



THE SECRET CELL

Lining our 60,000 miles of blood vessels is a single layer of cells that essentially hold hands and govern our blood vessel health. It is the endothelial cell.

Nobel prize-winning discoveries have demonstrated the crucial role of this cell in cardiovascular health (ref 1). When we keep our endothelial cells healthy, we keep our blood vessels healthy. This means our roadways to every organ are healthy – supporting our eyes, brain, heart, lungs... well, you understand.

Amazingly, endothelial cells sense and respond to the contents of our blood stream and can then message instructions to other cells living below in the blood vessel wall (ref 2 & 3). They have many ways they work to protect us despite smoking, high blood pressure, and high cholesterol. These cells lining every blood vessel in our body also live alongside our autonomic nervous system, receive nutrition from the foods we eat, and impressively, endothelial cells LOVE EXERCISE.

Exercise is one of the best ways to improve the resilience of our endothelial cells. When we add in stress control, proper breathing, and nutrition, we have 60,000 miles of opportunity to preserve and even restore health. Ancient practices built into novel technology and simple personalized metrics guide daily wins. Let 60khealth get you on the 60,000 miles of roadways to achieve your best healthspan.

So now you know a little about the secret cell at the core of 60khealth. Want to know the secret to the process? Just start. We have an exploratory program – you only need 60 seconds a day to start strengthening your highways towards total healthspan.

Refs:

1. <https://www.nobelprize.org/prizes/medicine/1998/press-release/>
2. <https://www.ahajournals.org/doi/10.1161/CIRCRESAHA.123.322993>
3. https://x.com/kat_howe/status/1753265174679576701



SCAN TO START