



Become a Patient



Practice Overview

There are numerous options when it comes to becoming a patient of LFSTM all of which start with diagnostic testing. Diagnostic testing helps customize each patients treatment to promote better long lasting results.

Various all inclusive pricing is available which may include labs, medications, supplements, IV's, peptides and consultations for those looking to fully immerse themselves in a better quality of life.. and lifestyle. Peptide programs are also available for those looking for an effective answer to various issues ranging from fat loss and cloudiness to fitness and regeneration.

The first step is to submit the online patient questionnaire to our email. Once received a LFSTM staff member will contact you to book your appointment. If you are simply looking to come in for an IV we have a walk in option every Monday, Wednesday and Friday from 10am-2pm.

Once a program has been selected the diagnostics will be run with a turn around time that can vary according to which test is drawn that can be days to weeks. Once your results are in a review will take place either in person or virtually and your program formulated by Dr. Rusilko. Each program cycle will last 2 months with some medications and supplements only lasting one. Most treatment programs last three to four cycles (6-8 months) with some desiring to remain on indefinitely. Patients can be transitioned of their program at any time due to the program working to stimulate your body to work properly, not work for it.

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 randomly because of traveling, 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.

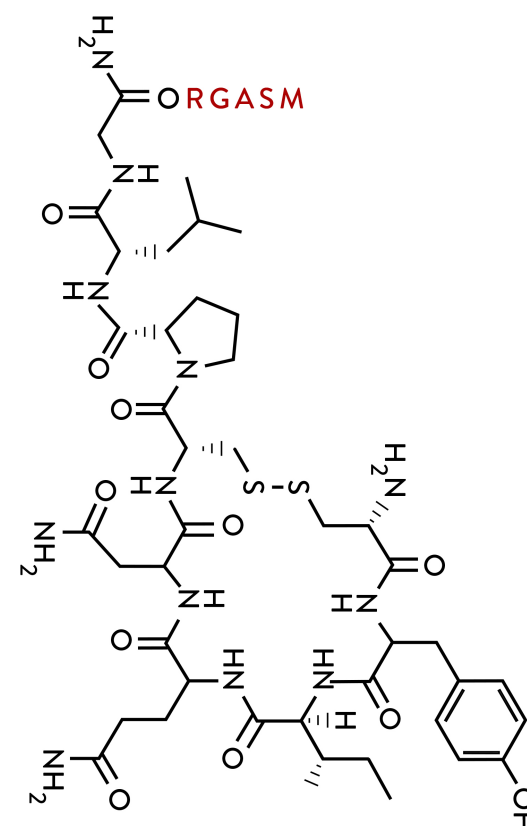
House calls for all procedures and treatments are available for a premium. Please contact our office for pricing information and scheduling.

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





All Inclusive Programs

All program prices include lab fees, initial consultation and monitoring, program formulation, and individualized medications/peptides/supplements and potentially IV's customized around each patient's unique biochemistry and goals.

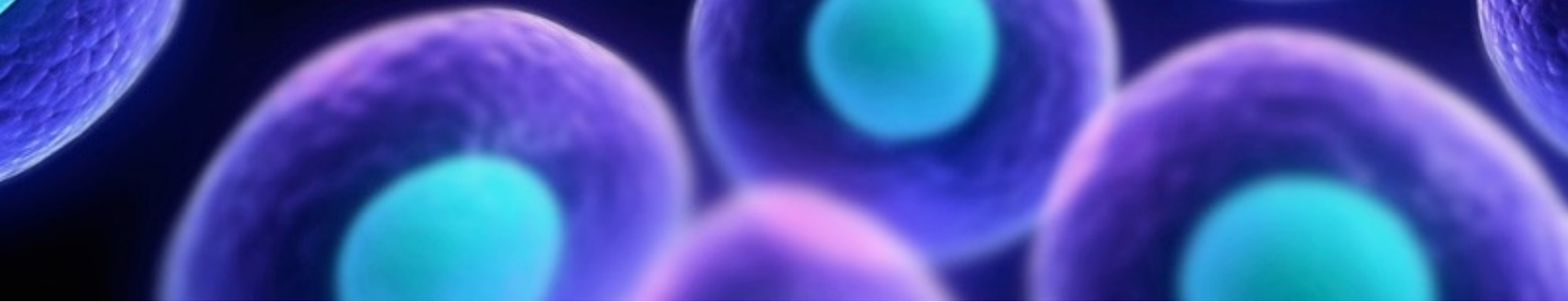
Programs last on average 6-8 months depending on each patient's current situation and desired outcome, diagnostic testing, and medical history. Some choose to extend their treatment indefinitely. It is our goal to help your body rejuvenate itself to a point where it can function at its maximum capacity on its own.

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

This comprehensive biophysical review includes hormones, food sensitivities, neurotransmitters, heavy metals and basic blood work. This is a fully customized program for those looking to alter multiple aspects of their life including sexual health, sleep quality, fitness levels, mental acuity, energy enhancement, aesthetic appearance and mood elevation. Basic medications and supplements are included in this package along with certain peptides. Advanced peptide programs and IV's are excluded but can be added at a discounted rate.

Total Lifestyle Program- \$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, combat the onset of age related diseases and symptoms, and diminished quality of life. All medications and supplements are inclusive including an allotment of eight custom 1000ml IV's and advanced peptide programs.



Tailored Lifestyle Program All In - \$12,500 (6 Months)

A commitment to a full (6) month program saving you \$2,500.

Total Lifestyle Program All In - \$25,000 (6 Months)

A commitment to a full (6) month program saving you \$5,000.

Concierge Member - Call for more info

Your personal Lifestyle Medicine Doctor

An online patient portal is provided to help monitor each patient's program and apportionment schedule.



Diagnostic Testing

Prices include lab fees, shipping and handling, consultations and program formulations only. ***For those who want to continue on to a program the upgrade to the Tailored Lifestyle Program will be required with the difference of the lab originally selected being subtracted from \$5,500.***

Lifestyle Panel- \$1,500

Complete hormonal analysis, dietary (food sensitivities), toxins, candida/gluten and basic blood work 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 but not ready to commit to a program itself.

(+) 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.

(+) STD \$300

- Diagnosis of all forms of STD's

(+) Environmental Sensitivities \$1,000

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

(+) Candida or Gluten Alone (included in initial testing) \$250

- 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.

Outside Lab Work

For consultations involving lab work drawn outside of Lifestyle Medicine a \$400 consult fee will be charged.



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 bloodwork is needed, only a medical history along with the patient's goals. These IVs have been pre-formulated and are consistent each time.

Custom IV's can be done for those looking for a more personal touch. These are based off the patient's bloodwork and each one is 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.

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500ml Midi's - \$175

- Medium hydration with a swifter onset

1000ml Granders - \$250

- Full hydration with a slower but more powerful onset

Blue Meth IV - \$300

Blood purification IV + Liquid Money IV

NAD+ IV - \$750

- Mitochondrial renewal IV + Liquid Money IV

Alpha Lipoic Acid IV - \$500

- Master antioxidant/Cellular health + Liquid Money

Exosome IV - \$5,000

- 15 billions exosomes intravenously + Liquid Money IV

Intramuscular Shots - \$50

Useful for pain, relaxation, energy, fat loss, fitness, immunity, detox, water removal, and mental clarity

Minor Additions (+25/each)

Anti-inflammatories, Pain Alleviation, Nausea, Heartburn, 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, 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 of whether you use us or someone else 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.



IV Programs

IV Programs offer more structured ways to replace, restore and revive how your body functions by increasing the frequency and total body treatment potential.

IV Light- \$1,200

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

IV Heavy- \$2,100

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

NAD+ Age Vaccine Program- \$2,500

This package includes (5) 1000ml NAD Booster IV's and a Tox Out program. This combination is unique to LFSTM and formulated to enhance the power of NAD with the addition of other minerals, vitamins, and peptides.

Blue Meth Blood Purification Program- \$1,500

This package includes (4) Blue Meth IV's with 1000ml Liquid Money IV Boosters + take home oral blue meth program.

Alpha Lipoic Acid Program- \$2,000

This package includes (4) ALA IV's with 1000ml Liquid Money IV Boosters + take home oral detox program.

Exosome Cellular IV Program- \$6-15,000 (Plasticity)

IV exosome program consisting of peptides, IV's PRP and 15 Billion exosomes.

Programs can be focused on one specific goal or many and are reformulated each step along the way.



Lifestyle Medicine Member of Plasticity

LFSTM sister company, Plasticity, takes what Lifestyle Medicine is one step further offering patients state of the art hyperbaric treatments, one of a kind ketamine infusions and cellular therapy done like no where else. All patients who are on program based treatment regimens are automatically enrolled into this program at no cost.

This membership ensures a truly customized treatment experience at Plasticity by incorporating the diagnostic and treatment options available only at Lifestyle Medicine with the revolutionary modalities being practiced in Plasticity.

Lifestyle Medicine Membership \$3,333

- Total in-depth diagnostic panel including hormones, neurotransmitters, nutrition, toxins, gut health, food sensitivities and cancer screening
- 2 month customized supplement matched to the diagnostic results.

