



## PRICE LIST

# DIAGNOSTIC TESTING MENU

LIFESTYLE  
MEDICINE™

BY DR. IVAN RUSILKO

# TOTAL LIFESTYLE PANEL

Transform your approach to health with our Total Lifestyle Panel, the ultimate diagnostic package testing over 700 biomarkers for the most comprehensive health screen on earth. This extensive analysis offers unparalleled insights into your body's inner workings, identifying potential health issues and guiding personalized wellness strategies. Take the first step toward optimal health and longevity—unlock the secrets of your well-being with the Total Lifestyle Panel today!

PRICE  
**\$3500**  
[LEARN MORE](#)

All Diagnostic Testing pricing includes consultation and plan formation.

## Metabolic/Hormone

CRP ,hs  
Testosterone F&T w/SHBG  
Estradiol  
Progesterone  
Prolactin  
CMP  
CBC w/ diff  
Lipid Panel  
PSA, total  
HA1C  
Thyroid Panel  
DHEA, Sulfate  
Cortisol  
Vitamin D, 25-Hydroxy,  
Total  
Vitamin B12  
Iron Total Binding Capacity,  
Total  
Ferritin  
IGF1  
DHT (Dihydrotestosterone)  
LC/MS/MS  
FSH & LH

## Cardio Plus

Lipoprotein Fractionation  
sd LDL  
Homocysteine  
Lipoprotein(a)  
Apolipoprotein A-1  
(Apo-A)  
Apolipoprotein B (Apo-B)  
Insulin, Fasting  
PLAC (Lp-PLA2)

## Cancer

Reverse T3  
AFP Tumor marker  
CA 19-9  
CEA  
HCG Quantitative  
CA 15-3  
CA 125

## Infectious Disease

Epstein-Barr Evaluation  
Epstein-Barr VCA, IgG  
Epstein-Barr (EBNA), IgG  
Epstein-Barr Early Ag, IgG  
Epstein-Barr VCA, IgM  
Cytomegalovirus Ab., IgG  
Cytomegalovirus Ab., IgM  
Lyme Disease Ab w/Reflex  
to Blot  
Mold Panel  
Candida

## Natural Killer Cell Analysis

% CD16+ CD56+  
(NK Cells) with Absolute  
CD16+ CD56+ Cells  
Absolute Lymphocytes

## Autoimmune Analyzer

ANA Screen  
dsDNA  
Chromatin Abs  
Ribosomal P Abs  
Sjogren's Abs (SS-A)  
Sjogren's Abs (SS-B)  
Sm (Smith) Abs  
SM/RNP Abs.  
Centromere B Abs  
Scleroderma Abs (Scl-70)  
Jo-1 Abs  
Thyroid Peroxidase Abs  
Complement C3  
Complement C4  
Rheumatoid Factor

## Food Allergens / Environmental (295 tests)

Grass Pollen (12 allergens)  
Tree Pollen (27 allergens)  
Weed Pollen (19 allergens)  
Dander & Epithelia (25  
allergens)  
Mites & Cockroaches (26  
allergens)

Moulds & Yeasts (12  
allergens)  
Insect Venoms (10  
allergens)  
Cereals & Seeds (21  
allergens)  
Egg & Milk (15 allergens)  
Fruits (20 allergens)  
Legumes & Nuts (38  
allergens)  
Meat (12 allergens)  
Seafood (31 allergens)  
Spices (7 allergens)  
Vegetables (10 allergens)  
Other (10 allergens)

## Food Sensitivities (286 Tests)

Milk & Eggs (20 Antigens)  
Meat (14 antigens)  
Fish & Seafood (37  
antigens)  
Cereals & Seeds (29  
antigens)  
Nuts (13 antigens)  
Legumes (10 antigens)  
Fruits (36 antigens)  
Vegetables (51 antigens)  
Spices (31 antigens)  
Edible Mushrooms (6  
antigens)  
Novel Foods (21 antigens)  
Coffee & Tea (9 antigens)  
Other (9 antigens)

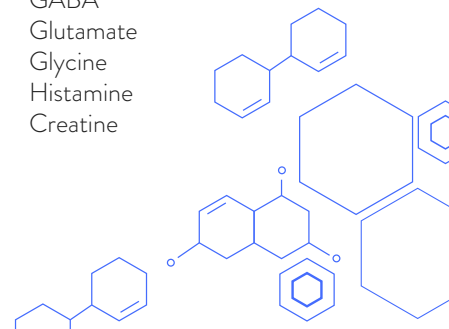
## Elemental & Toxic Metals

Aluminum  
Antimony  
Arsenic  
Barium  
Bismuth  
Cadmium  
Cesium  
Gadolinium  
Germanium

