

Global Healthspan Policy Institute

[View this email in your browser](#)

Hello,

This week we learn about new research into intermittent fasting—including how it can benefit women and how it might improve the regenerative capacity of stem cells. We also get some tips to stay active as we age, as well as some diet recommendations that might help preserve our cognitive abilities.

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



Fasting may boost stem cells' regenerative capacity

Studies examining intestinal stem cells show that fasting may have positive effects on their regenerative capacity

[Read More](#)



UOC researchers to study the effects of intermittent fasting on aging in postmenopausal women

Calorie restriction has been found to have many health benefits and may extend our lifespans.

[Read More](#)



Fitness Ideas For The Active Aging Adult

Some helpful tips to stay active as we age

[Read More](#)



Diet Changes – Including More Wine and Cheese – May Help Reduce Cognitive Decline

A new study shows that different foods can reduce cognitive decline as we age.

[Read More](#)



GHPI Coalition Grows to Over 90 Members

Our coalition includes 25 major US 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.

Contact dcarver@healthspanpolicy.org to join the tiger team today!

Upcoming Events

Note: Due to changing circumstances surrounding COVID-19 leading to cancellations, we are temporarily unable to include a list of upcoming events. We'll be sure to keep you up to date as future events are scheduled.



Share



Tweet



Forward

Copyright © 2020 Global Healthspan Policy Institute, All rights reserved.

[unsubscribe from this list](#) [update subscription preferences](#)