This membership ensures reduced pricing at Plasticity, and more importantly, an even more tailored experience which can turn good results... into great ones. This bi annual membership fee allows Dr. Rusilko the ability to treat each patient as the unique individual they are.

“Life's too short to be normal... Be Extraordinary.”

Cellular Therapy (Plasticity)

Pricing is based on amount of product used which will be determined at the time of consultation. Each milliliter (ml) of solution contains 3 Billion exosomes.

All procedures need to be booked at least 2 days in advance to allow for the product, peptides and supplements to be delivered to Plasticity.

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Aesthetic - \$6,000

- Exosome Solution (5ml) + (1) PRP Tx
- (1) 1000ml Liquid Money IV/ Blue Meth/ ALA Flush
- (1) Month BPC 157/GHK/Supplement
- (1) Hyperbaric Dive Session
- LFSTM Member - \$5,500

Rejuvenation - \$8,000

- Exosome Solution (5ml) + (1) PRP Tx
- (1) 1000ml Liquid Money IV/ Blue Meth/ ALA Flush
- (1) Month BPC 157/GHK/Supplement
- (1) month IGF-1 Lr3
- (1) Hyperbaric Dive Session
- LFSTM Member - \$7,000

Additional Exosome Vials - \$3,500

- Multiple Vials can be added to improve
- LFSTM Member - \$3,250

Scalp - \$12,500

- Exosome Solution (5ml) + (3) PRP Tx
- (3) 1000ml Liquid Money IV/ALA Flush
- (3) Month BPC 157/GHK/Supplement
- (3) Hyperbaric Dive Sessions
- (1) month IGF-1 Lr3
- (3) Month Hair Growth Program
- LFSTM Member - \$11,000

Cellular Membership - \$15,000

- (12) Hyperbaric Dives
- (1) Exosome + PRP Treatment
- (2) Methylene Blue Ivs
- (1) At Home NAD Injection Kit
- (1) Month BPC,GHk, IGF-1 Lr3
- (1) Medical Supplement Pack (2 months)
- (6) Liquid Money IV's + (3) Alpha Lipoic Acid IV's
- LFSTM Member - \$12,500



Hyperbaric's (Plasticity)

HBOT in a medical hyperbaric clinic typically averages \$250 per session nationwide in a single person overly cramped chamber.

At Plasticity each treatment allows for up to four people to be in the chamber at one time. This means that **each session can be divided among four people** bringing the cost/treatment to under the national average for a chamber that is large enough to exercise in and contains 2 plasma televisions and the ability to use your phones and iPads. This is great for families, friends and colleagues to experience the benefits of HBOT at a fraction of the cost.

For LFSTM patients a special discounted rate is offered.

Single Dive (60min) - \$750

- (1) Dive Session + Medical Supplement
- LFSTM Member - \$650

5 Dive Package (60)min- \$3,500

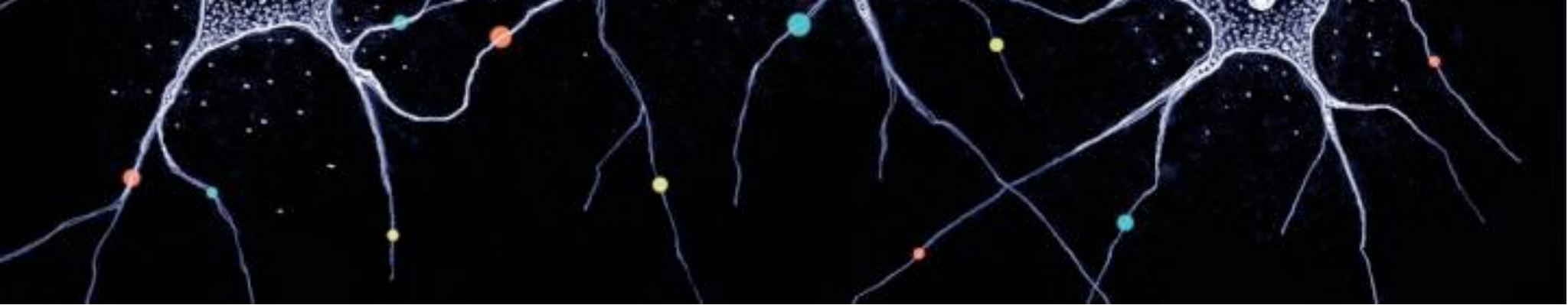
- (5) Dive Sessions + (5) IM Injections
- (1) Month Medical Grade Nutrient Pack
- LFSTM Member - \$3,000

10 Dive Package - \$6,500

- (10) Dive Sessions + (10) IM Injections
- (1) Month Medical Grade Nutrient Pack
- (1) Month Mitochondrial Renewal Medical Supplement
- LFSTM Member - \$5,500

Elemental Package - \$15,000

- (20) Hyperbaric Dives
- (1) Exosome PRP Treatment
- (4) Blue Meth IV's + At Home Program
- (1) At Home NAD Injection Kit
- (1) Month BPC, GhK, CJC/Ipamorelin
- (2) Medical Supplement Pack
- (6) Liquid Money IV's + (3) Alpha Lipoic Acid IV's
- LFSTM Member - \$12,500



Enlightenment Medicine (Plasticity)

Dr. Rusilko has developed a unique protocol that combines the therapeutic effects of ketamine with numerous other nutrient and medicinal treatments that are used together to help patients treat forms of depression, anxiety, PTSD, and addiction that may be resistant to other forms of therapy. Also the ability to enhance how your brain functions as a whole is indicative of improving ones quality of life all together which is the true focus of every treatment and program at Plasticity.

Enlightenment Program- \$5,000

- (4) 1000ml customized Enlightenment IV's
- (4) 500ml High Dose Glutathione Flush
- Peptide Therapy Program
- (4) (1) Hour Deprivation Chamber SessionsIn
- Neurotransmitter & Hormone Test
- Medical Grade Neurotransmitter Vitamin Pack
- LFSTM Members \$4,500

Medical Meditation - \$650

- (1) Ketamine intramuscular injection or oral medication
- (2) hour use of the deprivation chamber and medical monitoring
- In depth consult before and after your treatment with Dr. Rusilko
- LFSTM Members \$500

Enlightenment IV - \$1000

- (1) 1000ml Enlightenment IV
- (1) 500ml High Dose Glutathione Flush
- LFSTM Members - \$850

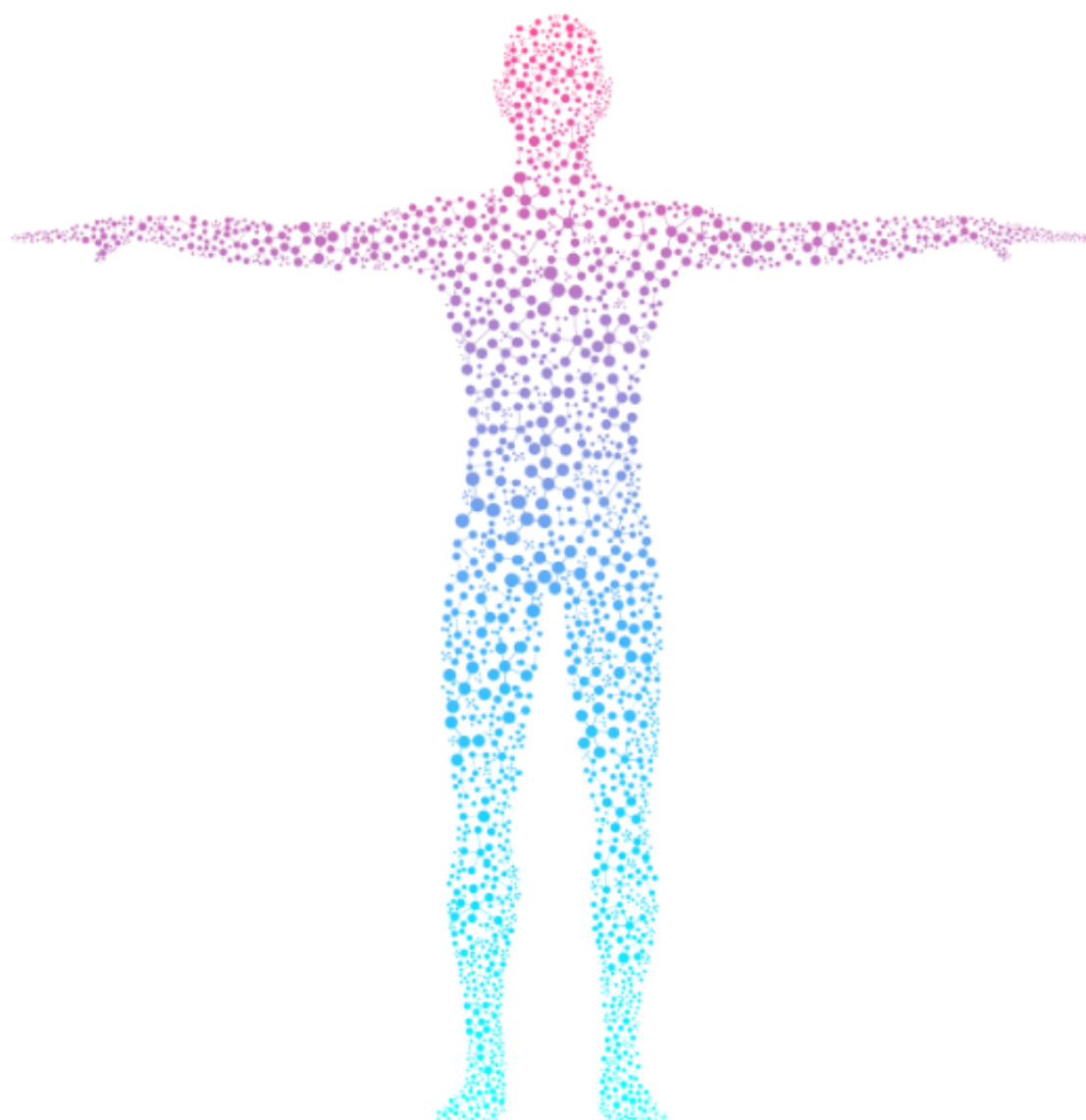
Add Ons

- Option to add NAD (\$300)
- Option to add HBOT (\$300)
- Patients will need to qualify to receive a treatment. Any patient who is suspected of not being ready or drug seeking will be denied treatment at the discretion of the Plasticity staff.

