



DR
IVANRUSILKO
LIFESTYLE MEDICINE



I N F U S I O N S

O V E R V I E W



Intravenous (IV) therapy is a method of infusing vitamins, minerals, amino acids, and sometimes medications directly into the bloodstream to correct nutrient deficiencies, enhance lifestyles and improve overall quality of life. Oral supplementation could never duplicate the concentrations reached with IV infusions due to absorption limitations of the digestive process. Depending on each patient's condition or desire IV nutrition can provide spectacular results. The number of treatments and the overall health of the patient being treated dictates the success rate of IV nutritional outcomes.

It is a preventive anti-aging measure because it optimizes the nutritional makeup inside of the cells. Other benefits include:

- Increased libido & energy
- Enhanced mentality and sense of well being
- Improved fat loss and sports performance
- Improved healing and recovery from exercise, a night out, and surgical procedures
- Enhanced immune support against pathogens
- Stress and anxiety relief
- Detoxification of environmental and internal toxic byproducts

Many of these benefits are seen within hours of receiving the treatment. Some chronic conditions require numerous treatments in order to achieve and maintain the benefits.

Complications of IV therapy include pain, irritation, inflammation or bruising at the injection site. The possibility of a systemic complication such as an allergy can occur, but is rare. Certain blood disorders may not be compatible with certain ingredients in IV cocktails and will be discussed during the initial consultation before receiving a treatment. Overall, IV therapies are well tolerated and pose minimal if any negative side effects.

WHAT LIFESTYLE ENHANCEMENTS CAN BE MADE?

- Overcoming Jet Lag and Infections
- Preventing sickness
- Mental alertness, memory and clarity
- Fat loss and Sexual Enhancement
- Relaxation, Depression and Anxiety
- Hair/Skin Nails
- Athletic recovery and Fitness enhancement
- Hangover Cures and Party Enhancements
- Migraines and Chronic/Acute Pain
- Allergies and Environmental Toxin Overloads



HOW TO GET STARTED

The first step in getting started is to schedule an initial assessment consultation to determine the course of treatment, review your medical history and determine the ingredients for your cocktail. Booster IV's can be administered on the day of consultation with Comprehensive IV regimens requiring extensive lab testing.

WHAT ABOUT ORAL SUPPLEMENTS?

IV therapy is particularly beneficial since the majority of dietary vitamin and mineral oral supplementation is not well absorbed by the digestive system due to numerous factors. This poor absorption results in unknown deficiencies and health related issues that can plague ones quality of life. But with IV therapy, large doses of nutrients can safely be introduced into the body at levels that would not be able to be obtained with oral supplementation producing powerful results.

WHY ARE LIFESTYLE MEDICINE'S IV'S DIFFERENT?

Dr. Ivan Rusilko's unique background as a certified nutritionist, personal trainer and physician allows for customized IV for every occasion. The high concentrations of nutrients infused is based on the science of medical nutrition. Diluted imitations can't compare to the real thing, and Dr. Rusilko doesn't disappoint. His patients demand the best and that's why people all over the globe travel to experience Lifestyle Medicine and to partake in his IV infusions.

WHAT IS THE DAY OF THE IV LIKE?

Be sure to drink plenty of water to improve hydration and plasma volume. This ensures that the venous puncture is easy and there is less of a chance of nausea during treatment. Expect to consult with the physician before receiving your IV. Dr. Rusilko will discuss all the options and customize your IV around your desires.

WHAT NUTRIENTS ARE USED?

The vast array of available nutrients and medications that can be added to an IV cocktail vary according to each patients desire. Common signature ingredients are as follows:

AMINO ACIDS

Arginine, Carnitine, Glutamine, Glycine, Lysine, Choline, and Taurine

VITAMINS

B12, B Complex, Panthenoic Acid, Dexpanthenol, Pyridoxine, Biotin, and Folic Acid

ANTIOXIDENTS

Vitamin C, Alpha Lipoic Acid, Glutathione, MSM, CoQ10, and Poly MVA

MINERALS

Silver Hydrosol, Zinc, Magnesium, Copper, Selenium, Calcium, and Chromium

I N F U S I O N

BOOSTER (B_x)

The Bx series contains various intra-muscular shots that can be administered quickly with minimal discomfort and risk. Most infusions are dispensed for immediate enhancement or relief to one's daily needs and desires while some may have longer lasting effects.

Each infusion can be injected into the upper buttocks or shoulder and takes seconds to administer with no downtime, minimal discomfort/bleeding, and with no complications.

