



*Cellular Therapy*  
*You Deserve It*

## Philosophy

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# 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.**

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**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

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# 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.

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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](mailto:drivanassist@gmail.com)

## **Do you accept Insurance?**

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

## **What are the costs?**

There are two options to the pricing at LFSTM.

### *Option 1: Diagnostic Testing and Review*

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

### *Option 2: All Inclusive*

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

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

## **If I have old labs can they be used?**

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

## **Why are your costs higher than other doctors?**

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





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

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

### **I don't live in Miami does that matter?**

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

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

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

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

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

### **How long will I be on my program?**

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

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

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

## What kind of doctor is Dr. Rusilko?

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

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

## Location:

1800 Sunset Harbor Drive, Suite 1B

Miami Beach, FL 33139

## Office Hours:

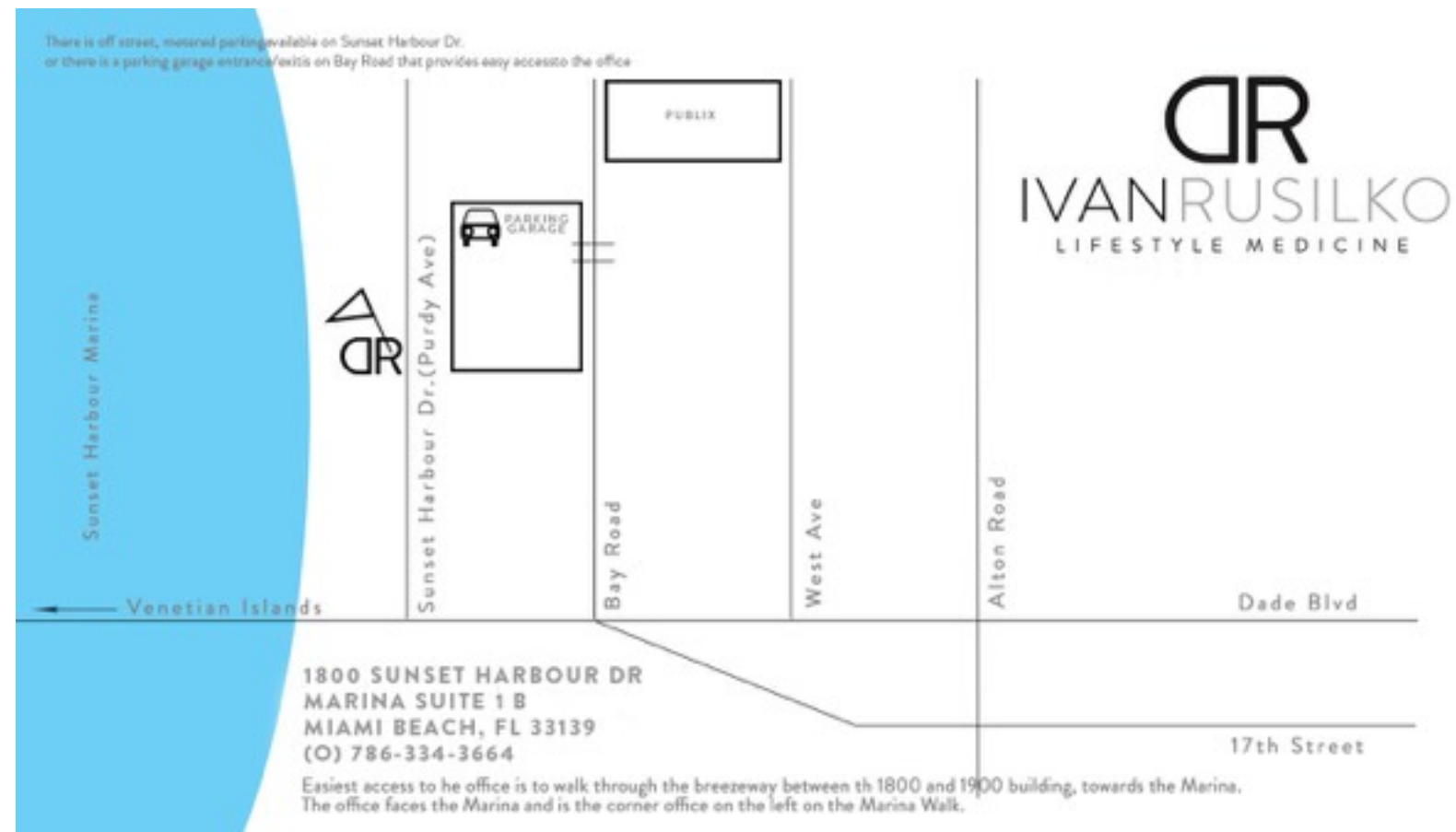
Monday - Friday by Appointment Only.

