



Dr. Sean O'Mara, COL(R), MD, JD

Executive Biological Consultant to High-Performance Leaders

The world's leading expert in biologically engineering high-performance human beings. Fully licensed, unrestricted physician in impeccable standing.

Who Dr. Sean Works With

C-suite leaders, high-influence entrepreneurs, founders, public figures, U.S. Senators, Members of Congress, Governors, Ambassadors, heads of state, and members of multiple U.S. Presidential Cabinets.

What Dr. Sean Does

Dr. O'Mara transforms influential individuals into highly optimized versions of themselves—biologically, cognitively, and visually.

Dr. Sean's Background — Uncommonly Diverse, Operationally Grounded

Dr. O'Mara brings a uniquely diverse background spanning law enforcement, law, military leadership, and medicine. He is a former police officer, undercover narcotics agent, investigator, and criminal prosecutor who later became an Emergency Medicine physician and retired U.S. Army Colonel. This

uncommon combination informs his highly pragmatic, results-driven approach.

Specialized Expertise — Precision Fat Elimination & Biological Optimization

Dr. O'Mara has over 13 years of full-time experience specializing in the targeted elimination of visceral fat, cardiac fat, and intramuscular fat. His work is defined by precision-guided, imaging-verified strategies that objectively demonstrate biological transformation. This expertise is exceptionally rare and a primary reason high-performance leaders specifically seek him out when precision and verified outcomes matter most.

Health & Longevity — Reversing Internal Decline

Eliminates internal biological drivers of aging and decline while strengthening regenerative capacity. Entirely natural and evidence-based.

Engagement Structure

While Dr. Sean O'Mara is a fully licensed physician (MD) and researcher, he primarily serves clients as an executive biological consultant. His work is structured as high-level executive consulting rather than traditional medical care. In many cases, this may allow business owners to treat consulting fees and related expenses as business expenses. Clients should consult their own tax advisor regarding suitability.

Contact

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