with related brain circulation dysfunction and with different intellectual-amnestic problems of the CNS. This peptide has also been used for anxiety, memory improvement, ischemic events, stroke, nerve regeneration, ADHD, opioid withdrawal, and even chronic diseases such as ALS, Parkinson's, and Alzheimer's. It has also been used to acutely help improve memory and learning.

SEMAX works by:

- Protecting the body and brain from various types of oxidative damage
- Improving memory
- Improving circulation
- Decreasing the negative physical and mental responses to stress
- Increasing BDNF, a chemical that is essential for cognitive development, synaptic plasticity, and neuronal survival
- Alleviating pain
- Increasing physical performance and adaptation capacities in exposure to high intensity exercise



TESOFENSINE

Tesofensine is a dopamine, serotonin, and nonadrenalin reuptake inhibitor that was originally developed for the treatment of neurological disorders such as Parkinson's disease (PD) and Alzheimer's disease. Although this drug failed to demonstrate efficacy in PD trials, participants who were over weight achieved significant weight loss. Now tesofensine is considered as a novel treatment for obesity.

TENSOFENSINE works by:

- Increasing transmission of 3 powerful neurotransmitters in the brain, which help regulate energy balance and are linked to decreasing obesity and depression
- Suppressing hunger, leading to an energy deficit which burns off excess body fat
- Increasing beneficial effects on cognition, particularly learning and memory
- Increasing BDNF levels in the brain, which contains an antidepressant effect

BPC-157

BPC-157 is a small partial peptide sequence from the body protection compound (BPC) found in human gastric juice. This small peptide sequence has demonstrated to protect organs and prevent ulcers of the stomach as well as decrease pain in damaged areas and accelerate healing of many wounds, such as damaged ligaments.

BPC-157 works by:

- Increasing blood flow to damaged tissues
- Helping skin burns to heal at a faster rate
- Bone and joint healing
- Muscle healing
- Promoting release of growth hormone
- Gut protective and regenerative
- Having powerful anti-inflammatory properties
- Accelerating the rate of angiogenic repair thus allowing formation of new blood vessels

GHK-CU

GHK-CU is known for accelerating wound healing, skin repair, stimulates collagen and glycosaminoglycan synthesis in skin fibroblast, and promotes blood vessel growth. GHK is present in human plasma, saliva, and urine but unfortunately it declines with age.

GHK-CU works by:

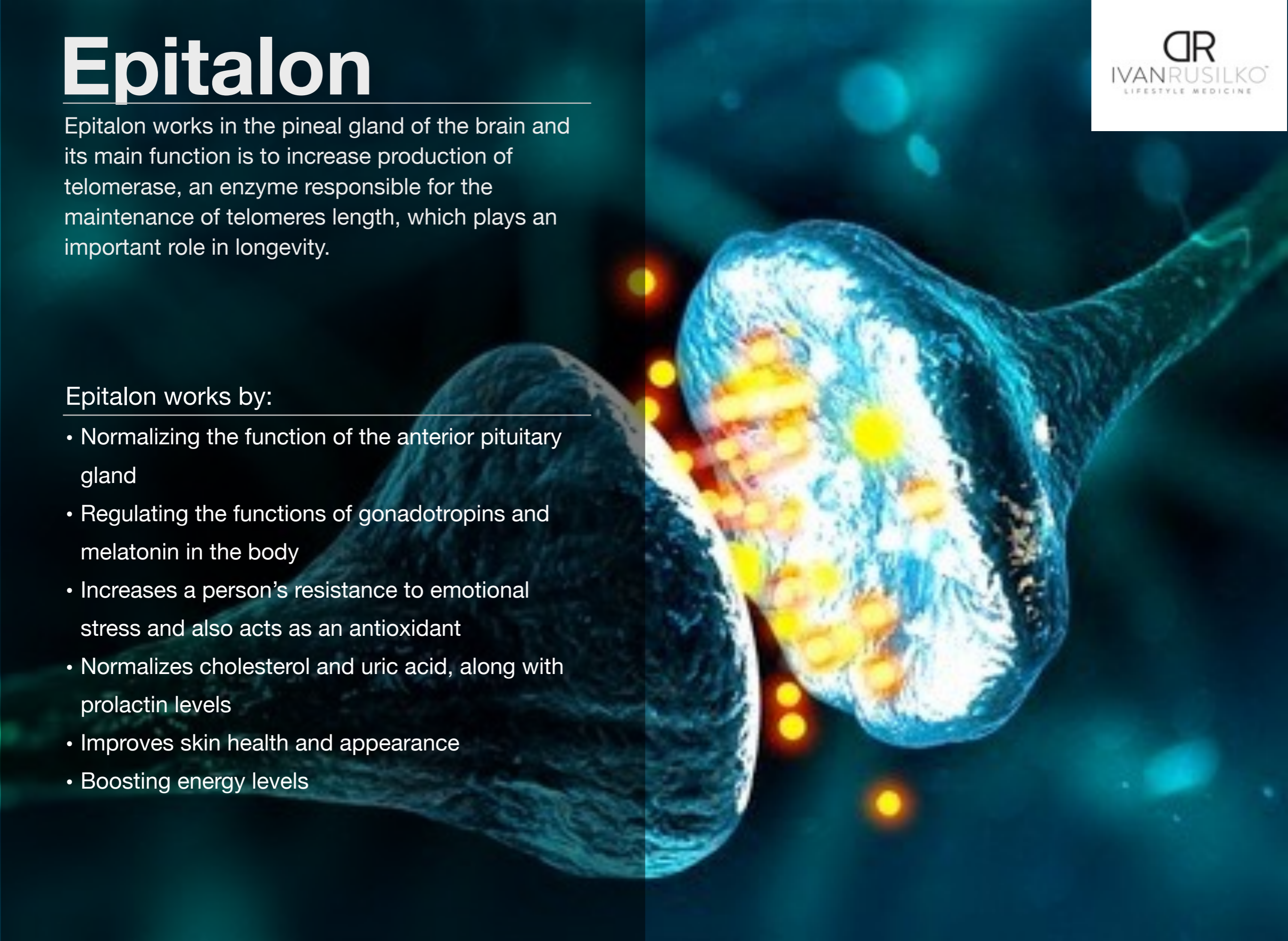
- Removing damaged/scarred tissue and generating new healthy tissue
- Tightening loose skin and improving elasticity, skin density and firmness, and helps reduce fine lines and wrinkles
- Acting as an anti-inflammatory agent
- Attracting immune and endothelial cells to the site of an injury, which promotes activation of wound healing

Epitalon

Epitalon works in the pineal gland of the brain and its main function is to increase production of telomerase, an enzyme responsible for the maintenance of telomeres length, which plays an important role in longevity.

Epitalon works by:

- Normalizing the function of the anterior pituitary gland
- Regulating the functions of gonadotropins and melatonin in the body
- Increases a person's resistance to emotional stress and also acts as an antioxidant
- Normalizes cholesterol and uric acid, along with prolactin levels
- Improves skin health and appearance
- Boosting energy levels



DSIP

DSIP is a well-known neuromodulator typically found in the brain and it is mainly prescribed for the treatment of pain condition, alcohol and opioid withdrawal, CRH and stress related symptoms, low testosterone via stimulation of LH, and even sometimes as an antioxidant and anti-oncogenic protein.

