

**PROTECT YOUR MIND.  
PRESERVE YOUR MEMORIES.  
PLAN FOR A STRONGER COGNITIVE FUTURE.**

***Train Smarter. Recover Faster. Think Sharper. Optimize Everything.***

**UNLOCK YOUR FULL PERFORMANCE POTENTIAL**

**For High School Athletes • College Competitors**

**• Weekend Warriors • Daily Fitness Enthusiasts**

**You train hard. You show up. You push limits.**

**But are you training in alignment with your actual metabolism,  
recovery capacity, and physiology?**

***At Quantum HealthCare Services, we provide advanced performance  
and metabolic testing that removes guesswork and replaces it with precision.***

**PNO<sub>2</sub> Metabolic & Performance Testing**

**Know Exactly How Your Body Produces Energy**

**This is not a treadmill estimate.**

**This is medical-grade breath analysis.**

**PNO<sub>2</sub> measures:**

- Resting Metabolic Rate (true calorie burn)
- Fat vs carbohydrate utilization
- VO Max & cardiovascular efficiency
- Lactate thresholds
- Metabolic flexibility
- Respiratory efficiency

**Why This Matters for Athletes & Active Adults:**

- Improve endurance
- Optimize fat loss without losing muscle
- Increase energy and stamina
- Reduce overtraining
- Enhance mental clarity through better oxygen efficiency
- Improve recovery time

When your metabolism is optimized, your brain performs better too.

**Styku 3D Body Composition Scan**

**See Beyond the Scale**

**Your weight doesn't tell the full story.**

**Styku provides:**

- True body fat percentage
- Lean muscle mass tracking
- Visceral fat measurement
- Muscle symmetry
- Posture analysis
- 3D visual progress tracking

**Perfect for:**

- Athletes building strength
- Students focused on physique goals
- Weekend warriors improving conditioning
- Anyone serious about measurable progress

You cannot improve what you do not measure.

**Advanced Metabolic & Nutritional Optimization**

**Performance isn't just about lifting or running.**

**It's about how your body recovers, detoxifies and rebuilds.**

**We evaluate:**

**Micronutrient Status**

- B vitamins (focus & energy)
- Magnesium (muscle recovery & sleep)
- Vitamin D (immune & hormone balance)
- Iron balance (oxygen transport)

**Inflammation & Detox Capacity**

- Oxidative stress markers
- Liver detox pathways
- Environmental toxin burden

**Hormonal & Recovery Factors**

- Cortisol balance (stress control)
- Testosterone & anabolic markers
- Insulin sensitivity
- Thyroid optimization

**Why This Matters for Focus & Mental Health**

**Athletic performance and brain performance**

**are directly connected.**

**Optimized metabolism supports:**

- Sharper focus
  - Improved attention span
  - Better mood stability
  - Reduced anxiety from overtraining
  - Higher academic performance
  - Improved sleep quality
- Fueling the body properly fuels the brain.

**Sleep Maximization = Recovery Maximization**

**Poor sleep reduces:**

- Muscle repair
- Testosterone production
- Growth hormone release
- Cognitive performance
- Emotional resilience

We help optimize:

- Sleep timing
- Nutritional support
- Evening cortisol balance
- Recovery protocols

Because recovery is where growth happens.

**Who Is This For?**

**High school athletes preparing for competitive seasons**

**College athletes seeking performance edge**

**Weekend warriors training for events**

**Daily exercisers who want smarter progress**

- Students needing better focus & stamina
- Anyone plateaued in performance

**Free Hume Body Pod a \$300 value  
with completed testing.**

- Body fat percentage
- Muscle mass
- Skeletal mass
- Intracellular body water
- Extracellular body water
- Health Score

• Continuous physiological monitoring  
Collects health data throughout the day and night, rather than relying on intermittent measurements.

• Metabolic and recovery-focused design  
Emphasizes signals tied to stress, recovery, and energy regulation instead of exercise metrics alone.

• Advanced optical and sensor-based measurements  
Uses onboard sensors to track changes in cardiovascular and autonomic nervous system activity.

• Designed for trend accuracy, not single readings  
Optimized to detect meaningful changes over time rather than isolated daily fluctuations.

***Schedule Your Performance Optimization Session***

**Quantum HealthCare Services**

**James Frommer, DO**

**Functional & Precision Medicine**

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