Enlightenment Membership - \$15,000

- (12) Hyperbaric Dives
- (1) Exosome PRP Treatment
- (4) Enlightenment Iv's and At Home Treatment
- (1) At Home NAD Injection Kit
- (2) Months BPC, Dihexa, CJC/Ipamorelin
- (1) Medical Supplement Pack
- (6) Liquid Money IV's + (3) Alpha Lipoic Acid IV's
- LFSTM Members - \$12,500

PEPTIDE THERAPY



DR
IVANRUSILKOTM
L I F E S T Y L E M E D I C I N E



Peptide Programs

Many deem that the future of regenerative medicine lies within peptide therapy. These amino acid sequences help patients that are seeking longevity and well-being achieve their goals. They can be used for but not limited to better sleep, increase in muscle mass, weight loss, increased sex drive, overall improved mood, and a reduced aging process.

Peptides are short-chain amino acids found naturally in the body that are the building blocks of protein designed to augment various functions within the human body. They utilize ones own body to body promote restoration, anabolism, and homeostasis.

The benefits one can achieve with peptides are vast.

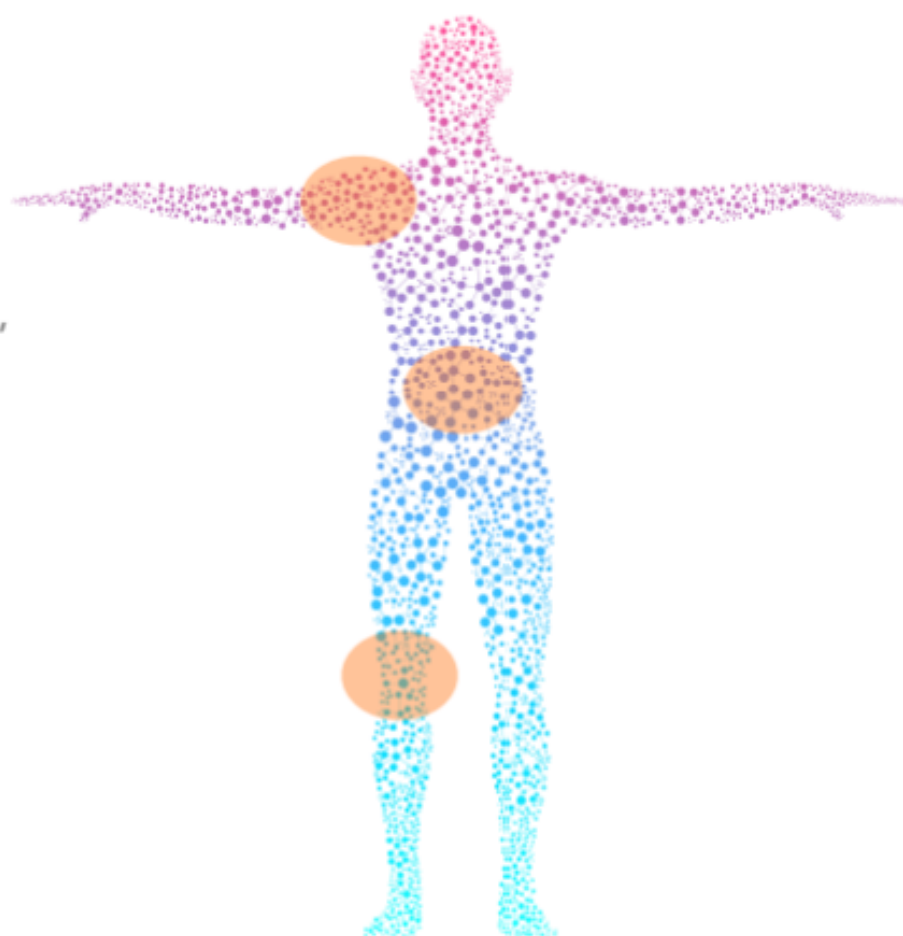
- Better fitness and muscle formation/fat loss
- Improved energy, strength and stamina
- Strengthened immune system and libido/sexual performance
- Accelerated healing and sleep correction
- Better hormone regulation, heart function and digestion

Peptides have a history of being extremely safe and are well-tolerated by patients as they mimic naturally occurring substances. They can be administered through subcutaneous injection, orally, nasally or topically with a frequency and dosage that vary from peptide to person.

For more on peptide therapy please see the following information that will help you understand which peptide may be right for you. Diagnostic testing is not needed for most of these peptides but encouraged.

BENEFITS MAY INCLUDE

- Promotes lipolysis without effecting blood sugar or tissue growth
- Prompts fat release from obese fat cells
- Prevents lipogenesis (fat accumulation)
- Treatment in osteoarthritis, hypercholesterolemia, bone and cartilage repair - results favored when combined with BPC-157
- Boosts the body's metabolism
- Less appetite stimulation



BRIEF OVERVIEW

AOD9604 (Advanced Obesity Drug) is a synthetic peptide fragment that comprises a modified 15 amino acid region of GH with a tyrosine component to help stabilize the molecule. It was originally developed by Professor Frank Ng at Monash University in Australia, with the intent of finding an anti-obesity drug that had the fat burning effects of human growth hormone (HGH) without the muscle-building effect. Similar to GH, AOD9604 aids weight reduction in rodent models of obesity and was originally developed for the treatment of obesity in humans. Additionally, it does not stimulate the production of IGF-1, has positive effects on the differentiation of adipose mesenchymal stem cells into bone, and was found to promote proteoglycan and collagen production in isolated bovine chondrocytes in an in vitro study. Its positive effects include promoting the repair of bone and cartilage in cases of OA.

COMMON FORMULAS & PROTOCOLS

AOD 9604 (1200mcg/ml) 5ml Vial - 300mcg SQ injection daily for 20 days

AOD 9604 (600mcg/g) Anti-Inflammatory Cream - Apply 1/4g - 1g daily for 30 days

AOD-9604 (500mcg) Sublingual Troche - One troche daily for 30 days

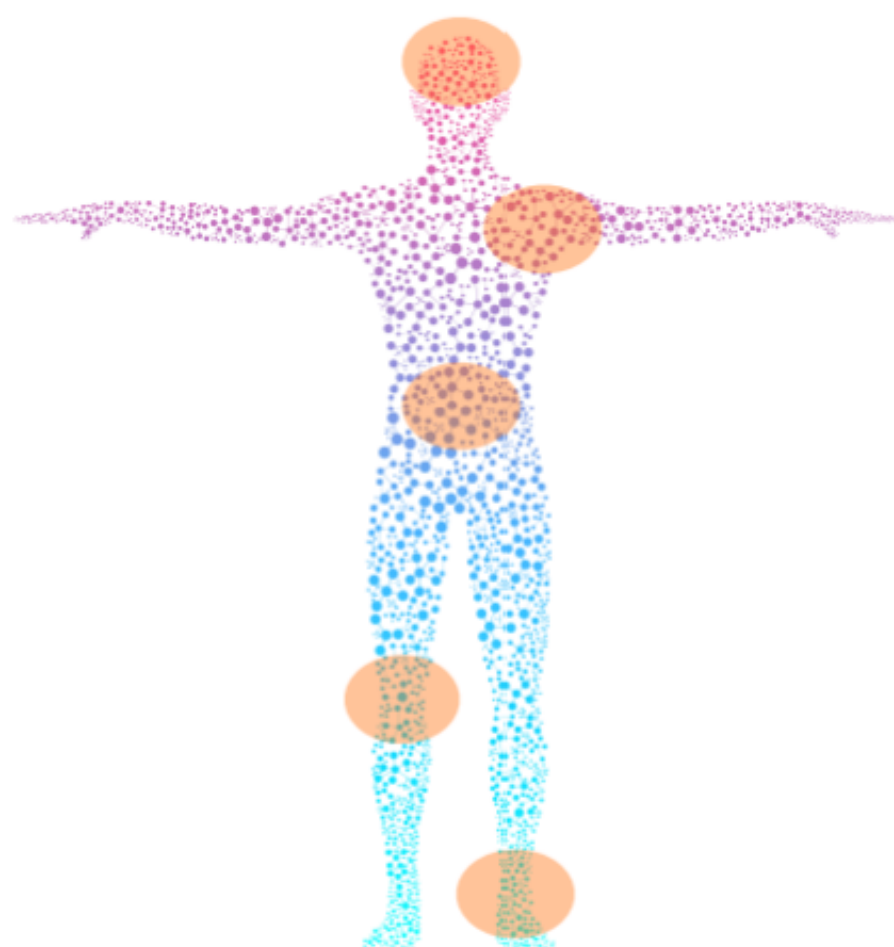
CLINICAL REFERENCES

1. Heffernan M, et al. "The Effects of Human GH and Its Lipolytic Fragment (AOD9604) on Lipid Metabolism Following Chronic Treatment in Obese Mice and β 3-AR Knock-Out Mice"
2. Stier H, et al. "Safety and Tolerability of the Hexadecapeptide AOD9604 in Humans" *Journal of Endocrinology and Metabolism, North America* (2013)

Additional references available. Contact us for more info.