DSIP works by:

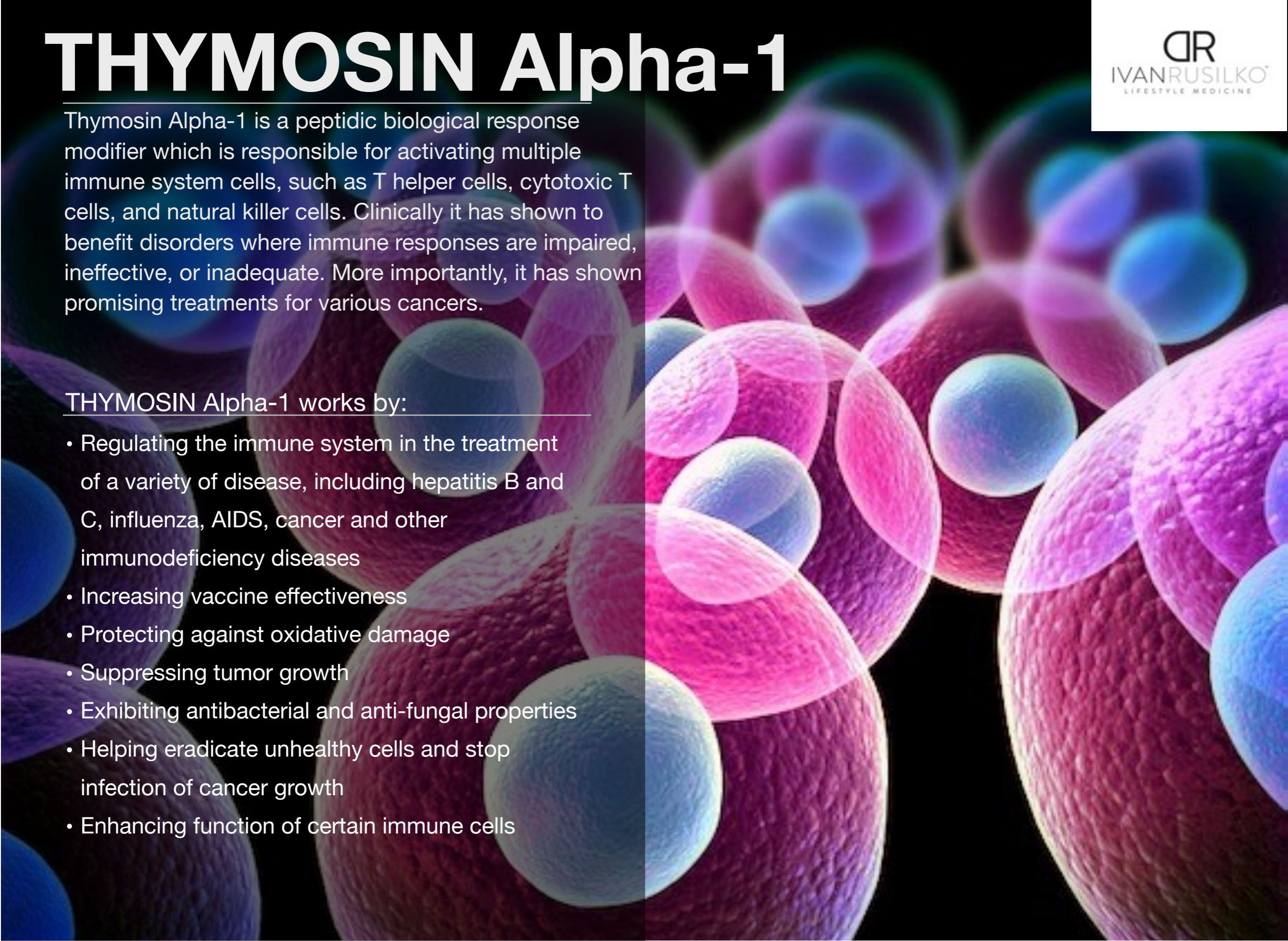
- Helping people fall asleep, stay asleep, and restore disturbed sleep patterns
- Helping people manage stress by modulating cortisol production (your stress hormone)
- Normalizing blood pressure
- Containing anti-oxidant properties, which have shown to slow down cell damage
- Reducing persistent/chronic pain
- Promoting LH and GH release while decreasing somatostatin, which results in the production of the desirable hormones while decreasing the undesirable hormones

THYMOSIN Alpha-1

Thymosin Alpha-1 is a peptidic biological response modifier which is responsible for activating multiple immune system cells, such as T helper cells, cytotoxic T cells, and natural killer cells. Clinically it has shown to benefit disorders where immune responses are impaired, ineffective, or inadequate. More importantly, it has shown promising treatments for various cancers.