Lead  
Mercury  
Nickel  
Niobium  
Platinum  
Rubidium  
Thallium  
Thorium  
Tin  
Titanium  
Tungsten  
Uranium  
Calcium  
Chromium  
Cobalt  
Copper  
Iron  
Lithium  
Manganese  
Magnesium  
Molybdenum  
Phosphorus  
Potassium  
Selenium  
Sodium  
Strontium  
Vanadium  
Zinc

## Neurotransmitters

Dopamine  
Serotonin  
Epinephrine  
PEA  
Norepinephrine  
GABA  
Glutamate  
Glycine  
Histamine  
Creatine



# LIFESTYLE PANEL

Unlock your path to optimal health with our comprehensive Lifestyle Panel, designed to evaluate all the essential biomarkers needed to create a precision-based medical lifestyle program tailored just for you. This extensive testing includes assessments of hormones, peptides, and vital health indicators, providing invaluable insights into your unique health needs and goals. Take control of your wellness journey today—discover the power of personalized medicine with the Lifestyle Panel!

PRICE  
**\$2500**  
[LEARN MORE](#)

*All Diagnostic Testing pricing includes consultation and plan formation.*

## Food Allergens / Environmental (295 tests)

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Spices (31 antigens)  
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Novel Foods (21 antigens)  
Coffee & Tea (9 antigens)  
Other (9 antigens)

## Elemental & Toxic Metals

Aluminum  
Antimony  
Arsenic  
Barium  
Bismuth  
Cadmium  
Cesium  
Gadolinium  
Germanium  
Lead  
Mercury  
Nickel  
Niobium  
Platinum  
Rubidium  
Thallium  
Thorium  
Tin  
Titanium  
Tungsten

Uranium  
Calcium  
Chromium  
Cobalt  
Copper  
Iron  
Lithium  
Manganese  
Magnesium  
Molybdenum  
Phosphorus  
Potassium  
Selenium  
Sodium  
Strontium  
Vanadium  
Zinc

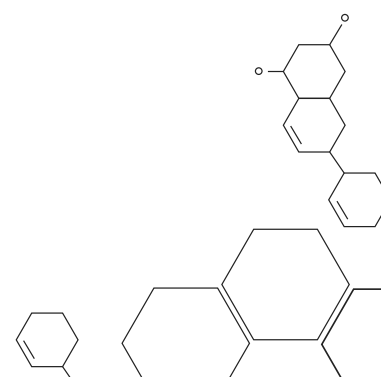
## Neurotransmitters

Dopamine  
Serotonin  
Epinephrine  
PEA  
Norepinephrine  
GABA  
Glutamate  
Glycine  
Histamine  
Creatine

## Metabolic Panels

CRP ,hs  
Testosterone F&T w/  
SHBG

Estradiol  
CMP  
CBC w/ diff  
Lipid Panel  
PSA, total  
HA1C  
Thyroid Panel  
DHEA, Sulfate  
Cortisol  
Vitamin D25 hydroxy  
Vitamin B12  
Iron Total Binding Capacity, Total  
Ferritin  
IGF1  
DHT  
(Dihydrotestosterone)  
LC/MS/MS  
FSH & LH



# METABOLIC PLUS SCREENING

Optimize your health with our comprehensive metabolic screening that analyzes nutrition, hormones, chemistry, lipids, nutrient levels, and organ markers through advanced lab tests. Understanding your metabolic health is crucial for identifying imbalances and potential risks, empowering you to make informed lifestyle choices and enhance your overall well-being. Take the first step towards a healthier you—schedule your metabolic screening today to gain valuable insights into your body's unique needs!

*All Diagnostic Testing pricing includes consultation and plan formation.*



PRICE  
**\$850**

[LEARN MORE](#)

## ♀ FEMALE

CRP ,hs  
Testosterone F&T w/ SHBG  
Estradiol  
CMP  
CBC w/ diff  
Lipid Panel  
Progesterone  
HA1C  
Thyroid Panel  
DHEA, Sulfate  
Cortisol  
Vitamin D25 hydroxy  
Vitamin B12  
Iron Total Binding Capacity, Total  
Ferritin  
IGF1  
DHT (Dihydrotestosterone) LC/MS/MS  
FSH & LH

## ♂ MALE

CRP ,hs  
Testosterone F&T w/ SHBG  
Estradiol  
Progesterone  
CMP  
CBC w/ diff  
Lipid Panel  
PSA, total  
HA1C  
Thyroid Panel  
DHEA, Sulfate  
Cortisol  
Vitamin D25 hydroxy  
Vitamin B12  
Iron Total Binding Capacity, Total  
Ferritin  
IGF1  
DHT (Dihydrotestosterone) LC/MS/MS  
FSH & LH

# VIRAL PATHOGENS

Safeguard your health with our comprehensive lab testing for viral pathogens and parasites, including Epstein-Barr Virus (EBV), Lyme disease, and Cytomegalovirus (CMV). Early detection of these infections is crucial for timely intervention, preventing long-term complications, and tailoring effective treatments to restore your well-being. Empower yourself with the knowledge to take control of your health—schedule diagnostic test today!