BENEFITS MAY INCLUDE

- Supports cognitive performance
- Supports joint health
- Protects against drug-induced damage
- Restores the serotogenic transport system
- Protects dopaminergic system
- Enhances the GABAergic system
- Reverse opioid tolerance
- Accelerated wound healing
- Ligament healing (knee, rotary)
- Benefits for ulcers in the stomach
- Benefits for intestinal damage
- May help irritable bowel disease
- Promotes lipolysis
- Improves overall skin appearance
- Repairs skin barrier proteins



BRIEF OVERVIEW

BPC 157, composed of 15 amino acids, is a partial sequence of body protection compound (BPC) that is discovered in and isolated from human gastric juice. Experimentally it has been demonstrated to accelerate the healing of many different wounds, including tendons, muscles, nervous system and superior healing of damaged ligaments. Those who suffer from discomfort due to muscle sprains, tears and damage may benefit from treatment with this peptide. It can also help aid skin burns to heal at a faster rate and increase blood flow to damaged tissues.

COMMON FORMULAS & PROTOCOLS

BPC-157 (10mg) Lyophilized Vial - 300mcg SQ injection nightly for 30 days

BPC-157 (500mcg) Capsule - One capsule daily for 30 days

BPC-157 (500mcg) Sublingual Troche - One troche daily for 30 days

BPC-157 (500mcg) Suppository - One suppository daily for 30 days

BPC-157 (1mg/g) Anti-Inflammatory Cream - Apply 1/4g - 1g daily for 30 days

BPC-157 (1mg/g) Organic Bio-Cream (facial) - Apply 1-2 pumps daily for 30 days

GHK-Cu / BPC-157 (2mg/2mg/ml) Organic Bio-Cream (facial) - Apply 1-2 pumps daily for 30 days

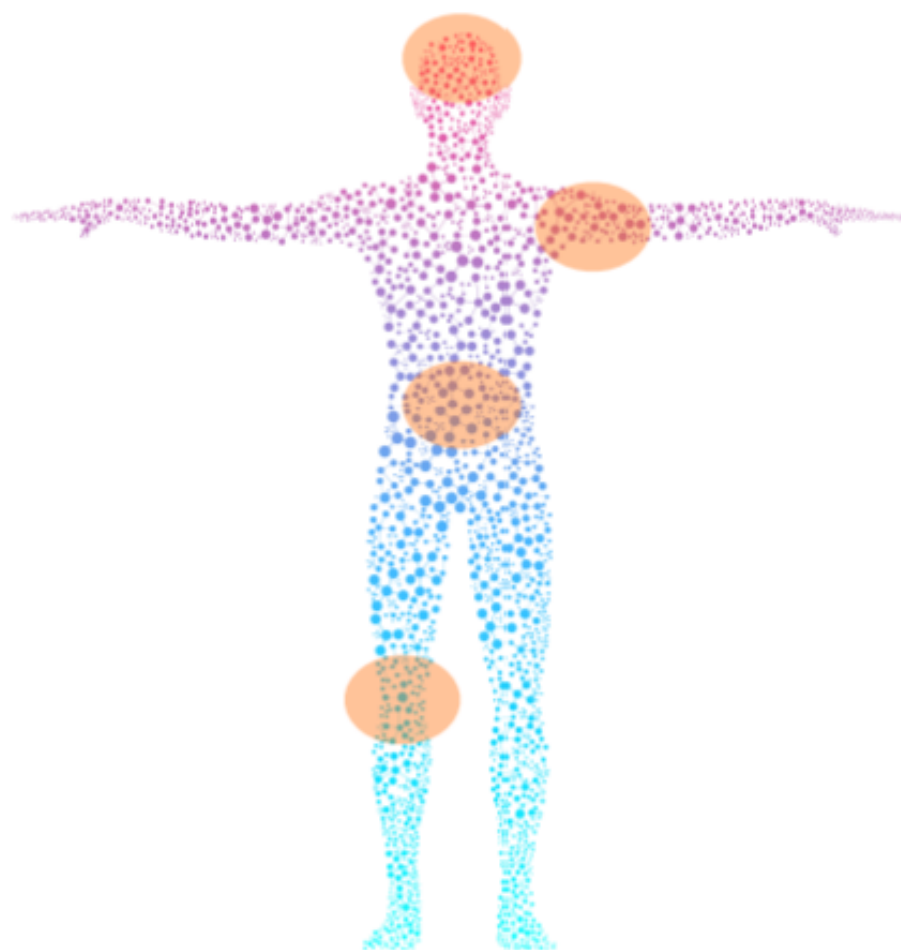
CLINICAL REFERENCES

1. Cerovecki, Tomislav; Bojanic, Ivan; Brcic, Luka; Radic, Bozo; Vukoja, Ivan; Seiwerth, Sven; Sikiric, Predrag (September 2010). "Pentadecapeptide BPC 157 (PL 14736) improves ligament healing in the rat". *Journal of Orthopaedic Research*. 28 (9): 1155-1161. doi:10.1002/jor.21107. ISSN 1554-527X. PMID 20225319.
2. "Stable gastric pentadecapeptide BPC 157 in trials for inflammatory bowel disease (PL-10, PLD-116, PL 14736, Pliva, Croatia). Full and distended stomach, and vascular response". PMID 17186181.

Additional references available. Contact us for more info.

BENEFITS MAY INCLUDE

- Promotes lipolysis
- Improves sleep quality
- Increased energy
- Increased endurance
- Improved cellular repair
- Increased IGF-1
- Increased bone density
- Accelerated injury recovery
- Improved immune system
- Increased protein synthesis
- Increase in lean body mass
- Increased collagen production
- Increase in lean body mass
- Less appetite stimulation



BRIEF OVERVIEW

CJC-1295 is 30 amino acid peptide hormone that has shown promising and amazing results as a Growth Hormone Releasing Hormone (GHRH) analog. CJC-1295 stimulates HGH secretion and can provide a steady increase of HGH with minimal effect on cortisol and prolactin levels. This means increased protein synthesis thus promoting growth and fat loss simultaneously. Ipamorelin mimics ghrelin and binds to the ghrelin receptor (or GH secretagogue receptor, GHSR) in the brain, thereby selectively stimulating the release of GH from the pituitary gland. This results in increased plasma GH levels, which would affect many biological processes. Unlike other GH releasing peptides, Ipamorelin only stimulates GH release in a manner very similar to that of growth hormone releasing hormone. This combination results in a great aid for sleep, energy, stamina and recovery benefits.

COMMON FORMULAS & PROTOCOLS

CJC-1295 / Ipamorelin (4/4mg) Lyophilized Vial - 200/200mcg daily SQ injection 5 days on, 2 days off
CJC-1295 / Ipamorelin (5/9mg) Lyophilized Vial - 250/450mcg daily SQ injection 5 days on, 2 days off
CJC-1295 / Ipamorelin (300/300mcg) Sublingual Troche - One troche daily for 30 days

CLINICAL REFERENCES

1. Teichman, Sam L.; Neale, Ann; Lawrence, Betty; Gagnon, Catherine; Castaigne, Jean-Paul; Frohman, Lawrence A. (2006). "Prolonged Stimulation of Growth Hormone (GH) and Insulin-Like Growth Factor I Secretion by CJC-1295, a Long-Acting Analog of GH-Releasing Hormone, in Healthy Adults". *The Journal of Clinical Endocrinology & Metabolism*. 91 (3): 799-805. doi:10.1210/jc.2005-1536. ISSN 0021-972X. PMID 16352683.
2. Gobburu, Jogarao V. S.; Agersø, Henrik; Jusko, William J.; Ynddal, Lars (1999). "Pharmacokinetic Modeling of Ipamorelin, a Growth Hormone Releasing Peptide, in Human Volunteers". *Pharmaceutical Research*. 16 (9): 1412-1416. doi:10.1023/A:1018955126402. ISSN 0724-8741.

