

Global Healthspan Policy Institute

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Hello,

This week we learn how biological aging could be more dynamic than previously understood, how red light therapy may help with healing and wrinkles and how simply maintaining a positive attitude toward aging could help recovery from cognitive decline. We also learn some great tips to help combat age-related insomnia.

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.

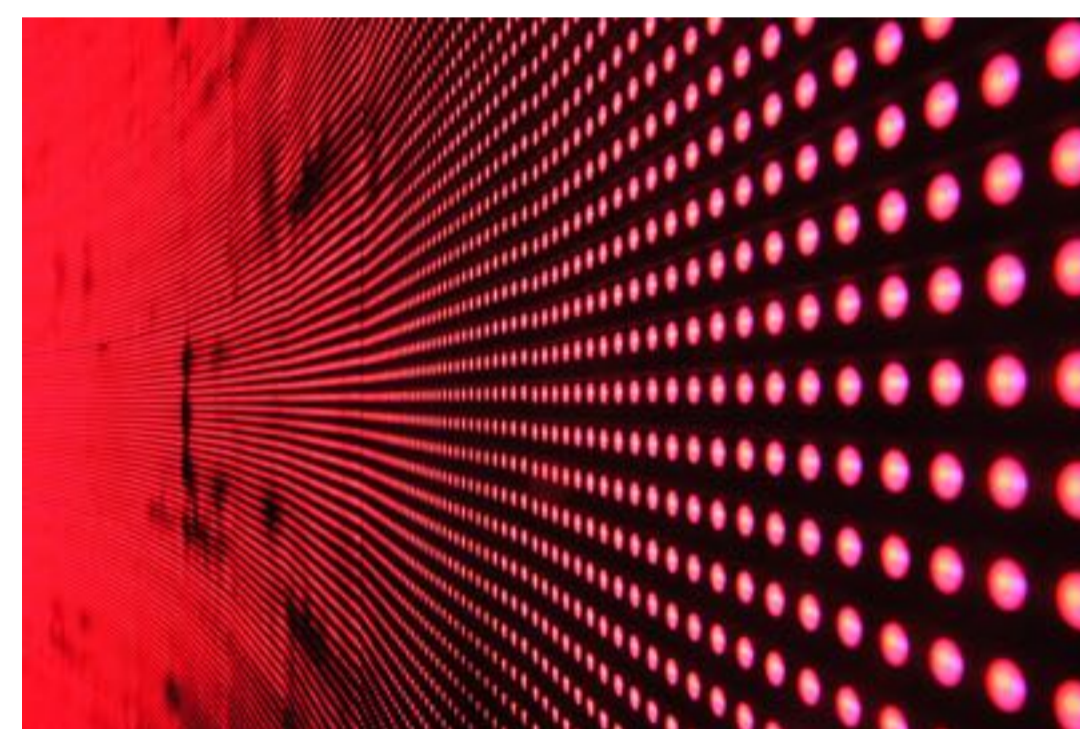
Edwina Rogers, CEO
Global Healthspan Policy Institute



The promising weirdness of biological age

New research indicates that biological age may actually fluctuate up and down based on stress and other factors.

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Red Light Therapy Offers a Slew of Unexpected Health Benefits, From Healing Cold Sores to Reducing Wrinkles

Red light therapy has been studied in numerous ways over the years, and may yield some benefits.

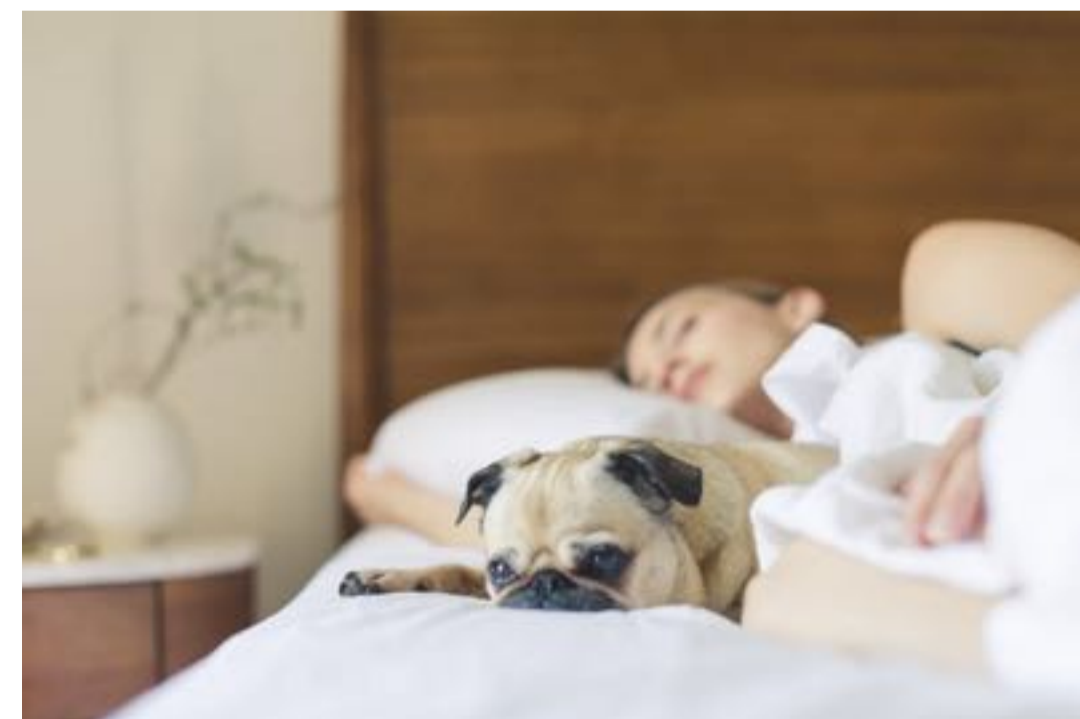
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Having a Positive Attitude to Aging Could Help Reverse Cognitive Decline

A new study indicates that people with positive attitudes toward aging have a greater likelihood to recover from cognitive decline.

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Yes, Sleep Patterns Change In Older Age. Combat Insomnia With These 5 Tricks

Learn some great tips to help get better sleep as we age.

[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.