*All Diagnostic Testing pricing includes consultation and plan formation.*

Epstein-Barr VCA, IgG  
Epstein-Barr (EBNA), IgG  
Epstein-Barr Early Ag, IgG  
Epstein-Barr VCA, IgM

Cytomegalovirus Ab., IgG  
Cytomegalovirus Ab., IgM  
Lyme Disease Ab w/Reflex to Blot

PRICE  
**\$300**

[LEARN MORE](#)



# FOOD SENSITIVITY & ENVIRONMENTAL/FOOD ALLERGY SCREENING (581 MARKERS)

Discover the hidden triggers affecting your health with our comprehensive environmental and food allergy testing, alongside food sensitivity screening. Identifying allergies and sensitivities is crucial for managing symptoms like digestive disturbances, fatigue, and skin reactions, enabling you to make informed dietary choices and avoid harmful substances. Take control of your health journey today—by understanding your body's responses, you can enhance your well-being and enjoy a more vibrant life!

*All Diagnostic Testing pricing includes consultation and plan formation.*



PRICE  
**\$1200**

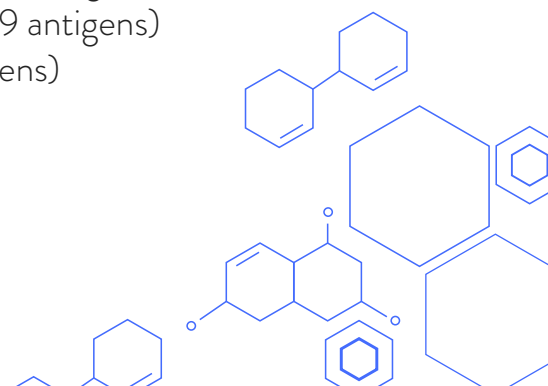
[LEARN MORE](#)

## **Food Allergens/Environmental: (295 tests) - \$650**

Grass Pollen (12 allergens)  
Tree Pollen (27 allergens)  
Weed Pollen (19 allergens)  
Dander & Epithelia (25 allergens)  
Mites & Cockroaches (26 allergens)  
Moulds & Yeasts (12 allergens)  
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Meat (12 allergens)  
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Spices (7 allergens)  
Vegetables (10 allergens)  
Other (10 allergens)

## **Food Sensitivities (286 Tests) - \$650**

Milk & Eggs (20 Antigens)  
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Cereals & Seeds (29 antigens)  
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Legumes (10 antigens)  
Fruits (36 antigens)  
Vegetables (51 antigens)  
Spices (31 antigens)  
Edible Mushrooms (6 antigens)  
Novel Foods (21 antigens)  
Coffee & Tea (9 antigens)  
Other (9 antigens)



# CANDIDA

Uncover potential health challenges with our comprehensive Candida screening, designed to detect excess Candida overgrowth in your system. Early diagnosis is vital, as untreated Candida can lead to a variety of symptoms such as fatigue, digestive issues, and weakened immunity, impacting your overall quality of life. Take the proactive step to restore balance and enhance your well-being—screen today for Candida and empower yourself to achieve optimal health!

*All Diagnostic Testing pricing includes consultation and plan formation.*



PRICE  
**\$250**

[LEARN MORE](#)

# TOXIC LOAD & ELEMENTAL NUTRIENT TESTING

Discover your body's exposure to toxic heavy metals and assess vital nutritional elements with our comprehensive lab testing, designed to provide a clear picture of your overall health. Understanding levels of heavy metals like lead or mercury is crucial, as they can contribute to chronic health issues, while optimizing essential nutrients supports immunity, energy levels, and well-being. Equip yourself with the knowledge to make informed health decisions and achieve a balanced, healthier lifestyle through our detailed analysis.