PUSH (P_x)

Used for a quick correction of specific conditions that requires more concentrated cocktails without the need for much hydration. The Px series contains various IV infusions that provides for both immediate augmentations to one's daily needs and desires as well as long term benefits when coupled with a program. These infusions are "pushed" into the vein over a 5-10 minute time period.

IV (V_x)

The Vx series contains various IV infusions that are dripped intravenously through a catheter over a period of 15-30 minutes depending on the bag selected.

REGIMENS (R_x)

The Rx series is an IV program aimed at correcting specific ailments or augmenting various desires. These programs can be based on a patient history and physical or based of blood tests that diagnostic multiple biomarkers. Programs can range from 4-8 weeks with 1-2 treatments per week taking place at regular intervals throughout the course of the program.

* These infusions have been formulated with highest possible concentrations of vitamins, minerals, amino acids and medications (where they apply) from certified US pharmacies. Each procedure comes with no downtime and minimal discomfort/bleeding.

* A detailed medical history is taking along with vital sign monitoring before and after treatments.

SOLUTIONS

THE AGING VACCINE

The Aging Vaccine is a specially formulated IV program developed by Dr. Rusilko that utilizes the unique properties of the PolyMVA molecule to detoxify the system working to reverse the aging process.

Poly-MVA is a uniquely-formulated dietary supplement containing a proprietary blend of the mineral palladium bonded to alpha-lipoic acid, Vitamins B1, B2 and B12, formyl-methionine, Glutathione, N-acetyl cysteine, plus trace amounts of molybdenum, rhodium, and ruthenium. This formulation is designed to provide energy for compromised body systems by changing the electrical potential of human cells and increasing the charge density of DNA within the cell.*

These ingredients in Poly-MVA may provide the following nutritional support to the body:

- Assist the body in producing energy
- Support the liver
- Assist in promoting healthy cell integrity
- Assist in the removal of heavy metals
- Act as a powerful antioxidant and detoxifier
- Support nerve and neurotransmitter function
- Enhance white blood cell function
- Support pH balance and oxygenation of tissues

Poly-MVA may assist in boosting immune response by replenishing key nutrients and supporting cellular metabolism. What makes Poly-MVA unique is the proprietary manufacturing process by which palladium is sequestered to lipoic acid.

Some of the powerful properties of Lipoic Acid Palladium Complexes that help to reverse aging are:

- Assist the body in producing energy
- Acts as a nucleotide reductase
- Intracellular electron donor
- Used in place of alpha lipoic acid
- Synergistic with vitamins & minerals
- Protective against oxidative stress
- Generates ATP & water within the cell
- Some medical conditions that can be treated include Parkinson's, Stroke both acute and chronic, Alzheimer's, ALS, Dementia, Diabetic Neuropathy, Cardiovascular/Hypertensive Support, Chronic Fatigue & Fibromyalgia and numerous forms of Cancer.



At Lifestyle Medicine the target of the Aging Vaccine is to prevent these conditions and enhance ones overall quality of life for the years to come.

The full program consists of 16 IVs over a course of two months with added oral supplementation daily.

THERAPIES

ADRENALINE Bx Px Vx

RELEASING THE THERMIC POTENTIAL WITHIN YOUR INNER CORE TO INSPIRE ENERGY, FOCUS AND OPTIMUM PERSISTENCE.

LIBIDO Bx Px Vx

STIMULATING A SENSE OF DESIRE, CLOSENESS, TRUST, LOVE AND EROTICISM FOR THAT PERFECT NIGHT OUT, OR IN.

ANABOLIC Bx Px Vx Rx

PROVIDING THE ESSENTIAL BUILDING BLOCKS TO ENHANCE MUSCLE GROWTH, DECREASE RECOVERY TIME AND BOOST FITNESS GAINS.

LIQUID MONEY Bx Px Vx

COMBINES CLEANSE, IMMUNITY, AND BEAUTY TO PROVIDE THE ULTIMATE SUPPORT THERAPY FOR THE PATIENT WHO HAS A DEMANDING SCHEDULE OR A TOUGH TRAVEL SCHEDULE.

BEAUTY Bx Px Vx Rx

SUPPORTING THE ESSENTIAL BUILDING BLOCKS TO ENHANCE HAIR GROWTH, BEAUTIFY SKIN, AND STRENGTHEN NAILS.

THERMIC Bx Px Vx Rx

AUGMENTING THE BODIES NATURAL ABILITY TO PRODUCE ENERGY, BURN FAT, BUILD MUSCLE, AND MAXIMIZE YOUR FITNESS EFFORTS.

