



Hello,

This week we learn how a well-known drug may provide benefits against cancer, how important diet is in slowing the effects of aging and how researchers may have identified the ideal bedtime for heart health. We also get a closer look at telomeres and how they contribute to the aging process.

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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**When cancer “met” its match: New study shows Metformin-dependent antitumor immunity**

Aging researchers have been interested in the numerous potential uses of Metformin for years, a new study shows that another benefit may have been discovered

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**This may be the perfect bed time to protect your heart**

We know that healthy sleep is integral to our health as we age, but a new study indicates that there might even be an ideal bedtime for heart health

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**Study sheds light on the cellular machinery of aging**

A new study sheds more light on how telomeres trigger age related illnesses

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**Diet trumps drugs for anti-aging and good metabolic health**

While a variety of drugs show promise as treatments to slow the effects of aging, one of the most effective methods we currently have is to control our diets

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**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](mailto:dcarver@healthspanpolicy.org) to join the tiger team today!

**Upcoming Events**

Due to the ongoing COVID-19 Pandemic events are very limited. As new ones are publicized, we will include them here.

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