Additional references available. Contact us for more info.

BENEFITS MAY INCLUDE

- Improves cognitive function
- Helps in the treatment of Alzheimer's Disease and Parkinson's Disease
- Improves long and short-term memory
- Helps manage depression
- Enhances creative thinking and social interaction
- Improved heart health
- Improves brain focus



BRIEF OVERVIEW

Dihexa, also known as N-hexanoic-Tyr-Ile-(6) aminohexanoic amide, is an oligopeptide drug derived from angiotensin IV that binds with high affinity to hepatocyte growth factor (HGF) and potentiates its activity at its receptor, c-Met. Dihexa has been found to potently improve cognitive function in animal models of Alzheimer's disease-like mental impairment. In an assay of neurotrophic activity, Dihexa was found to be seven orders of magnitude more potent than brain-derived neurotrophic factor. An orally active, blood-brain barrier permeable compound was subsequently developed with the potential to treat Alzheimer's disease and other disorders that would benefit from augmented synaptic connectivity.

COMMON FORMULAS & PROTOCOLS

Dihexa (2mg) Capsule - One capsule daily for 30 days

Dihexa (5mg) Capsule - One capsule every other day for 30 days

Dihexa (20mg/ml) Transdermal Cream (30g) - Apply 0.5-1.0ml to inner forearms once daily, rub in until fully absorbed

CLINICAL REFERENCES

1. Joseph W. Harding; John W. Wright; Caroline C. Benoist; Leen H. Kawas; Gary A. Wayman (3 December 2013). "Patent US 8598118 - Hepatocyte growth factor mimics as therapeutic agents". Retrieved 11 October 2015.
2. Alene T. McCoy; Caroline C. Benoist; John W. Wright; Leen H. Kawas; Jyote Bule-Ghogare; Mingyan Zhu; Suzanne M. Appleyard; Gary A. Wayman; Joseph W. Harding (January 2013). "Evaluation of metabolically stabilized angiotensin IV analogs as pro-cognitive/anti-dementia agents". *The Journal of Pharmacology and Experimental Therapeutics*. 344 (1): 141-154. doi: 10.1124/jpet.112.199497. PMC 3533412. PMID 23055539.

Additional references available. Contact us for more info.

BENEFITS MAY INCLUDE

- Improves Cell Aging
- Deeper Sleep
- Lengthens Telomeres
- Master Antioxidant
- Prevents Age Related Disease
- Improves Melatonin Production



BRIEF OVERVIEW

Epitalon is considered the "fountain of youth" peptide. It is a tetra-peptide, which means that it is composed of four amino acid chains. The peptide is used to regulate the cell cycle during telomerase activity. Telomerase, also called telomere terminal transferase, is an enzyme made of protein and RNA subunits that elongates chromosomes. When telomerase activity is not present (when we age), our cells age. Our telomeres get shorter and begin to die off. If telomerase is activated in our cells, our telomeres lengthen, the cell continues to grow and divide, delaying the aging process.

COMMON FORMULAS & PROTOCOLS

Taken in a SL trochee formate with the addition of NAD

CLINICAL REFERENCES

1. Anisimov, V.N., Khavinson, V.K. (2009). The use of peptide bioregulators for cancer prevention: results of 35 years of research experience and perspectives. *Voprosy Onkologii [Russia]*. 55(3):291-304.
2. Christensen, K., Thinggaard, M., McGue, M., Rexbye, H., Hjelmborg, J.B., Aviv, A., ... Vaupel, J.W. (2009). Perceived age as a clinically useful biomarker of aging: cohort study. *Bio Medical Journal (online)*. 339:b5262.

Additional references available. Contact us for more info.

BENEFITS MAY INCLUDE

- Improvement on disturbed sleeping patterns
- Improved LH and GH release
- Decreased production of cortisol production
- Decreased production of somatostatin production
- Reduction of chronic pain
- Regulation of your circadian rhythm



BRIEF OVERVIEW

DSIP (Delta sleep-inducing peptide) is a neuromodulator and natural sleep-promoting nonapeptide with many other physiologic functions. It is predominately found in the brain and easily passes the blood-brain barrier. It has been used for the treatment of poor sleep, pain conditions, stress-related symptoms, low testosterone (via stimulation of LH), and even sometimes as an antioxidant and anti-cancer protein. It exhibits a pronounced stress protective action and decreases stress-induced metabolic and functional disorders in human and animal organisms exposed to a variety of stresses. In humans, DSIP is shown to directly impact the secretion of adrenocorticotrophic hormone (ACTH), luteinizing hormone (LH) and growth hormone (GH). It may also play a role in the regulation of circadian rhythms.

COMMON FORMULAS & PROTOCOLS

DSIP -Delta Sleep inducing Peptide (1000mcg/ml) 3ml Vial - 100mcg SQ injection nightly as needed

CLINICAL REFERENCES

1. Abba J.KastinGayle A.OlsonAndrew V.SchallyDavid H.Coy, Alene T. McCoy; Caroline C. Benoist; John W. Wright; Leen H. Kawas; Jyote Bule-Ghogare; Mingyan Zhu; Suzanne M. [https://doi.org/10.1016/0166-2236\(80\)90060-0](https://doi.org/10.1016/0166-2236(80)90060-0)
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Additional references available. Contact us for more info.

BENEFITS MAY INCLUDE

- Repairs skin barrier proteins
- Improved skin elasticity and firmness
- Reduces hyper-pigmentation and skin spots
- Stimulates skin collagen
- Improves overall skin appearance
- Reduces inflammation
- Improves wound healing and reduce infections
- Increases hair growth and follicle size
- increase production of stem cells
- Bone Repair
- Antimetastatic properties



BRIEF OVERVIEW

GHK-Cu is a tripeptide with the amino acid sequence glycyl-histidyl-lysine. It naturally occurs in human plasma. It has also been found in saliva, and urine. In plasma the level of GHK declines as you age. This decline in the GHK-level coincides with the noticeable decrease in regenerative capacity of an organism. GHK-Cu functions as a complex with copper stimulates collagen production, accelerates wound healing and contraction, improves the take of transplanted skin, and also possesses anti-inflammatory properties.

COMMON FORMULAS & PROTOCOLS

GHK-Cu (5mg/ml) Organic Bio-Cream (facial) - Apply 1-2 pumps daily for 30 days

GHK-Cu (5mg/ml) Hair Foam (50ml Bottle) - Apply 1 ml to scalp nightly for 30 days

GHK-Cu / BPC-157 (2mg/2mg/ml) Organic Bio-Cream (facial) - Apply 1-2 pumps daily for 30 days

GHK-Cu (10,000mcg/ml) 5ml Vial - 2000mcg SQ daily for 30 days

Zinc Thymulin w/ GHK-Cu (10mcg/5mg/ml) Hair Foam (50ml Bottle) - Apply 1ml to scalp nightly

Zinc Thymulin w/ GHK-Cu (50mcg/5mg/ml) Hair Foam (50ml Bottle) - Apply 1ml to scalp nightly

Zinc Thymulin w/ GHK-Cu (10mcg/5mg/ml) Hair Dropper (30ml Bottle) - Apply 1ml to scalp nightly

Zinc Thymulin w/ GHK-Cu (50mcg/5mg/ml) Hair Dropper (30ml Bottle) - Apply 1ml to scalp nightly

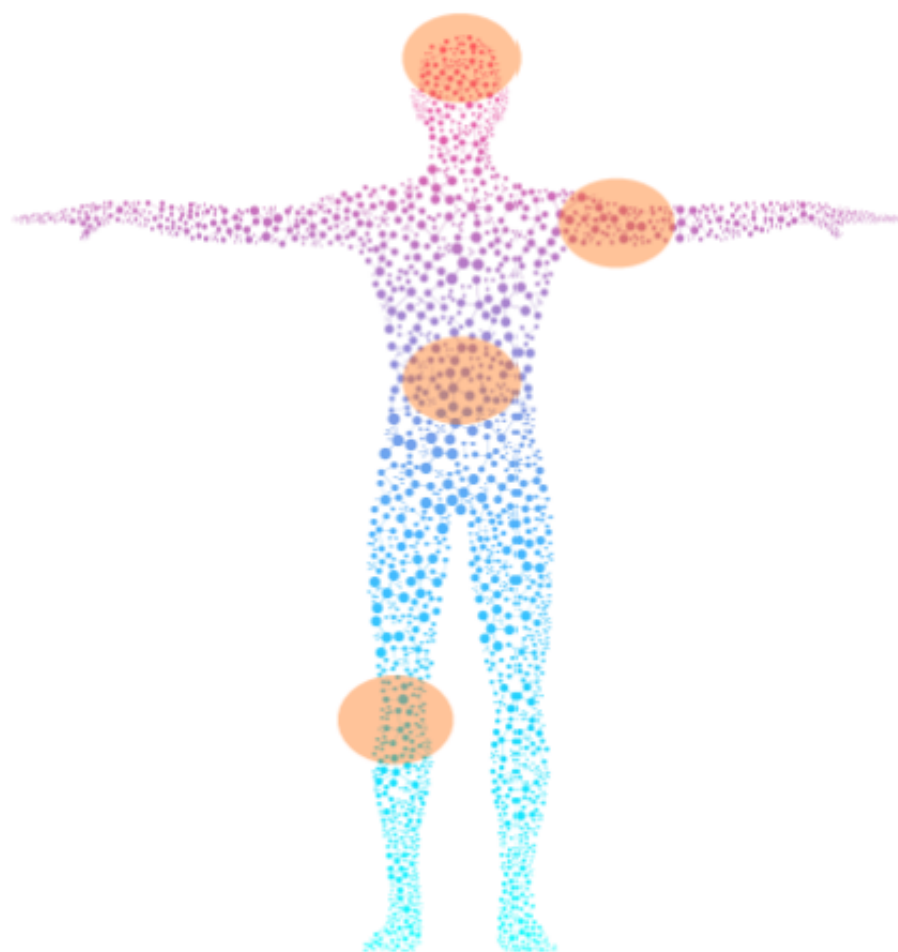
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1. L. Pickart, J. H. Freedman, W. J. Loker et al., "Growth-modulating plasma tripeptide may function by facilitating copper uptake into cells," *Nature*, vol. 288, no. 5792, pp. 715-717, 1980.
2. D. Downey, W. F. Larrabee Jr., V. Voci, and L. Pickart, "Acceleration of wound healing using glycyl-histidyl-lysine copper (II)," *Surgical Forum*, vol. 25, pp. 573-575, 1985.
3. H. Ehrlich, "Stimulation of skin healing in immunosuppressed rats," in *Proceedings of the Symposium on Collagen and Skin Repair*, Reims, France, September 1991.