**(p) 786-334-3664**

**(f) 305-203-0752**

**Email: [drivanassist@lfstm.com](mailto:drivanassist@lfstm.com)**

**Website: [www.lfstm.com](http://www.lfstm.com)**





## Introduction

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# 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.

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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.





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# Stem Cells

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

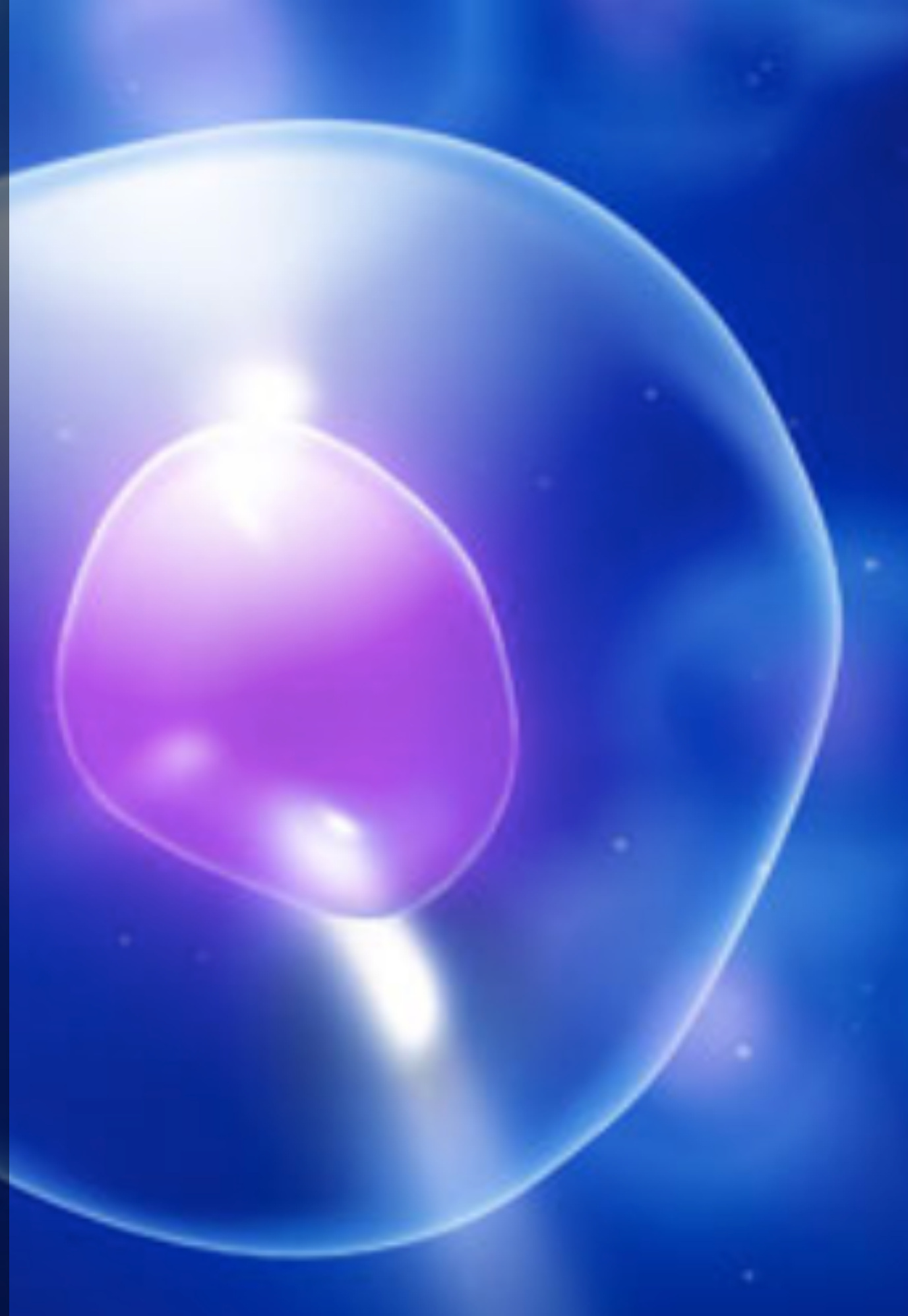
~ Dr. Ivan Rusilko

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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?

