

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 $\bar{E}$ Metabolic & Performance Testing
Know Exactly How Your Body Produces Energy
This is not a treadmill estimate.
This is medical-grade breath analysis.

PNO $\bar{E}$ 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

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