Additional references available. Contact us for more info.

BENEFITS MAY INCLUDE

- Promotes lipolysis
- Increased bone density
- Increase in lean body mass
- Increase muscle mass
- Improves sleep quality
- Increased energy
- Increased endurance
- Improved cellular repair
- Increased IGF-1
- Supports cognitive performance
- Supports joint health



BRIEF OVERVIEW

Ibutamoren (MK-677) is a potent, long-acting, orally-active, selective, and non-peptide agonist of the ghrelin receptor and a growth hormone secretagogue, mimicking the growth hormone (GH)-stimulating action of the endogenous hormone ghrelin. It has been shown to increase the secretion of several hormones including GH and insulin-like growth factor 1 (IGF-1) and produces sustained increases in the plasma levels of these hormones without affecting cortisol levels.

COMMON FORMULAS & PROTOCOLS

Ibutamoren (MK-677) 12.5mg Capsule - One capsule daily on an empty stomach for 30 days

Ibutamoren (MK-677) 25mg Capsule - One capsule daily on an empty stomach for 30 days

Ibutamoren (MK-677) 25mg Troche - One troche daily on an empty stomach for 30 days

CLINICAL REFERENCES

1. Patchett AA, Nargund RP, Tata JR, Chen MH, Barakat KJ, Johnston DB, Cheng K, Chan WW, Butler B, Hickey G (July 1995). "Design and biological activities of L-163,191 (MK-0677): a potent, orally active growth hormone secretagogue". Proceedings of the National Academy of Sciences of the United States of America. 92 (15): 7001-5. doi:10.1073/pnas.92.15.7001. PMC 41459.
2. Chapman IM, Pescovitz OH, Murphy G, Treep T, Cerchio KA, Krupa D, Gertz B, Polvino WJ, Skiles EH, Pezzoli SS, Thorner MO (October 1997). "Oral administration of growth hormone (GH) releasing peptide-mimetic MK-677 stimulates the GH/insulin-like growth factor-I axis in selected GH-deficient adults". The Journal of Clinical Endocrinology and Metabolism. 82 (10): 3455-63. doi:10.1210/jc.82.10.3455. PMID 9329386.

Additional references available. Contact us for more info.

BENEFITS MAY INCLUDE

- Reduce inflammation
- Reduces Muscle Wasting
- Promotes Lean Muscle
- Skin and Hair Health
- Reduces Inflammation
- Promotes Healing and Regeneration



BRIEF OVERVIEW

IGF-1 is polypeptide long-chain amino acid peptide hormone. Insulin-like Growth Factor (Long-R3 IGF-1), an 83 amino acid analog of IGF-1 is a highly anabolic hormone released primarily in the liver with the stimulus of growth hormone (HGH).

In the body, IGF-1 is released in the presence of Human Growth Hormone and functions to promote nitrogen retention and increases in protein synthesis. Growth peptides cause a direct effect on muscles in the body by actual development of fresh muscle fibers and cells.

Its role in healing and regeneration makes it an optimal peptide for nagging injuries and acute trauma such as surgery. IGF-1 Lr3 also aides in skin health and enhanced hair growth.

COMMON FORMULAS & PROTOCOLS

Taken in a SL trochee formate as well as nasal spray and injection.

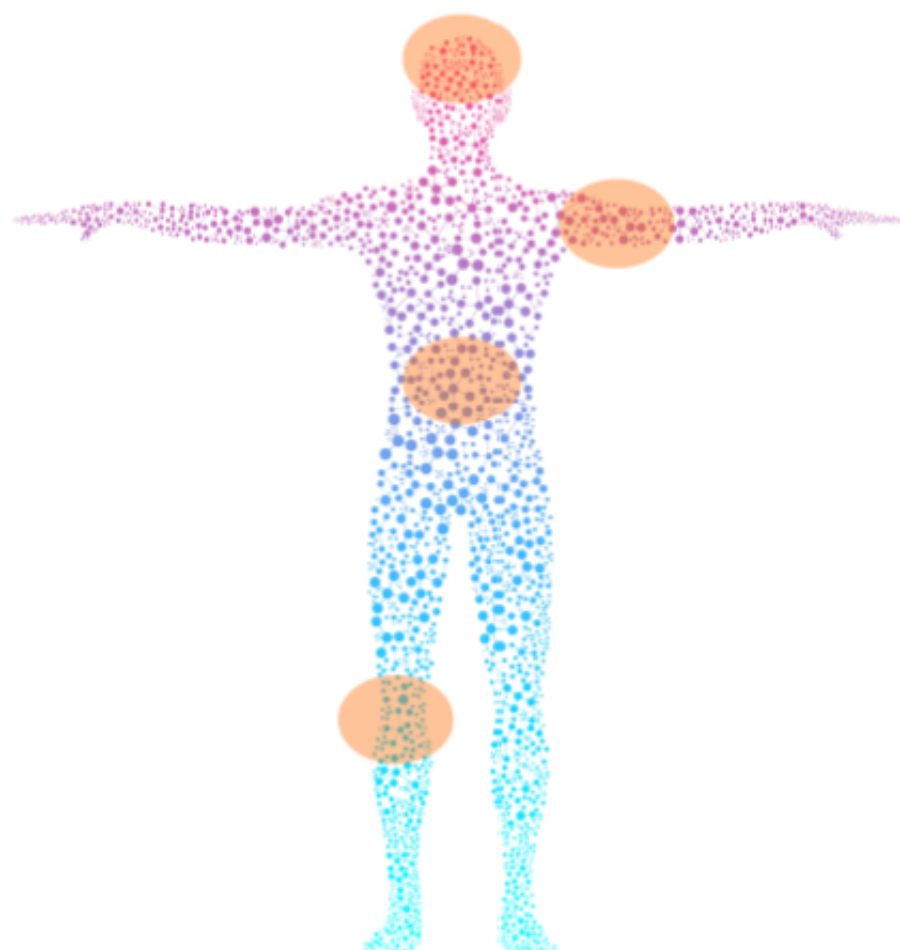
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1. Aguirre GA, Rodriguez J, de la Garza RG, et al. Insulin-like growth factor-1 deficiency and metabolic syndrome. *J Transl Med.* 2016;14:3..
2. Kawai M, Rosen CJ. The IGF-I regulatory system and its impact on skeletal and energy homeostasis. *J Cell Biochem.* 2010;111(1):14-19. *J Clin Endocrinol Metab.* 2001;86(9):4139-46.

Additional references available. Contact us for more info.

BENEFITS MAY INCLUDE

- Promotes lipolysis
- Increased collagen production
- Increase in lean body mass
- Improves sleep quality
- Increased energy
- Increased endurance
- Improved cellular repair
- Increased IGF-1
- Counteracts glucocorticoid catabolic effects
- Less appetite stimulation
- Less release of cortisol, prolactin and aldosterone



BRIEF OVERVIEW

Ipamorelin is a pentapeptide (Aib-His-D-2-Nal-D-Phe-Lys-NH₂) and a ghrelin mimetic with growth hormone (GH) releasing activity. Ipamorelin mimics ghrelin and binds to the ghrelin receptor (or GH secretagogue receptor, GHSR) in the brain, thereby selectively stimulating the release of GH from the pituitary gland. This results in increased plasma GH levels, which would affect many biological processes. Besides its presence in the brain, GHSR can also be found in the gastrointestinal tract, heart, lung, liver, kidney, pancreas, adipose tissue and immune cells. Unlike other GH releasing peptides, Ipamorelin only stimulates GH release in a manner very similar to that of growth hormone releasing hormone.

