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Hello,

This week we learn how a popular food dye could lead to digestive and bowel problems and about a popular dietary supplement that could increase our risk of heart disease. We also learn how time spent in nature could help combat Alzheimer's and Parkinson's diseases and get a look back at five major things we learned about Alzheimer's in 2022.

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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**Time with Nature May Help Combat Alzheimer's and Parkinson's Disease**

A recent Harvard study finds that regular exposure to natural environments could benefit those suffering from Alzheimer's and Parkinson's disease

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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](#)



**Study Says Food Dye Red 40 Can Trigger Bowel Problems**

A new study indicates that the food dye "Red 40" may be linked to bowel diseases, Crohn's disease and other digestive problems

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**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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**Antioxidant Supplement Linked to Deadly Heart Disease & Stroke, New Study Finds**

New research indicates that beta-carotene supplements may increase risk of heart disease and stroke

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**Here are five things we learned about Alzheimer's in 2022**

A look back at five things researchers discovered about Alzheimer's and cognitive decline over the last year

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