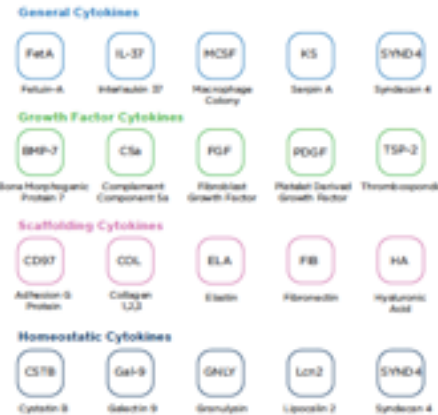
All birth tissue products are obtained from normal, full-term pregnancies. Donors that consent to use of their birth tissues are carefully screened prior to the use of their tissues for any and all diseases according to FDA requirements to minimize any potential risks of disease transmission. .

### 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






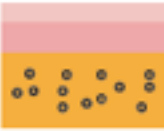
The following chart helps to differentiate the numerous types of SC and GF's available on the market. LFSTM uses Umbilical Chord Matrix along with the patients own PRP for its treatments. The option to upgrade and include Placenta products is possible and can be discussed with Dr. Rusilko.

## 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
<b>PRP</b> <ul style="list-style-type: none"> <li>Blood is drawn from the patient and is spun through a centrifuge to separate the platelets and their growth factors into a concentrated serum<sup>1</sup></li> <li>This concentrated serum of platelets is then administered to the patient<sup>1</sup></li> </ul> 	<b>Heat Shock</b> <ul style="list-style-type: none"> <li>Blood is drawn from the patient and incubated at a slightly elevated temperature for 24 hours</li> <li>After 24 hours the blood is spun through the centrifuge and the middle layer is extracted administered to the patient<sup>2</sup></li> </ul> 	<b>HSC</b> <ul style="list-style-type: none"> <li>Blood is extracted from the umbilical cord and is processed to isolate hematopoietic stem cells (HSC) and mesenchymal stem cells.<sup>3</sup> (MSC concentrations are therapeutically insignificant<sup>2</sup>)</li> <li>The processed cord blood is then administered to the patient</li> </ul> 	<b>Wharton's Jelly MSC</b> <ul style="list-style-type: none"> <li>The Wharton's Jelly of the umbilical cord is processed to preserve cytokines, growth factors, proteins, mesenchymal stem cells and structural matrix</li> <li>This human cell and tissue allograft is then administered to the patient.</li> </ul> 	<b>Bone Marrow MSC</b> <ul style="list-style-type: none"> <li>Bone marrow is extracted from the iliac crest and then spun down through a specially designed tube and centrifuge that will isolate the MSCs<sup>4</sup></li> <li>This autologous serum is then administered to the patient</li> </ul> 	<b>Lipoaspirate MSC</b> <ul style="list-style-type: none"> <li>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 MSCs<sup>4</sup></li> <li>This cell pellet is then suspended and administered to the patient</li> </ul> 



