

Global Healthspan Policy Institute

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GLOBAL HEALTHSPAN POLICY INSTITUTE

Hello,

This week we learn how a diet rich in olive oil can benefit our health, how a common diabetes drug could extend our lives and we learn about a dietary supplement that can reduce biomarkers for neurodegenerative diseases. We also learn how ensuring we maintain adequate Vitamin D levels can help us live longer.

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.

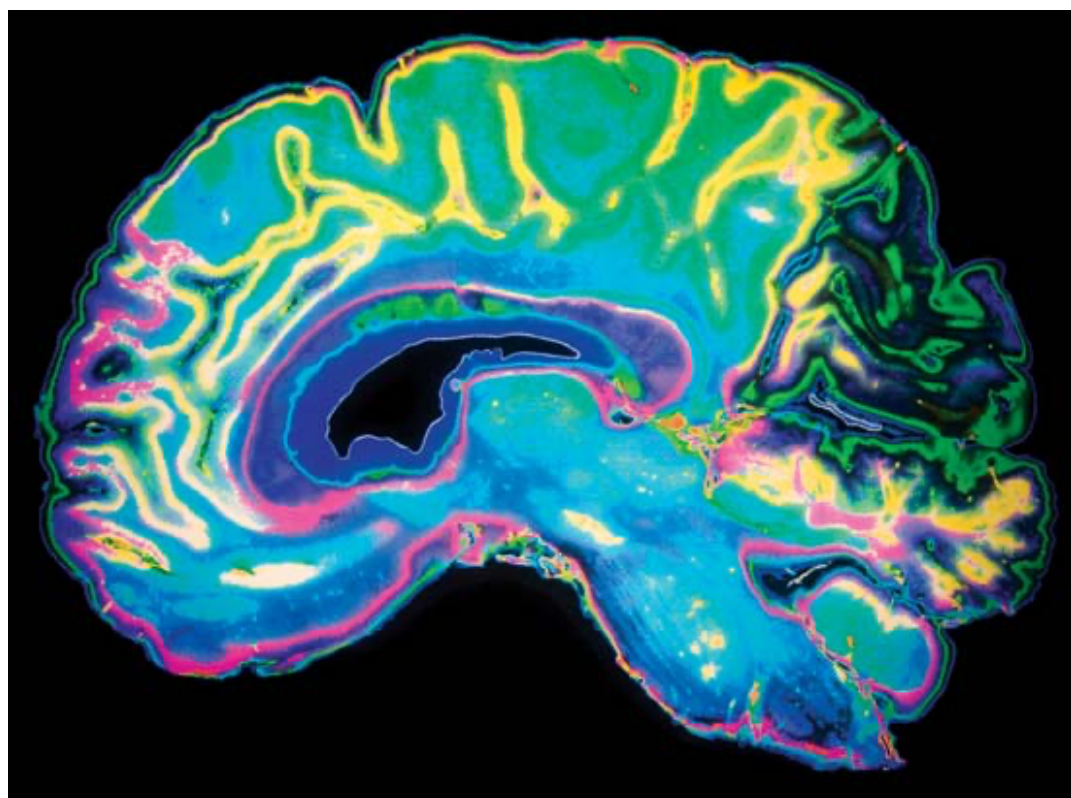
Edwina Rogers, CEO
Global Healthspan Policy Institute



Metformin for Longevity – How to Extend Your Lifespan

Studies continue to show life extension benefits from taking Metformin, a common and popular diabetes drug

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Researchers link supplement to reduced biomarkers of Alzheimer's in the brain

A new study indicates that a naturally occurring dietary supplement can enter the brain and reduce biomarkers for neurodegenerative diseases

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Taking Vitamin D may just save your life

New research shows that Vitamin D deficiency may significantly reduce our risk of early death, for a number of reasons.

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Here's why olive oil is so good for your health

A diet rich in olive oil may yield numerous health benefits, according to ongoing studies.

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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

3/26/2023 - 3/27/2023

[Longevity Nation](#)

Bar Ilan University, Israel



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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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