COMMON FORMULAS & PROTOCOLS

Ipamorelin (9mg) Lyophilized Vial - 300mcg SQ injection daily for 30 days

Ipamorelin (300mcg) Sublingual Troche - One troche daily for 30 days

CJC-1295 / Ipamorelin (4/4mg) Lyophilized Vial - 200/200mcg daily SQ injection 5 days on, 2 days off

CJC-1295 / Ipamorelin (5/9mg) Lyophilized Vial - 250/450mcg daily SQ 5 injection days on, 2 days off

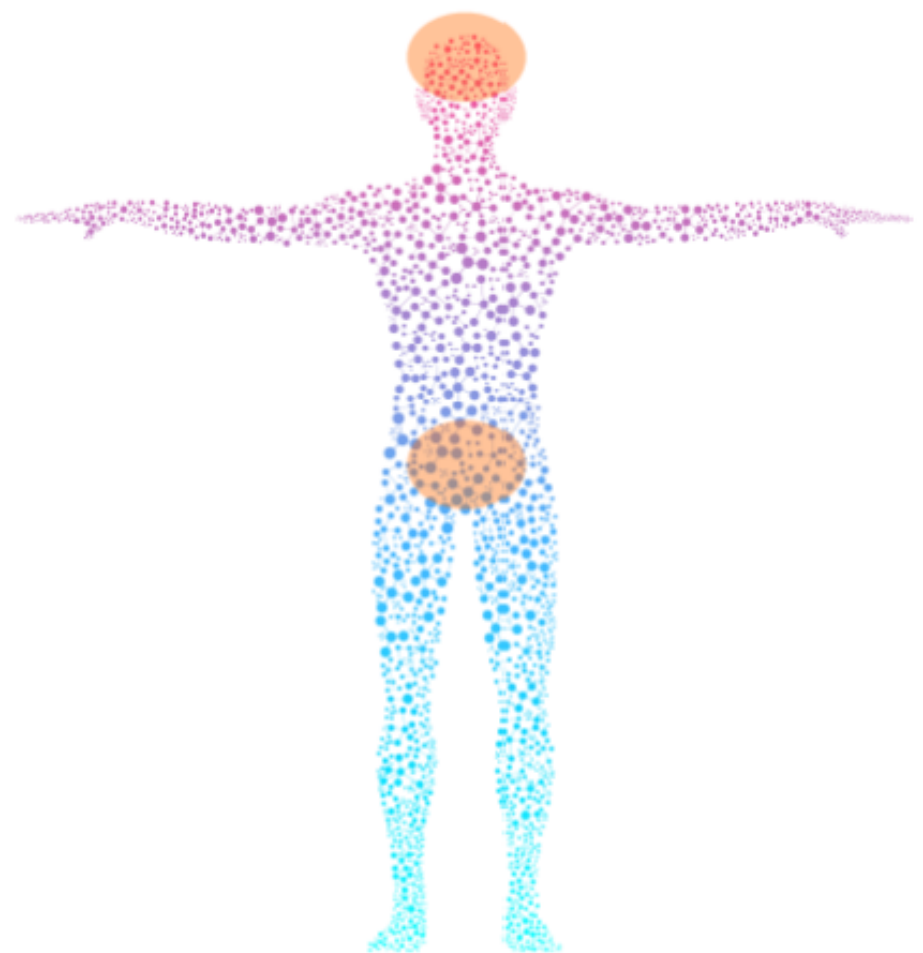
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2. Raun, K; Hansen, B.; Johansen, N.; Thøgersen, H; Madsen, K; Ankersen, M; Andersen, P. (1998). "Ipamorelin, the first selective growth hormone secretagogue". *European Journal of Endocrinology*. 139 (5): 552-561. doi:10.1530/eje.0.1390552. ISSN 0804-4643.

Additional references available. Contact us for more info.

BENEFITS MAY INCLUDE

- Evokes luteinizing hormone secretion
- Increases Testosterone
- Increases follicle stimulating hormone
- Increased energy
- Reverse effects of hypogonadotropic hypogonadism
- Increases aldosterone production
- Improves cognitive function
- Beneficial for low libido (male & female)



BRIEF OVERVIEW

Kisspeptins are a family of peptide hormones, which have been shown to play a critical role in the regulation of the hypothalamic-pituitary-gonadal axis, thus influencing fertility and reproduction. In 1996, a research team at the University of Pennsylvania (Hershey, PA, USA) first identified the Kisspeptin gene (KISS1 - named after the most famous local product Hershey's Kisses) for its anti-metastatic properties in malignant melanoma . Later on Kisspeptin-based studies have identified a role in idiopathic hypogonadotrophic hypogonadism, hypothalamic amenorrhoea, hyperprolactinaemia, in vitro fertilisation, polycystic ovarian syndrome and psychosexual disorders.

COMMON FORMULAS & PROTOCOLS

Kisspeptin-10 (1000mcg/ml) 5ml Vial - 0.1 SQ injection daily OR 0.2ml SQ injection every other day

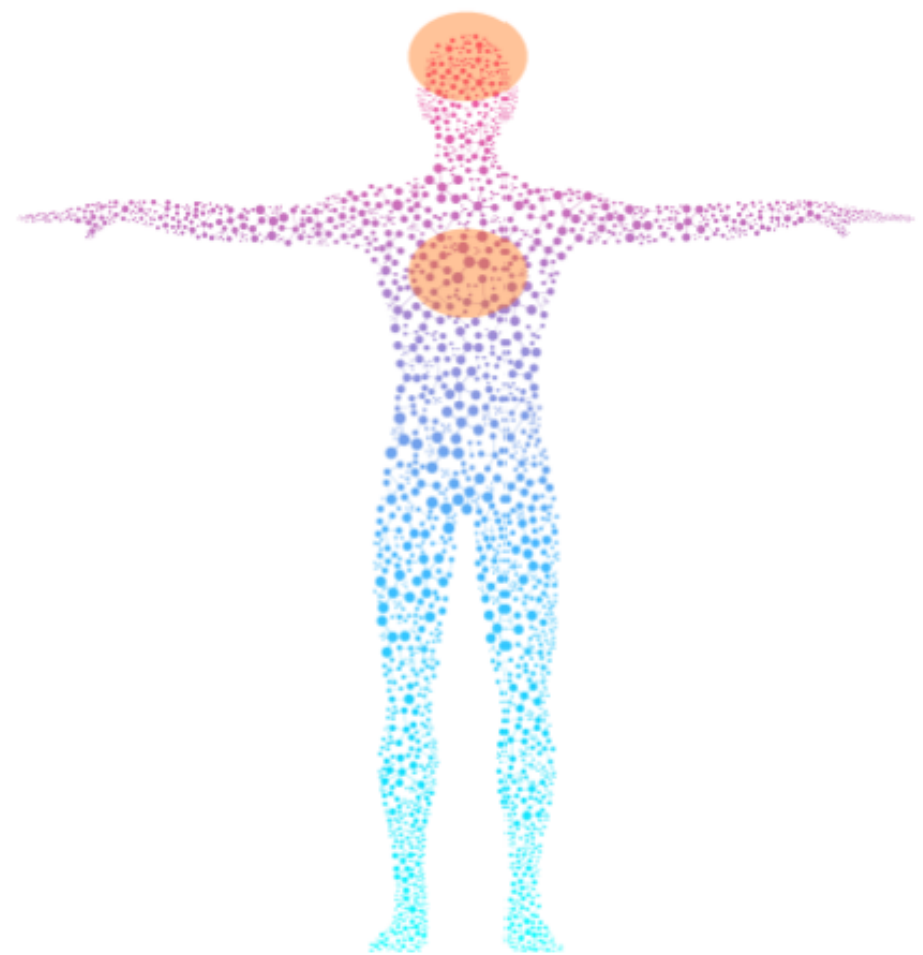
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1. J. T. George, J. D. Veldhuis, A. K. Roseweir, C. L. Newton, E. Faccenda, R. P. Millar,* and R. A. Anderson; "Kisspeptin-10 Is a Potent Stimulator of LH and Increases Pulse Frequency in Men"; doi: 10.1210/jc.2011-0089
2. C. N. Jayasena , A. N. Comninou , J. D. Veldhuis, S. Misra, A. Abbata, C. Izzi-Engbeaya, M. Donaldson, M. A. Ghatei, S. R. Bloom, W. S. Dhillo; "A single injection of kisspeptin-54 temporarily increases luteinizing hormone pulsatility in healthy women"; doi.org/10.1111/cen.12179

Additional references available. Contact us for more info.

BENEFITS MAY INCLUDE

- Superior learning aptitude and memory processes
- Better sensory awareness
- Improved curiosity
- Enhanced mental concentration
- Regulation of the activities of noradrenergic and serotonergic brain systems.
- Decreased anxiety and stress levels.
- Better antiviral functioning without any adverse side effects.
- Improved cerebral energy
- Better and steady mood as well as feelings of gratification and happiness.