- 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**

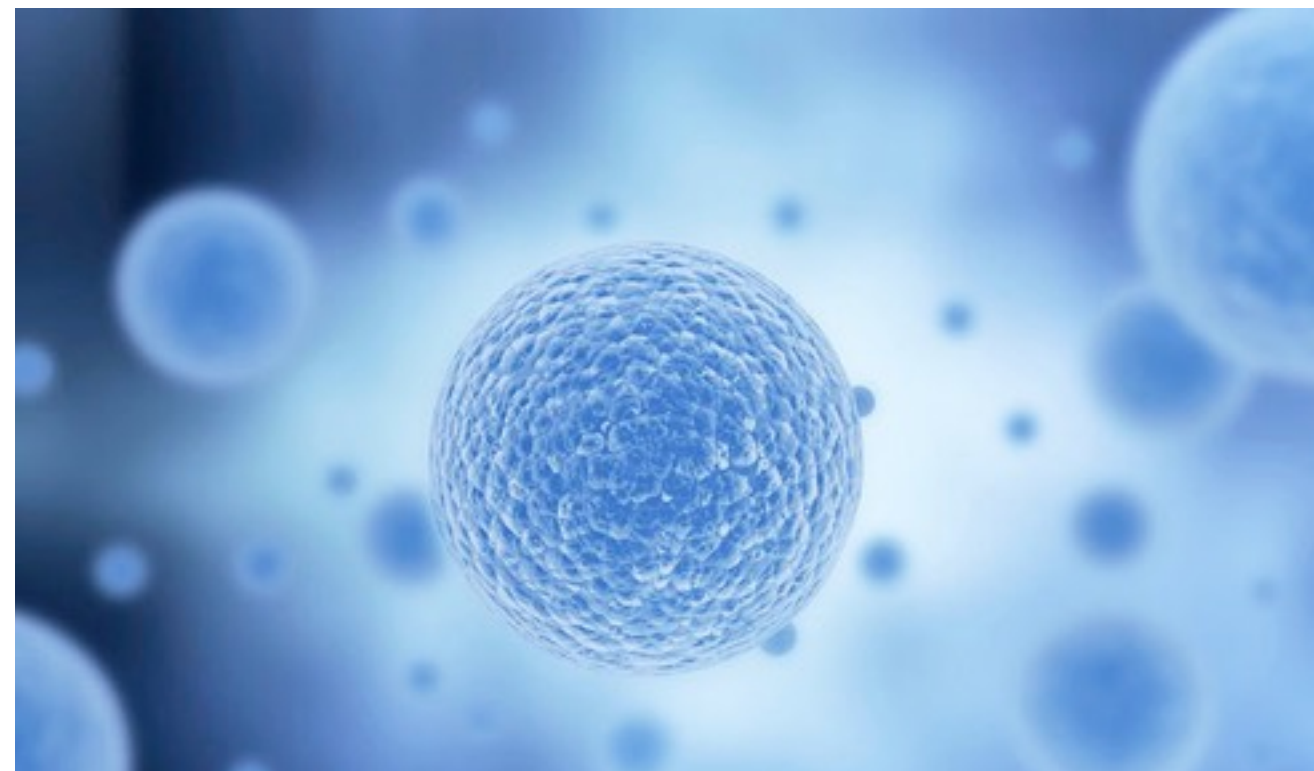
- Advanced Concentration, PRP, IV, Standard Blood Test, Advanced Peptide Therapy

### **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

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