*All Diagnostic Testing pricing includes consultation and plan formation.*



PRICE  
**\$450**

[LEARN MORE](#)

## Elemental and Toxic Metals

Aluminum	Germanium	Thorium	Copper	Selenium
Antimony	Lead	Tin	Iron	Sodium
Arsenic	Mercury	Titanium	Lithium	Strontium
Barium	Nickel	Tungsten	Manganese	Vanadium
Bismuth	Niobium	Uranium	Magnesium	Zinc
Cadmium	Platinum	Calcium	Molybdenum	
Cesium	Rubidium	Chromium	Phosphorus	
Gadolinium	Thallium	Cobalt	Potassium	

# MOLD SCREENING

Ensure the safety and health of your home with professional mold testing, designed to detect hidden mold threats that can compromise indoor air quality. Mold exposure can lead to respiratory issues, allergies, and other health problems, making early detection and remediation crucial for safeguarding your family's well-being. With our expert mold testing services, gain peace of mind knowing that your living environment is healthy and free from harmful contaminants.

*All Diagnostic Testing pricing includes consultation and plan formation.*

Penicillium Chrysogm M1  
Cladosporium Herbarum  
Aspergillus Fumigatus

Mucor Racemosus  
Alternaria Alternata  
Stemphylium Herbarum



PRICE  
**\$250**

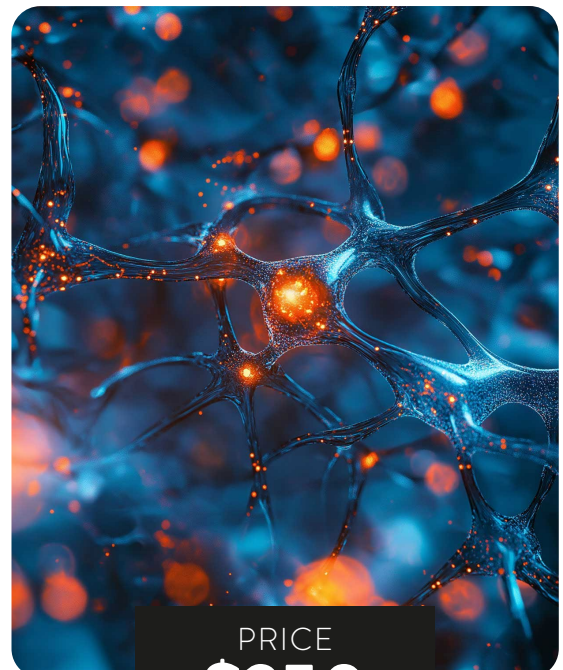
[LEARN MORE](#)

# NATURAL KILLER CELL ASSESSMENT

**Natural Killer (NK) cell tests** are laboratory assessments used to evaluate the activity and functionality of natural killer cells, which are a type of lymphocyte (a white blood cell) essential for the innate immune response. NK cells play a significant role in recognizing and destroying infected or cancerous cells.

*All Diagnostic Testing pricing includes consultation and plan formation.*

% CD16+ CD56+ (NK Cells)  
Absolute CD16+ CD56+ Cells  
Absolute Lymphocytes



PRICE  
**\$250**

[LEARN MORE](#)





# AUTOIMMUNE ANYLIZER

Uncover the potential underlying causes of your health challenges with our comprehensive autoimmune testing, specifically designed to identify autoimmune disorders that may be affecting your body. Early diagnosis is vital, as it allows for timely intervention and management strategies that can prevent long-term damage and improve your quality of life. Take control of your health journey today—gain insight into your immune system and empower yourself with the knowledge needed to address your well-being!



PRICE  
**\$450**

[LEARN MORE](#)

*All Diagnostic Testing pricing includes consultation and plan formation.*

- |                      |                          |                        |
|----------------------|--------------------------|------------------------|
| ANA Screen           | Sjogren's Abs (SS-B)     | Jo-1 Abs               |
| dsDNA                | Sm (Smith) Abs           | Thyroid Peroxidase Abs |
| Chromatin Abs        | SM/RNP Abs.              | Complement C3          |
| Ribosomal P Abs      | Centromere B Abs         | Complement C4          |
| Sjogren's Abs (SS-A) | Scleroderma Abs (Scl-70) | Rheumatoid Factor      |

# CANCER SCREENING

Proactively safeguard your health with our specialized lab tests designed to detect gender-specific cancers, offering early insights essential for both men and women. By identifying markers for cancers like prostate, testicular, ovarian, and breast cancer, these tests empower you to take timely action that can significantly improve treatment outcomes. Prioritize your well-being and peace of mind with cutting-edge diagnostics that help protect you and your loved ones against gender-specific health risks.