THYMOSIN Alpha-1 works by:

- Regulating the immune system in the treatment of a variety of disease, including hepatitis B and C, influenza, AIDS, cancer and other immunodeficiency diseases
- Increasing vaccine effectiveness
- Protecting against oxidative damage
- Suppressing tumor growth
- Exhibiting antibacterial and anti-fungal properties
- Helping eradicate unhealthy cells and stop infection of cancer growth
- Enhancing function of certain immune cells



THYMOSIN Beta 4

Thymosin beta 4 has been found to play an important role in protection, regeneration and remodeling of injured or damaged tissues. Another primary function is to stimulate the production of B cells to plasma to produce antibodies and to produce T cells, which are an extraordinarily important part of the immune system. Recently, it has been shown to help regrow hair in addition to PRP.

THYMOSIN Beta 4 works by:

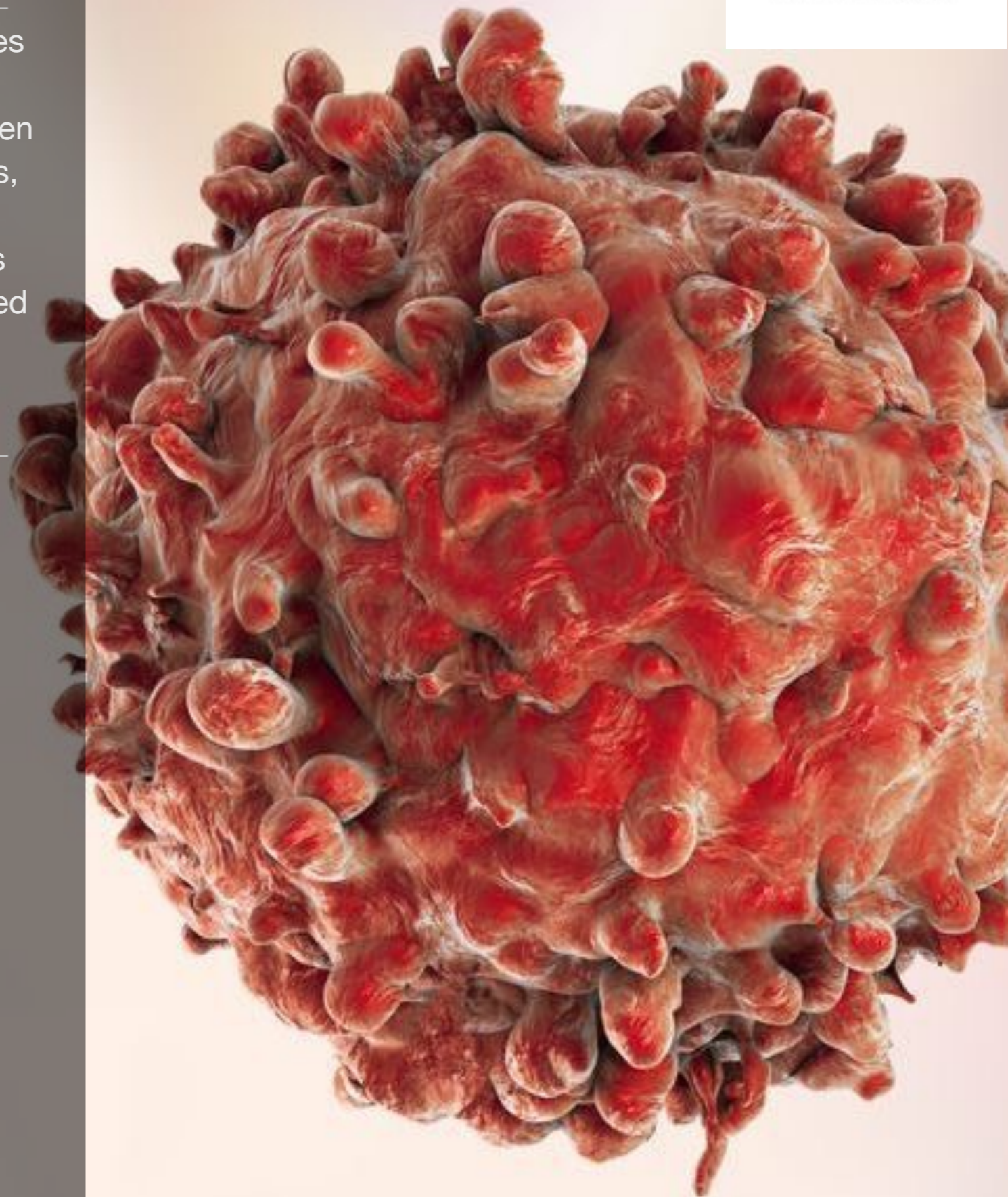
- Promoting healing in tendons, ligaments, muscle, skin, heart, and eyes
- Promoting creation of new blood and muscle cells
- Acting as a powerful anti-inflammatory agent by reducing inflammation of tissue in joints
- Reactivating cardiac progenitor cells to repair damaged heart tissue after a heart attack
- Increasing endurance and strength while maintaining flexibility
- Improving muscle tone
- calming muscle spasms