~ Dr. Ivan Rusilko

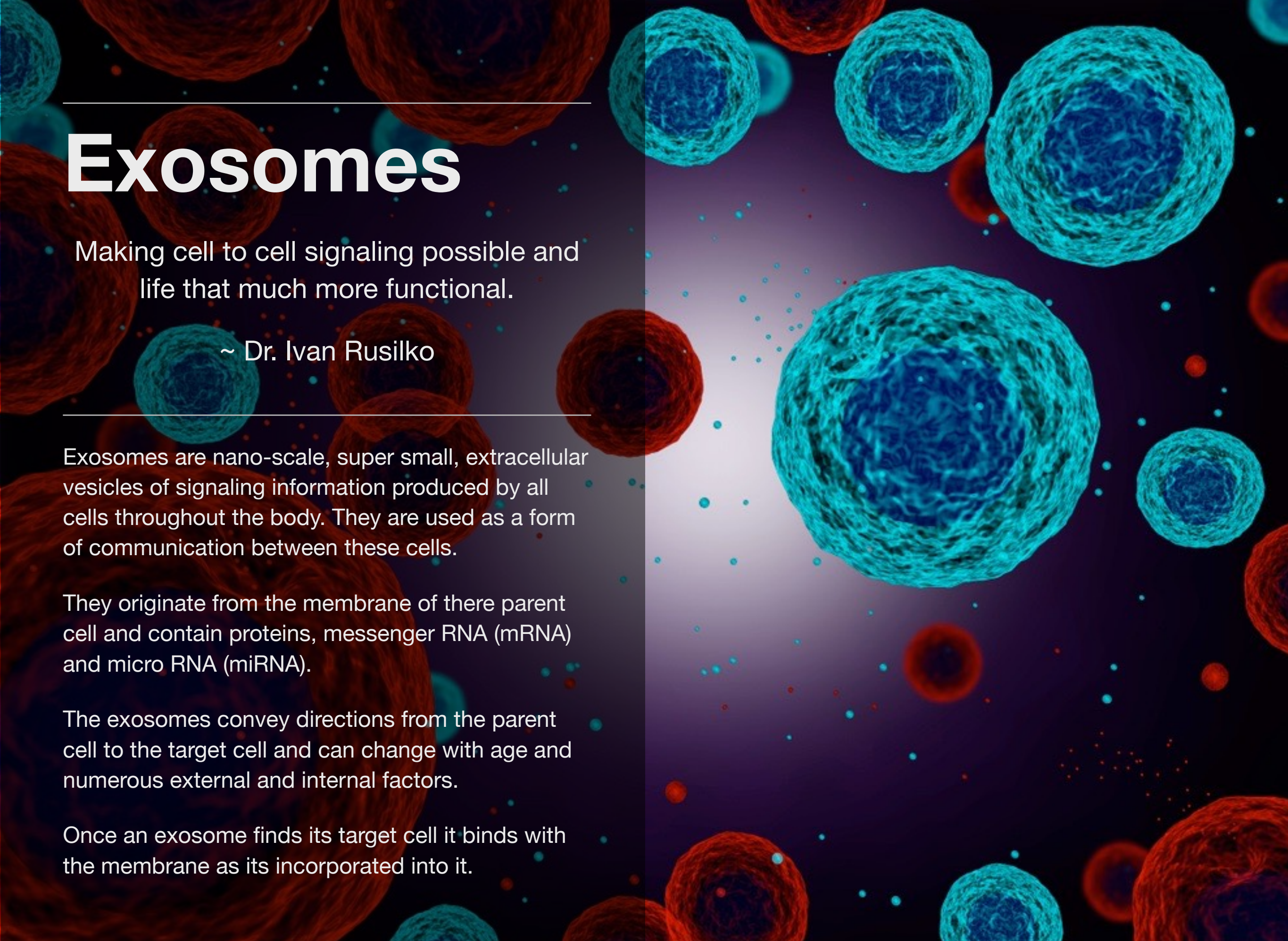
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Exosomes are nano-scale, super small, extracellular vesicles of signaling information produced by all cells throughout the body. They are used as a form of communication between these cells.

