

Global Healthspan Policy Institute

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Hello,

This week we learn about new research into how mitochondria break down, affecting how we age. We also learn how calorie restriction and meal timing can benefit us as we get older. Additionally we learn about new insights into skin aging and get a closer look at what happens to our brains as we age.

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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Scientist uncovers clues to aging in mitochondria

Scientists from the Buck Institute have identified ways that mitochondria start to break down, a key factor in age related diseases

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Avoiding late-night meals may have anti-aging benefits

Studies indicate that timing of meals, along with calorie restrictions can have anti-aging benefits

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Researchers glean new insights on skin aging from naked mole-rats

New research may reveal a new understanding of how skin aging works, by studying naked mole-rats

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What Happens to the Brain as We Age?

Insight from Georgia State University and the National Science Foundation into how our brains change as we age

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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.](#)

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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