



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:

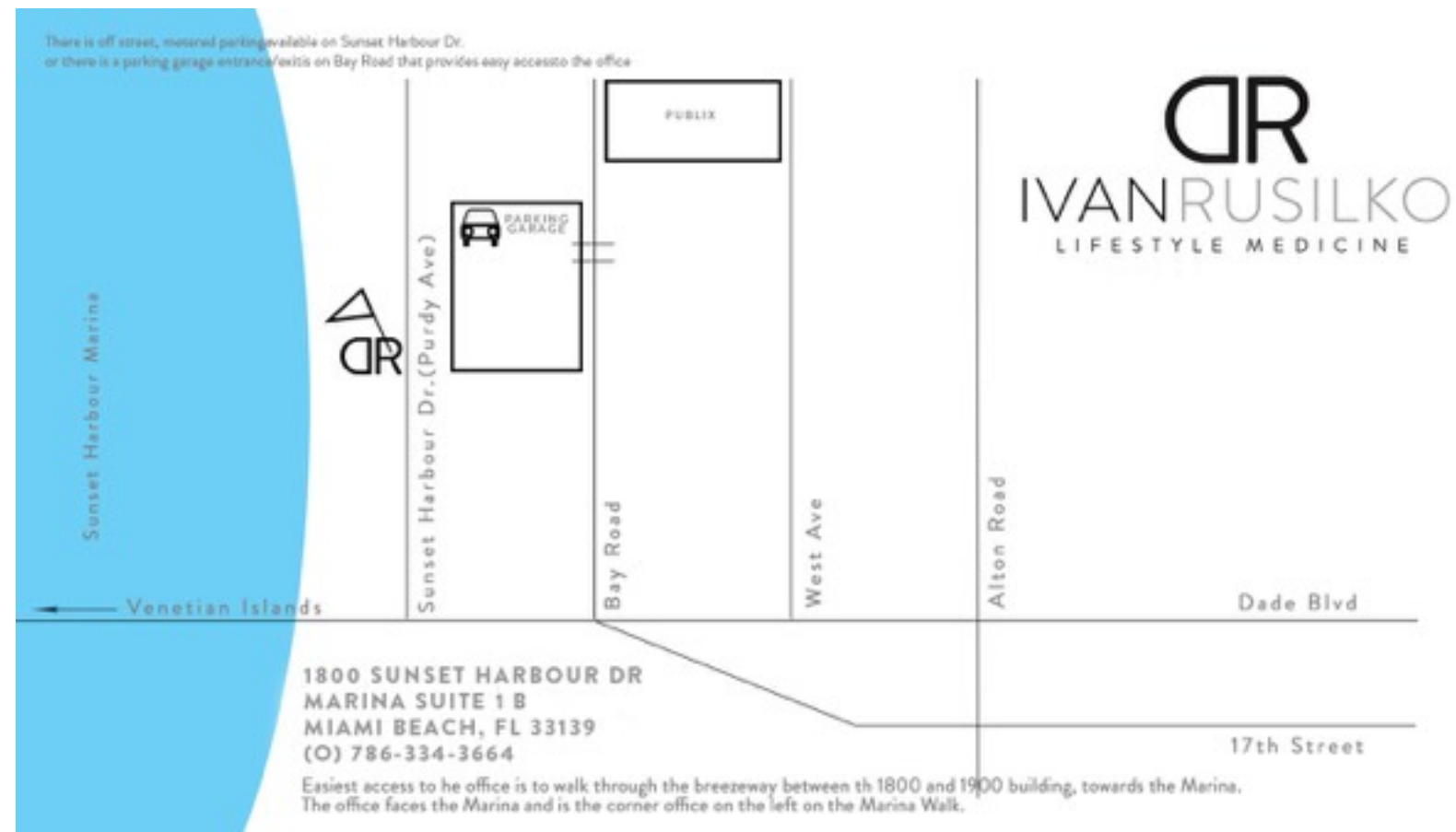
Monday - Friday by Appointment Only.

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Introduction

LFSTM

“Medicine that Makes you Smile Before Each Visit”

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

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

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

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

DR

IVAN RUSILKO

LIFESTYLE MEDICINE

BUENOS AIRES

Operations

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

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



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

treatment.

Lifestyle

Medicine is a paperless practice.

