

Global Healthspan Policy Institute

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Hello,

This week we learn about several foods to avoid if you have macular degeneration, how inflammation could be linked to cognitive decline and how intervals of intense exercise could help protect our brains from aging. We also learn about eight recent trends in longevity research.

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.

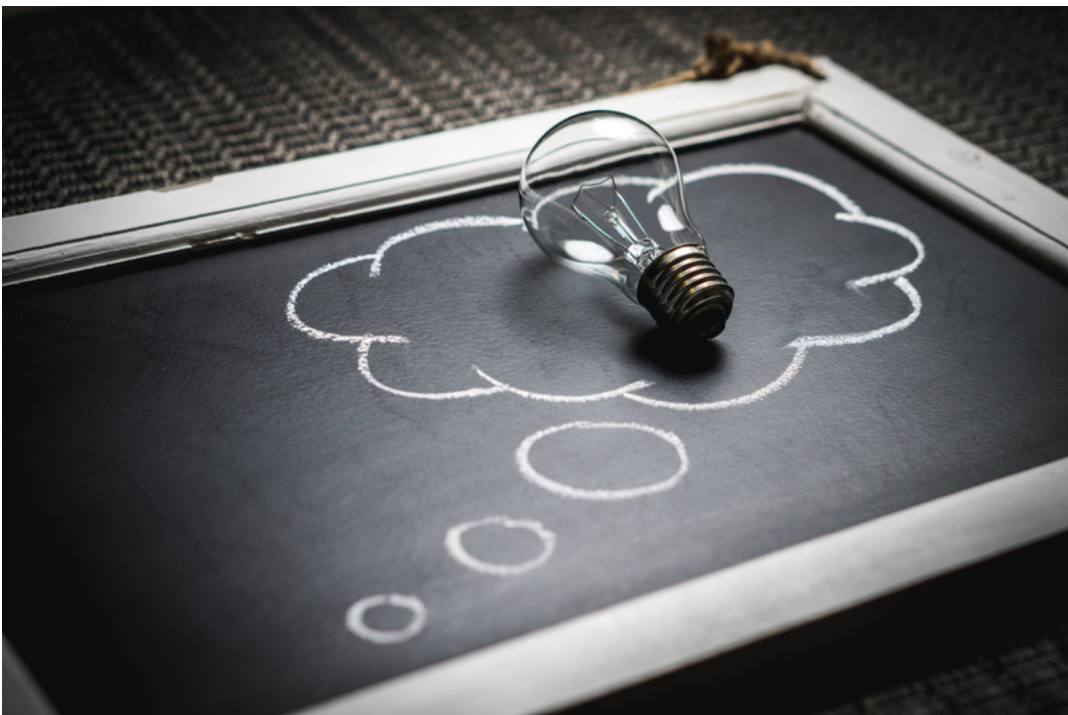
Edwina Rogers, CEO  
Global Healthspan Policy Institute



**Foods to avoid with macular degeneration**

Doctors recommend avoiding several types of foods if you have macular degeneration

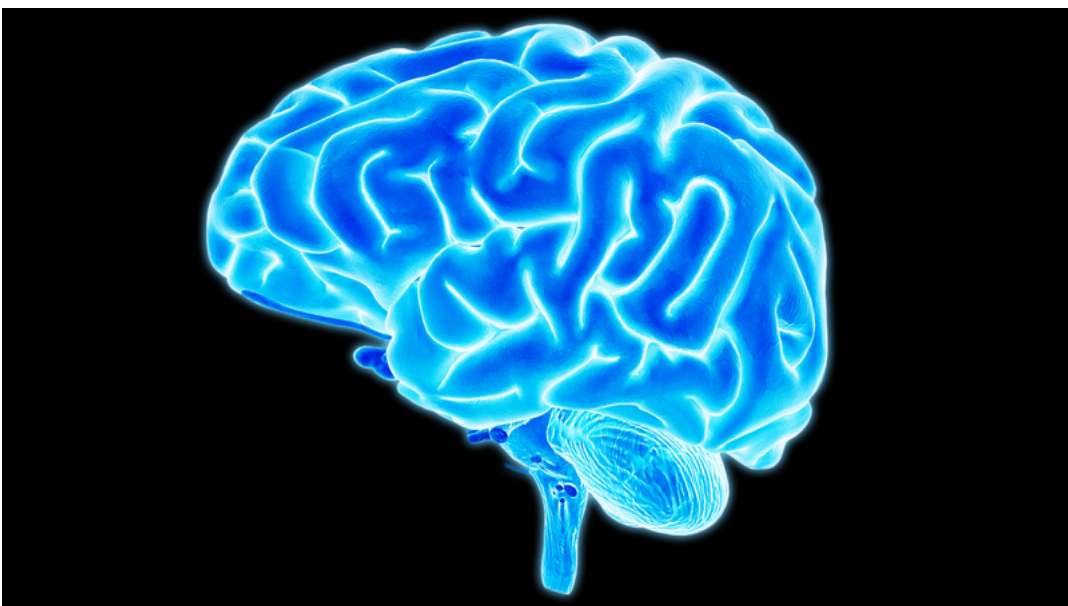
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**Scientists Share 8 Recent Trends in Longevity Research**

A look at the most recent trends in longevity research, including the difference between healthspan and lifespan

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**Fresh Insights Into Inflammation and Aging Brains**

A new study by Harvard researchers suggests a link between inflammation and cognitive decline as we age

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**Six minutes of vigorous exercise helps protect the brain from aging**

More research is needed to understand exactly how often the exercise is needed and how it works, but the link is promising

[Read more](#)



**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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