BRIEF OVERVIEW

Selank is a heptapeptide which is a derivative of tetra-peptide Tuftsin. The human body produces Tuftsin naturally which comes with a broad range of benefits. The Institute of Molecular Genetics of the Russian Academy of Science initially synthesized Selank during the late 1990's. Stage III clinical tests were quite successful in Russia. It is one of the latest substances used for its many anti-anxiety (anxiolytic) effects. Selank is a precursor to the tetrapeptide known as Tuftsin. This tetrapeptide can efficiently improve and transform your immune system.

COMMON FORMULAS & PROTOCOLS

Selank (7500mcg/ml) Nasal Spray 6ml Bottle - 750mcg (1 spray) each nostril daily

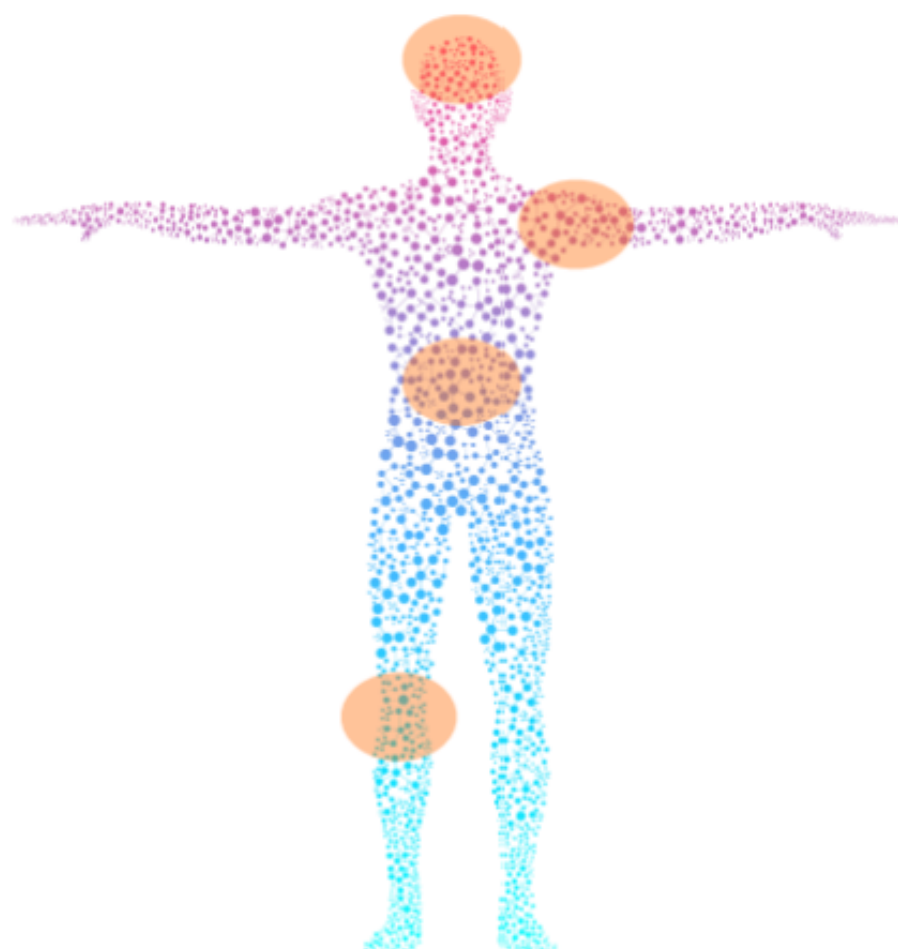
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2. Semenova, T. P.; Kozlovskii, I. I.; Zakharova, N. M.; Kozlovskaya, M. M. (2009). "Comparison of the effects of selank and tuftsin on the metabolism of serotonin in the brain of rats pretreated with PCPA". Eksperimental'naia i klinicheskaia farmakologiya. 72 (4): 6-8. PMID 19803361.

Additional references available. Contact us for more info.

BENEFITS MAY INCLUDE

- Increase in lean body mass
- Promotes lipolysis
- Increased energy
- Increased strength
- Accelerated wound healing
- Improved cardiovascular and immune function
- Improves sleep quality
- Improved bone density
- Improved skin quality and higher collagen density
- Increased IGF-1



BRIEF OVERVIEW

Sermorelin (brand names Geref), is a peptide analogue of growth hormone-releasing hormone (GHRH) which is used as a diagnostic agent to assess growth hormone (GH) secretion for the purpose of diagnosing growth hormone deficiency. It is a 29-amino acid polypeptide representing the 1-29 fragment from endogenous human GHRH, thought to be the shortest fully functional fragment of GHRH.

COMMON FORMULAS & PROTOCOLS

Sermorelin (9mg) Lyophilized Vial - 300mcg SQ injection nightly for 30 days

Sermorelin (15mg) Lyophilized Vial - 500mcg SQ injection nightly for 30 days

Sermorelin (300mcg) Sublingual Troche - One troche daily for 30 days

Sermorelin (500mcg) Sublingual Troche - One troche daily for 30 days

CLINICAL REFERENCES

1. Prakash A, Goa KL (August 1999). "Sermorelin: a review of its use in the diagnosis and treatment of children with idiopathic growth hormone deficiency". *BioDrugs*. 12 (2): 139-57. doi:10.2165/00063030-199912020-00007. PMID 18031173.
2. Pharmacology (Rang, Dale, Ritter & Moore, ISBN 0-443-07145-4, 5th ed., Churchill Livingstone 2003).

Additional references available. Contact us for more info.

BENEFITS MAY INCLUDE

- Improves hair growth
- Prevent hair loss
- Improves endogenous hair pigmentation
- Treatment for androgenic alopecia
- Useful for both male and female
- Can be combined with alternate hair growth protocols



BRIEF OVERVIEW

Zinc Thymulin (also known as thymic factor) is a nonapeptide produced by two distinct epithelial populations in the thymus first described by Bach in 1977. Its biological activity and antigenicity depend upon the presence of the metal zinc in the molecule. This pharmacologically active metallopeptide induces the differentiation of T-cells and enhances several functions of the various T-cell subsets in normal or partially thymus-deficient recipients. Zinc Thymulin has been used for the treatment of hair loss. A recent study indicated that topical treatment with zinc thymulin increased hair growth over 6 months; furthermore, there were no systemic or local side effects from the treatment. The zinc thymulin metallo-peptide optionally also improves endogenous hair pigmentation by stimulating melanogenesis in grey hair.

COMMON FORMULAS & PROTOCOLS

Zinc Thymulin (50mcg/ml) Hair Foam (50ml Bottle) - Apply 1ml to scalp nightly before bed

Zinc Thymulin w/ GHK-Cu (10mcg/5mg/ml) Hair Foam (50ml Bottle) - Apply 1ml to scalp nightly

Zinc Thymulin w/ GHK-Cu (50mcg/5mg/ml) Hair Foam (50ml Bottle) - Apply 1ml to scalp nightly

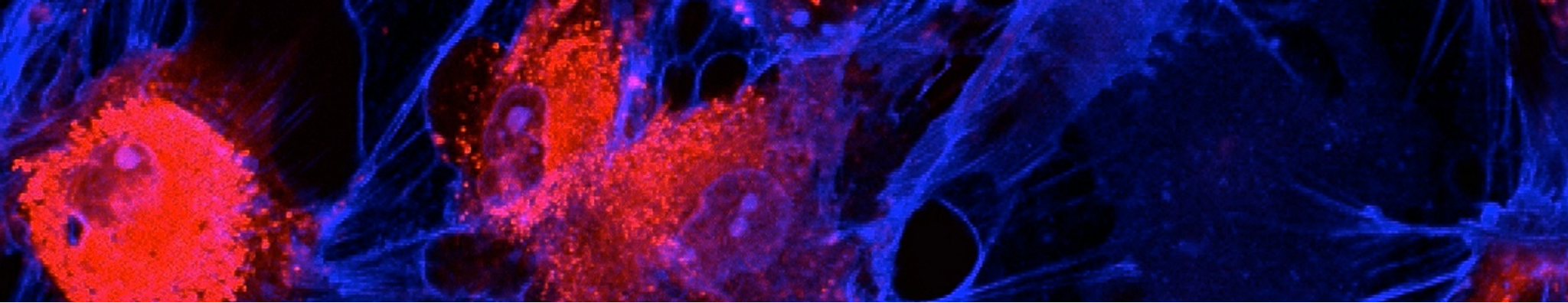
Zinc Thymulin w/ GHK-Cu (10mcg/5mg/ml) Hair Dropper (30ml Bottle) - Apply 1ml to scalp nightly

Zinc Thymulin w/ GHK-Cu (50mcg/5mg/ml) Hair Dropper (30ml Bottle) - Apply 1ml to scalp nightly

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1. Meier N, Langan D, Hilbig H, Bodo E, Farjo NP, et al. (2012) Thymic peptides differentially modulate human hair follicle growth. J Invest Dermatol 132: 1516-1519.
2. Renner D, Schuster D, Heim ME (1986) Experiences using the "thymu-skin" hair cure for the prevention of alopecia in cytostatic treatment. Onkologie 5: 285-286

Additional references available. Contact us for more info.



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.

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