PRICE  
**\$250**

[LEARN MORE](#)

*All Diagnostic Testing pricing includes consultation and plan formation.*

- |                   |                     |                     |
|-------------------|---------------------|---------------------|
| <b>Male Panel</b> | HCG, Tumor Marker   | CA 125              |
| PSA, Free & Total |                     | AFP, Tumor Marker   |
| CEA               | <b>Female Panel</b> | B-HCG, Qualitative, |
| CA 19-9           | CA 15-3             | Serum, CEA          |
| AFP, Tumor Marker | CA 19-9             |                     |

## STD SCREENING

Take charge of your sexual health with our confidential STD testing, designed to provide you with accurate results and peace of mind. Early detection of sexually transmitted infections is crucial as it can prevent serious health complications, protect your partners, and ensure that you receive timely treatment. Prioritize your well-being and the well-being of others—get tested today and stay informed!

*All Diagnostic Testing pricing includes consultation and plan formation.*



PRICE  
**\$450**

[LEARN MORE](#)

HIV 5th Generation, Ab-Ag Screening  
RPR w/Reflex

Herpes Simplex Virus I, IgG  
Herpes Simplex Virus II, IgG

## CARDIOPLUS SCREEN

Ensure your heart health with our comprehensive total cardio screening, designed to evaluate key cardiovascular markers through advanced lab tests. Early detection of potential risks, such as high cholesterol and arterial stiffness, is vital for preventing serious conditions like heart disease and stroke. Take proactive steps toward a healthier heart and a longer life—schedule your total cardio screening today and prioritize your cardiovascular well-being!

*All Diagnostic Testing pricing includes consultation and plan formation.*



PRICE  
**\$500**

[LEARN MORE](#)

### Lipid Panel

Cholesterol, Total  
Triglycerides  
HDL Cholesterol  
LDL Cholesterol, calc.  
Chol/HDL Ratio

### Lipoprotein Fractionation

LDL Particle Number  
LDL Small  
LDL Medium

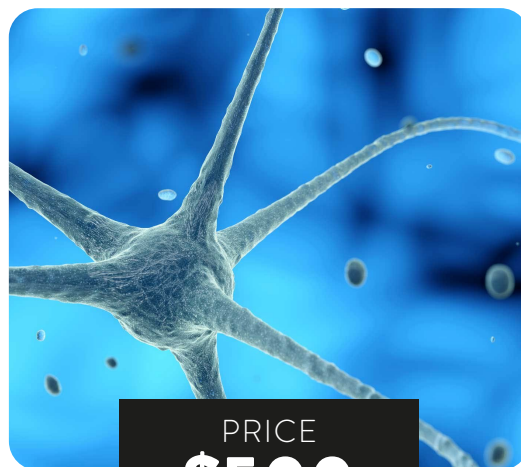
HDL Large  
LDL Pattern  
LDL Peak Size  
sd LDL  
CRP, HS  
Homocysteine  
Lipoprotein(a)  
Apolipoprotein A-1 (Apo-A)  
Apolipoprotein B (Apo-B)  
Insulin, Fasting

PLAC (Lp-PLA2)  
Vitamin D, 25-Hydroxy, Total  
CMP w/eGFR  
CBC w/Diff  
Thyroid Panel (Free T3, Free T4, TSH)  
Reverse T3  
Vitamin B12  
Testosterone, Free & Total w/SHBG

# NEUROTRANSMITTERS TESTING

Gain valuable insights into your brain health with our comprehensive neurotransmitter test, designed to diagnose and assess your unique brain chemistry. By measuring key neurotransmitters, this test helps identify imbalances that can affect your mood, cognition, and overall mental well-being. Take the step towards understanding your brain's needs and optimizing your mental health—schedule your neurotransmitter test today!

*All Diagnostic Testing pricing includes consultation and plan formation.*



PRICE  
**\$500**

[LEARN MORE](#)

Dopamine  
Serotonin  
Epinephrine

PEA  
Norepinephrine  
GABA

Glutamate  
Glycine  
Histamine

Creatine

# RBC HEAVY METALS

Discover the full picture of your essential trace element status with our RBC heavy metals test, measuring levels of copper, zinc, magnesium, and selenium directly within red blood cells. Unlike standard blood tests, intracellular testing provides a longer-term view of nutrient status, revealing deficiencies or imbalances that might not be captured in regular serum tests. Optimize your health and well-being with precise insights into your body's mineral needs—schedule your RBC heavy metals test today!

*All Diagnostic Testing pricing includes consultation and plan formation.*



PRICE  
**\$250**

[LEARN MORE](#)

Copper, Packed RBC  
Magnesium, Packed RBC

Selenium, Packed RBC  
Zinc, Packed RBC