



Hello,

This week we learn about a link between alcohol consumption and dementia, how sleep medications have been linked to dementia risk and how a large study confirms that ideal cardiovascular health will help us live longer. We also learn how psychedelics affect our brains, in both positive and negative ways.

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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**Study presents unexpected — and complicated — findings on link between alcohol and dementia**

According to a recent study of nearly 4 million South Koreans, limiting alcohol consumption to less than one or two drinks per day decreases the odds of developing dementia

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**Could sleep medications increase dementia risk?**

According to the CDC there is a correlation between the use of sleep medications and dementia.

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**Ideal cardiovascular health can help people live longer: Study**

A study featuring a notably large sample size confirms that maintaining ideal cardiovascular health will help you live longer

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**Psychedelics Open Your Brain. You Might Not Like What Falls In**

Studies show that while psychedelics do help rewire our brains and increase neuroplasticity, but that's not necessarily a positive

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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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