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Hello,

This week we learn about cognitive “Super-agers” and what makes their brains different as they age, how to slow cognitive decline through dietary choices and how we can reduce our risk for age-related diseases with similar dietary choices. We also learn about a new drug called lecanemab, the first drug to slow Alzheimer’s.

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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Secrets of ‘SuperAgers’ who possess brains as sharp as people 20 to 30 years younger

People who exhibit “SuperAger” qualities tend to have bigger, healthier cells in the entorhinal cortex even as they age, compared to people who experience more typical age-related cognitive decline

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Slow cognitive decline with flavonols, study says

Recent studies indicate that eating more flavonoid, found in many fruits and vegetables can slow our rate of memory loss

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Alzheimer’s drug lecanemab hailed as momentous breakthrough

The new drug is a major breakthrough as the first treatment of any kind for Alzheimer’s.

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Israeli Scientists Find ‘Green’ Mediterranean Diet Reduces More Visceral Fat

Visceral fat is linked to age related diseases like heart disease, dementia and 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](#)

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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