iRGD

Cancer is a global health problem and cancer studies have focused on tumor-targeting peptides, which support drug penetration. The iRGD peptide has been developed as a cyclic peptide that binds to integrins, which are expressed on tumor cells and vessels, to identify tumors early for diagnosis and treatment, as well as effectively penetrating tumors while combined with other chemicals/drugs.

iRGD works by:

- Enhancing tumor-specific accumulation and anti-tumor effects of various types of systemic drugs including small chemicals, nanodrugs, and antibodies in a number of tumor types
- Allowing systemically injected nanocarriers more abundantly at the tumor site with improved efficacy



PNC-27

Originally created to fight HIV, it was soon discovered that PNC-27 would attach to and kill cancer cells, leaving healthy cells to thrive. Therefore, this peptide has been studied and specifically designed to target and kill cancer cells by inducing tumor cell necrosis without harming normal cells.

PNC-27 works by:

- Selectively killing cancer cells while sparing normal cells
- Increases survival in cancer patients
- Attacking all kinds of malformed cells. Since all cancers are by definition malformed cells, PNC can effectively treat any kind of cancer
- Decreasing cancerous cells thus improving overall immune system/health

Bremelanotide

Bremelanotide is developed from the peptide hormone Melanotan II and has been designed for the treatment of female sexual dysfunction, hemorrhagic shock and also reperfusion injury. It is important to understand that sexual dysfunction is often one of the main causes of dissatisfaction in many relationships today. Approximately six million premenopausal women in the U.S. are diagnosed with low libido associated from distress.

Bremelanotide works by:

- Treating low libido thus activating sex life, as well as increasing self-esteem and relationships will begin to heal
- Clinically proven to help treat thousands of others with sexual dysfunction
- Increasing libido essentially helps gain ultimate satisfaction during intimacy
- Unlike Viagra and other related medications, it does not act upon the vascular system, but directly increases sexual desire via the nervous system

Melanotan II

Melanotan II is an analog of the peptide hormone alphanelanocyte stimulating hormone that induces skin tanning by stimulating melanogenesis, a process responsible for producing pigmentation in the skin, eyes, hair, nasal cavity, and inner ear while preventing skin cancers caused by sun exposure.

Melanotan II works by:

- Getting a natural looking tan while also maintaining a long lasting tan
- Reducing the risk of skin cancer
- Increasing libido power both in men and women
- Targeting the brain's appetite suppression receptor, which helps with weight loss