

Global Healthspan Policy Institute

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GLOBAL HEALTHSPAN POLICY INSTITUTE

Hello,

This week we hear from GHPI fellow David Sinclair about some positive dietary habits that have helped him look and feel younger. We also learn how simple changes to our dairy consumption might lead to positive results when it comes to aging.

We also learn about the science behind why optimism leads to longer life and why watching our weight may be more important than ever when it comes to aging.

Before you go, don't forget to check out the list of upcoming conferences and events in the world of aging research. You'll see events updated every week, so keep checking in!

Are you part of a health or life extension research organization? Our coalition has grown to over 90 member groups, including 25 major US organizations and 16 major international groups. We hope your organization will be next! Check below to find a link to join our coalition quickly and easily.

All this and more this week. Join us as we move forward into another exciting month of incredible opportunities in this burgeoning and revolutionary field.



Edwina Rogers, CEO
Global Healthspan Policy Institute



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GHPI Coalition Grows to Over 90 Members

Our coalition includes 25 major US



Exactly What David Sinclair, Ph.D., Ate To Look & Feel 10 Years Younger

GHPI Fellow David Sinclair discusses the diet he sticks to that keeps him looking and feeling younger than ever

[Read More](#)



The effects of obesity mirror those of aging

Watching our weight may have more of an impact on aging than previously thought.

[Read More](#)

organizations and 16 major international organizations. Will yours be next?

By joining the coalition you get access to the GHPI fellows, top experts in aging research. You gain more influence over national and world events. You are invited to our pilot projects. You get access to healthspan investment funds and our ability to promote your achievements. You get news updates, and can join our weekly coordinating call that steers the future of the healthspan movement.

[Join The Coalition Here](#)

We're Bringing the Best Research in the World to Congress - and Your Donations Are The Fuel To Our Fire!

With your help, we're bringing the vision of a world without the spectre of diseases like cancer, heart disease, and Alzheimer's one step closer to reality each and every day. Our team works closely with industry leaders from sectors as far-reaching as biotechnology to gene therapy to pharmaceuticals and beyond – uniting our members under a common, core mission to benefit the public trust.

[Help us bring new preventions and therapeutics for the benefit of all generations, today](#)

All Call For Volunteers For Healthier, More Productive Years of Life!

What if the US Congress took the lead funding healthspan research? Or by removing barriers to treatments to new therapeutics that can prevent diseases like cancer?

For the first time governments seem to be listening -- and you can help!

GHPI needs volunteers to engage with the public and ally nonprofit groups around the world.



How Optimism May Keep You Alive Longer

We've all heard that optimistic people can be healthier and live longer, a recent study breaks down exactly why that may be true.

[Read More](#)



Study warns drinking 2% milk may significantly speed up aging

Several studies have shown that excessive dairy consumption can lead to accelerated aging, a new one shows that even making some simple changes can yield a positive result.

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Upcoming Events

[International Conference on Frailty and Sarcopenia Research](#)

March 11-13

Toulouse, France

[Experimental Biology 2020](#)

April 4-7

San Diego, CA, USA

[Longevity Leaders World Conference](#)

April 21-22

London, UK

[Undoing Aging – 2020](#)

May 21-23

Berlin, Germany

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