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 $\beta$ , TNF- $\alpha$ , 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)

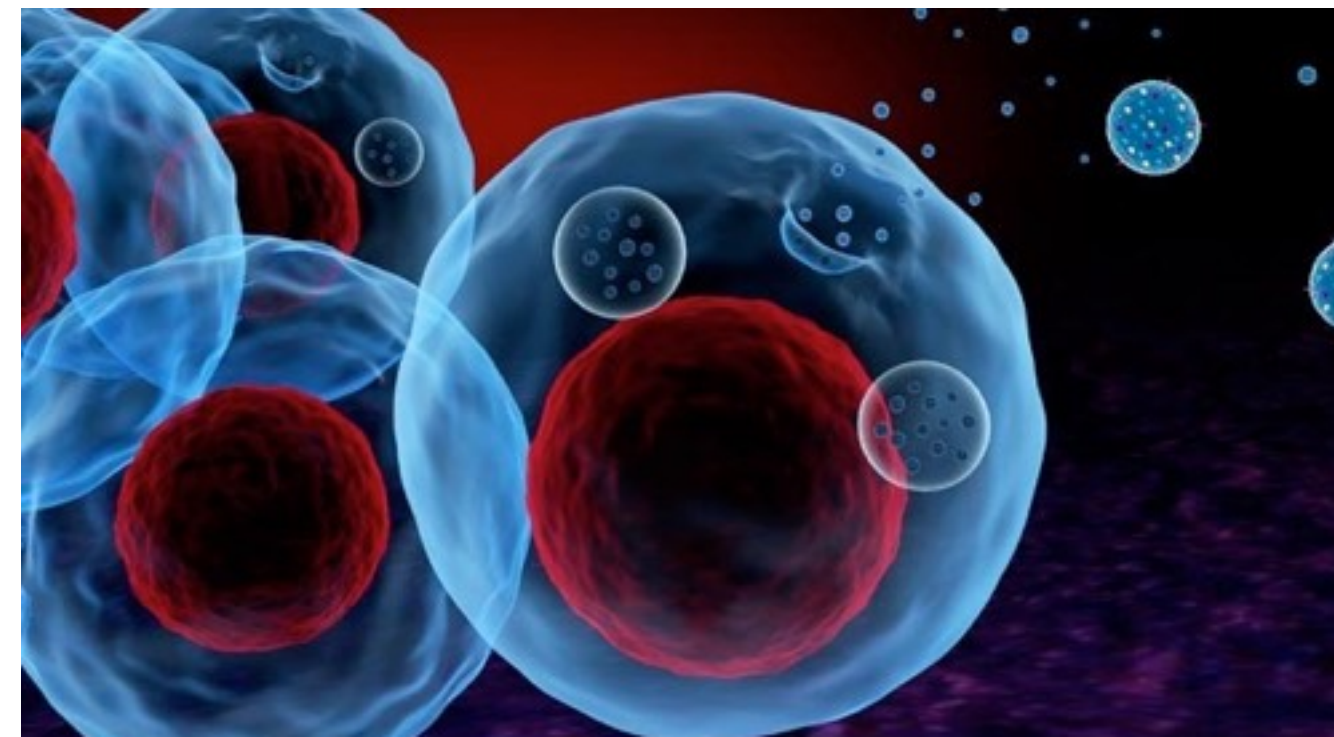
### **Quality Assurance**

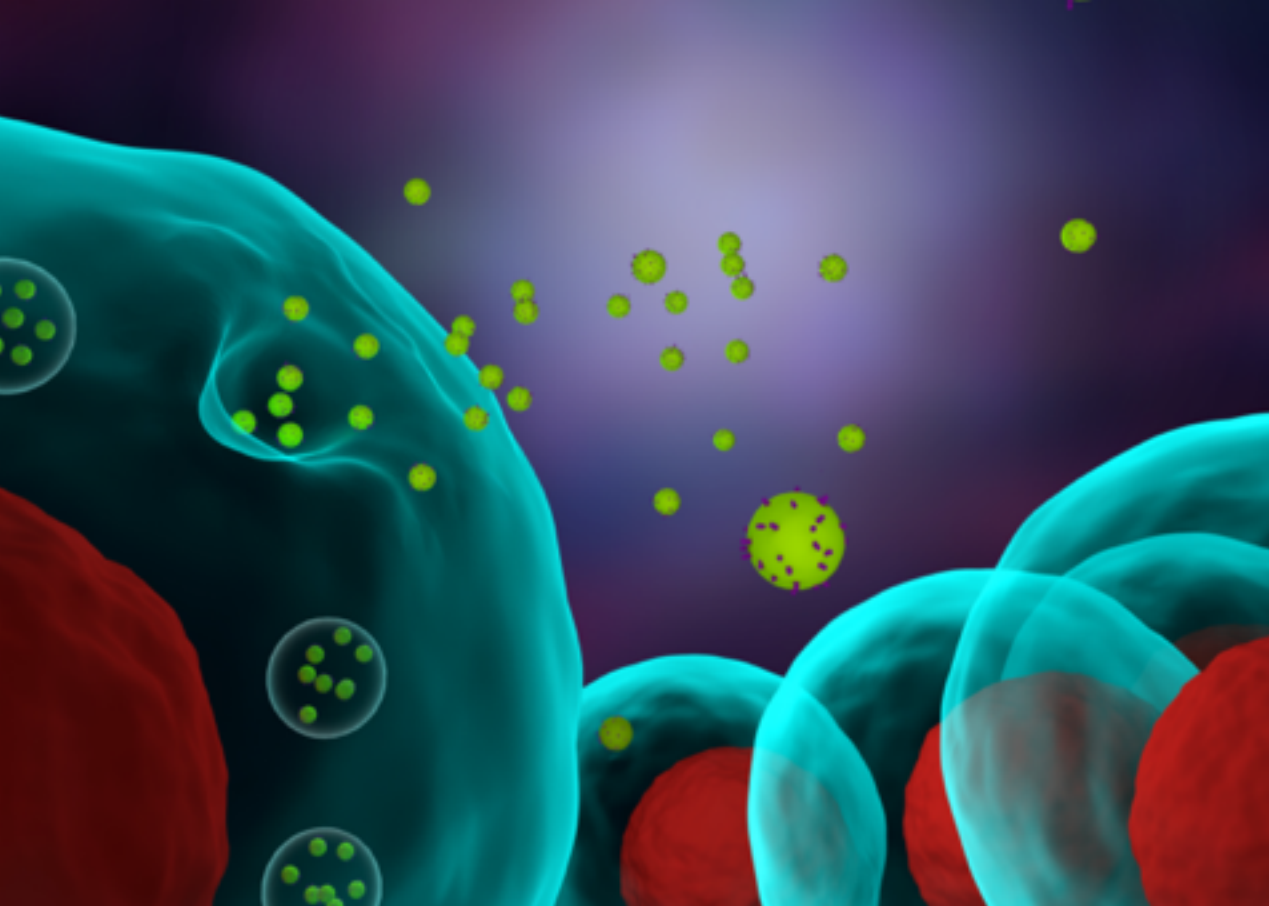
The lab used for obtaining these exosomes is an FDA-registered and inspected, §1271 HCT/P tissue processing and exosome biotechnology laboratory located in Miramar, Florida.

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