



Stark Health: The Health Optimization Company Built for CEOs, by a CEO Who Needed It

TUSTIN, CA, UNITED STATES, August 31, 2026 /EINPresswire.com/ -- TUSTIN, Calif. — August 25, 2026 — When Todd Vande Hei collapsed on a Texas golf course in his early thirties with a cluster of grand mal seizures, he was running a carpet manufacturing company on three hours of sleep, McDonald's three times a day, and no real understanding of what his body needed. Doctors diagnosed him with AFib simultaneously. He would later suffer a stroke, also caused by that same unmanaged heart condition.

None of it was bad genes or bad luck. It was from running a company without any real support for the most important asset in the building: himself.

Vande Hei is now 58, in the best shape of his life, off the medications that once slowed his thinking, and the founder and CEO of Stark Health — a health optimization company he built because nothing like it existed when he needed it most.

"I spent about 15 years figuring out what it actually takes to get well and stay well while running a company. Stark is the answer I had to build myself."

A System Built Around the Executive Under Pressure

Stark Health, founded in Irvine in 2011 and now in Tustin and Newport Beach, has spent 15 years refining what it calls a health optimization ecosystem — a coordinated team of doctor, trainer, nutritionist, and neuromuscular chiropractic therapist, all working on behalf of the same student.

"Those people talk to each other. They disagree with each other. They share notes. They argue on behalf of the student. That's not how traditional healthcare works, but it's how results happen."

~80% of new students come via referrals from existing members — largely CEOs who bring their management teams and families after experiencing results themselves.

Beyond the Gym, Beyond the Clinic

Services: bloodwork with detailed lab review, DEXA body composition + bone mineral density scanning, strength & conditioning programming, nutritional coaching, chiropractic and soft tissue therapy — all coordinated across each student's full picture.

Stark also hosts 7-8 community education events per year with leading experts in health and longevity.

"We call our clientele students because that's what they are — actively learning how to perform better and live longer. Not passive recipients of a service."

About Stark Health

Founded 2011 | Tustin + Newport Beach, CA | stark.health

Todd Vande Hei

Stark

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