



Hello,

This week we learn how spending more time outdoors can help us live longer, how calorie restriction may have anti-aging benefits and how showering for shorter periods could be good for skin health as we age.

We also learn how Type 2 Diabetes has been linked to poor diet in 14 million cases from 2018.

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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The power of nature: How spending time outdoors can benefit your mental health

Spending time outdoors is an effective way to preserve and improve our mental health—which helps us live longer lives.

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Less Is More: The Diet Strategy Proven To Slow Aging in Healthy Adults

Calorie restriction has shown evidence of slowing biological aging in a randomized human trial.

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Here's How Long Your Shower Should Really Take, According to a Doctor on Aging

an anti-aging doctor suggests limiting shower time to 10-15 minutes to protect the skin as we age.

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Type 2 diabetes linked to diet of too many 'bad' carbs, too much meat

New research indicates that poor diet has been linked to 14 million cases of Type 2 Diabetes in 2018.

[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

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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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