

Global Healthspan Policy Institute

[View this email in your browser](#)



Hello,

This week we learn how Vitamin D can aid in cognitive function, how increasing intake of Omega-3s can reduce inflammation and why the 'Harvard diet' could set the standard for living a healthier, longer life. We also learn about a new stem cell therapy that may dramatically reduce the chances of heart attack or stroke in heart failure patients.

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



**Higher Brain Vitamin D Concentrations Tied To Better Cognitive Function, New Study Says**

A new study indicates that maintaining higher vitamin D levels in the brain can improve cognitive function and potentially reduce the risk for age related declines [Read More](#)



**The 'Harvard diet' may be the standard for living a long and healthy life—here's what to know**

The "Harvard diet" is based on Harvard's Healthy Eating Plate, which focuses on fruits, vegetables and healthy grains and proteins [Read More](#)



**A single injection of stem cells slashes risk of heart attack or stroke by 58%**

A new stem cell therapy may dramatically reduce the risk of heart attack or stroke in patients with heart failure [Read More](#)



**If You're Struggling With Inflammation, You May Need More Omega-3s**

Research indicates that Omega-3s can help reduce inflammation and reduce symptoms of multiple age-related conditions [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**

3/26/2023 - 3/27/2023

[Longevity Nation](#)

Bar Ilan University, Israel



**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.

