

Global Healthspan Policy Institute

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Hello,

This week we learn about a new drug study that could help reverse certain types of age-related cognitive decline. We also learn how poor sleep in older people leads to negative perceptions on aging and about a discovery that could lead to new treatments for Type 2 diabetes. Additionally, we get a look at what diets may truly have anti-aging benefits.

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



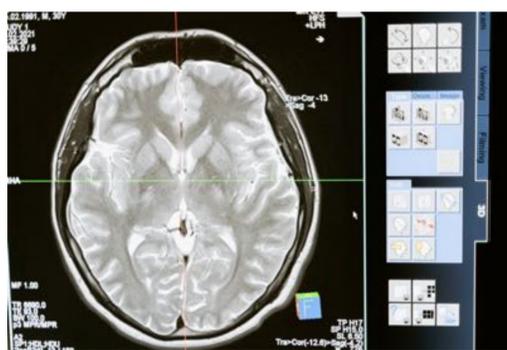
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Researchers Want to Restore 'Good Noise' in Older Brains

A new drug study aims to determine if certain types of age-related cognitive decline can be reversed

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How Effective Are Anti-Aging Diets? Here's What Science Tells Us

Lots of diets claim to have anti-aging benefits, but which ones actually work?

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Poor sleepers feel older and have a more negative perception of aging, research suggests

Research shows that people over 50 who sleep poorly have more negative perceptions of aging, which impacts numerous health aspects

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Deleting dysfunctional cells alleviates diabetes

This discovery could lead to new treatments for metabolic diseases, including Type 2 diabetes

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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 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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