CLEANSE Bx Px Vx Rx

RIDDING THE BODY OF TOXIC CHEMICALS TO MAXIMIZE ITS ABILITY TO FUNCTION AND PREVENT AGING.

TRANQUILITY Bx Px Vx

INSPIRING PEACEFULNESS, CALMNESS, AND SERENITY THROUGH THE REDUCTION OF ANXIETY, DISCOMFORT AND STRESS, CURE ENABLING THE BODY TO RECOVER FASTER FROM ALCOHOLIC BINGES BY RESTORING ESSENTIAL NUTRIENTS.

THE AGE VACCINE Bx Px Vx Rx

RIDDING THE BODY OF TOXIC CHEMICALS TO MAXIMIZE ITS ABILITY TO FUNCTION AND PREVENT AGING. IMMUNITY BOOSTING THE ABILITY TO FIGHT OFF INFECTIONS, PREVENT DISEASES, AND OVERCOME NAGGING AILMENTS.

I developed this model of medicine, **Lifestyle Medicine**, early on 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 holds fast to the idea that aging is a choice we all make unknowingly every day. Every cigarette we smoke, every drink we drink, every serving of starchy and fatty food we indulge in, and every extended night out we decide to take weighs heavily on our body's health, in turn, aging us.

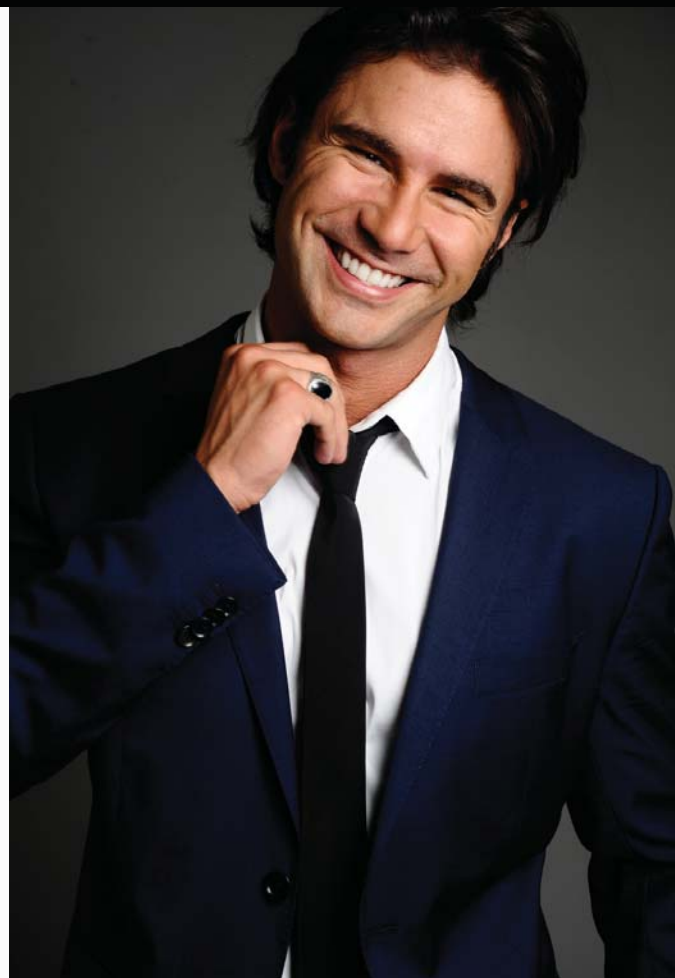
Numerous facilities and organizations offering "anti-aging" and/or aesthetic medical practices only targeted specific areas of one's true potential. How we function internally will dictate how we look aesthetically and feel biologically. Correcting nutritional, hormonal, and toxic imbalances in the body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

Lifestyle Medicine is the culmination of my education in aesthetic and wellness medicine, my certifications in fitness/sports nutrition and my professional fitness modeling career as Mr. USA. I wholeheartedly believe that those who preach should first practice what they are preaching. It is my goal to help my patients discover that the days when sleep was deep, fat loss was easy and sex was a sure thing, not a guessing game, are not gone and can be regained.

The most important aspect, the one I strive for my patients to experience, is the renewed zest for life that comes with a feeling of excitement about starting their day, not a fear. Better energy, sex, sleep, physique, mental clarity, mood... all of these factors weigh heavily on one's physicality and emotionality.

Making an investment in yourself is the smartest and most beneficial one you will ever make.

DR IVAN RUSILKO



DR IVANRUSILKO
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1800 SUNSET HARBOUR DRIVE, SUITE 1B
MIAMI BEACH, FL 33139
786-334-3664
DrIvanAssist@LFSTM.com
www.lfstm.com