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

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

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

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





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

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

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

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

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

Sincerely,

Lifestyle Medicine



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

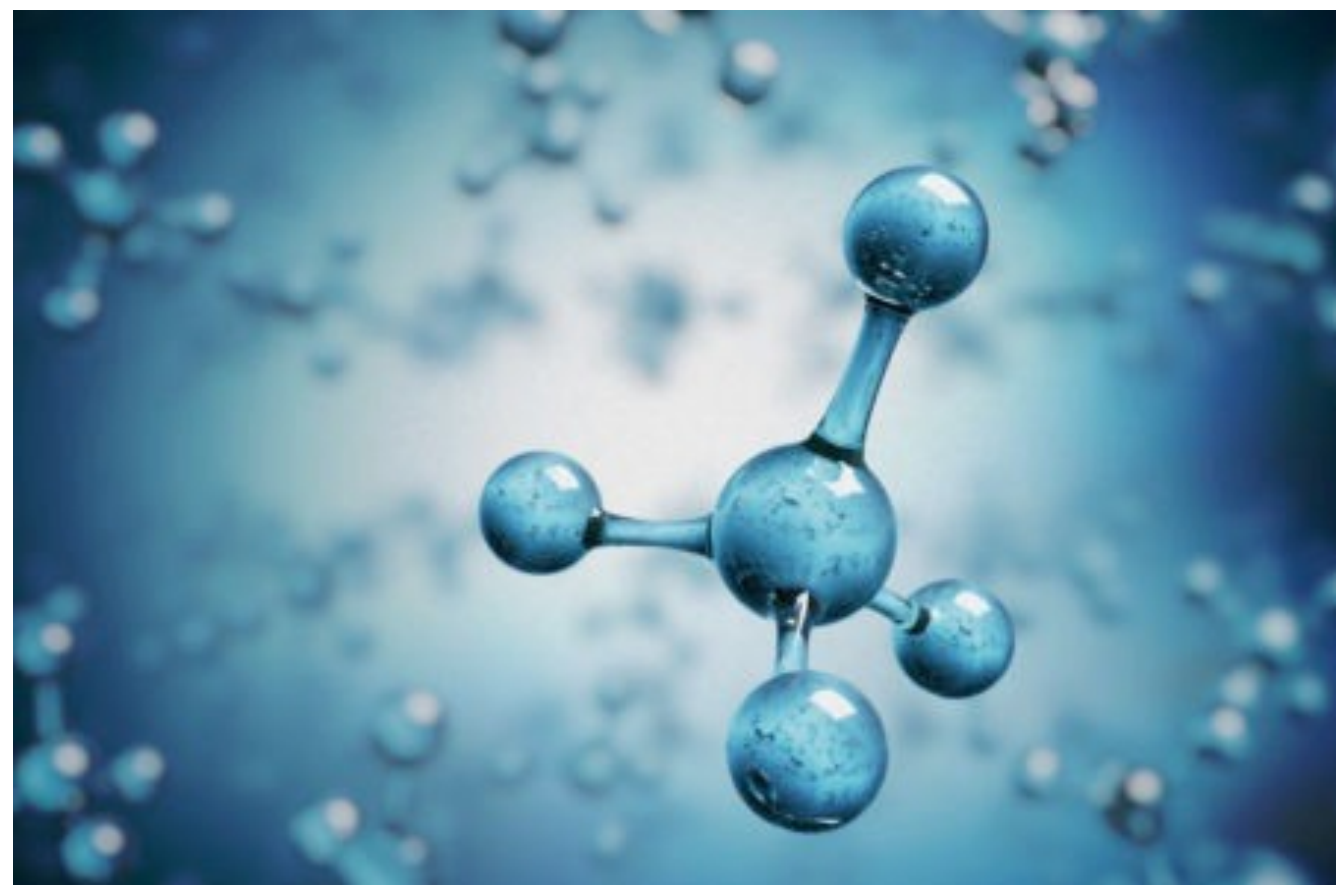
IGF-1 carries the same regenerative effects as growth hormone but conveniently bypasses the liver thus making it far more effective. IGF-1 Long R3, or IGF-1 LR3, is a form of IGF that has been

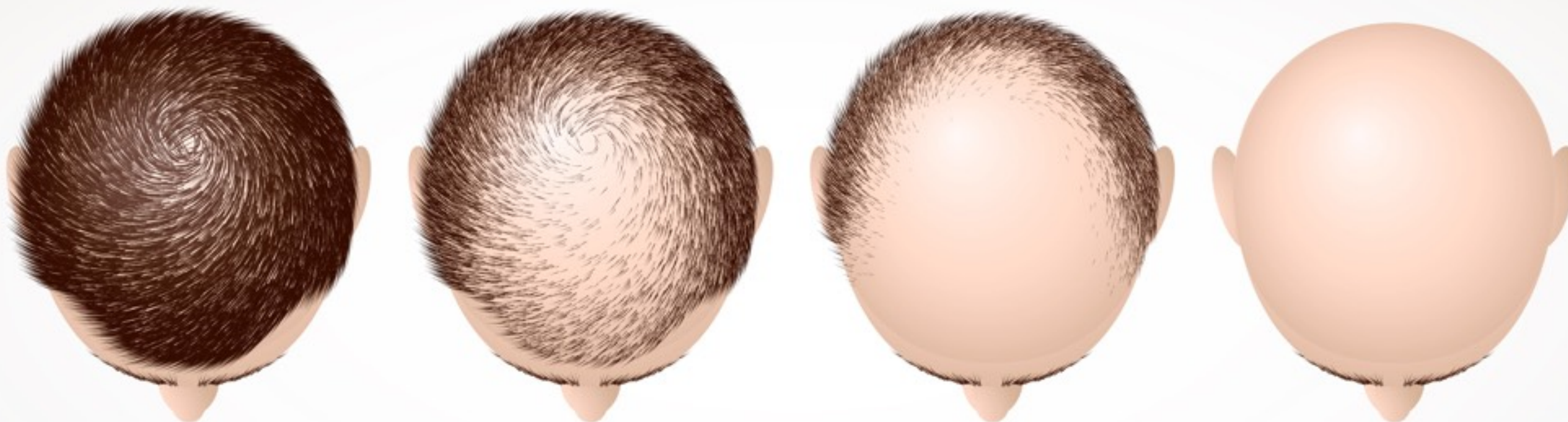
chemically altered to last in your system far longer than regular IGF-1, therefore exhibiting exceptional success.

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 Revival

- Only peptides

\$3,500

