



Hello,

This week we learn how hyperbaric oxygen chambers can affect the aging process, how scientists are using CRISPR to study a tiny fish to learn about aging, and we learn how some foods support healthy aging. We also learn how poor quality sleep can accelerate brain aging.

We also learn about a new study that counters long time thinking on the connection between telomeres and longer life.

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



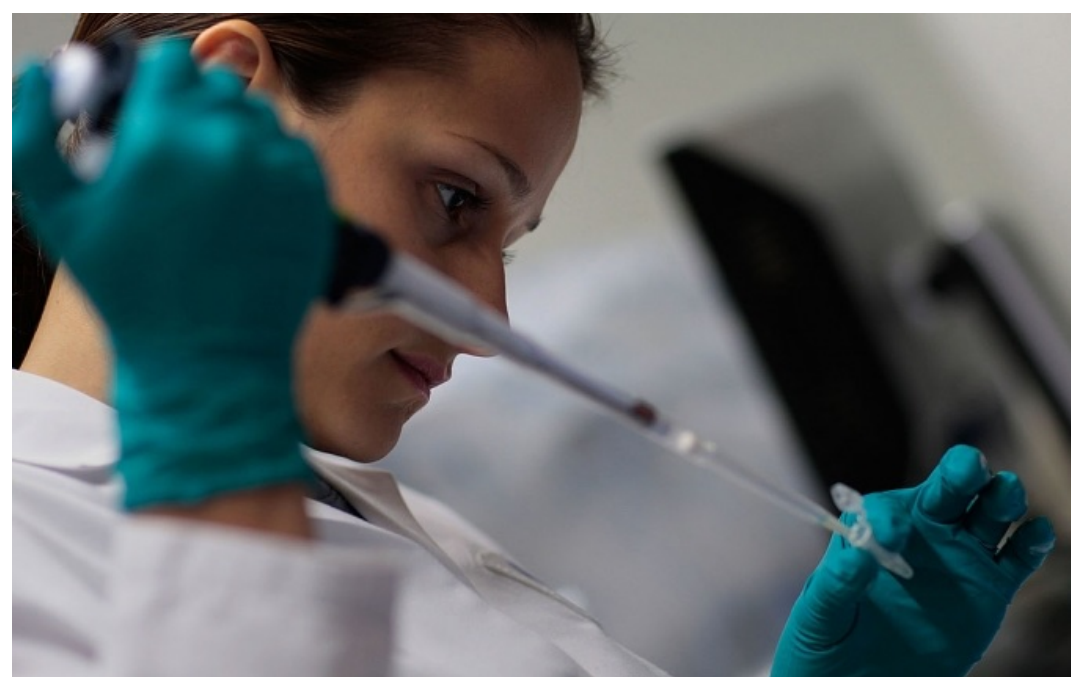
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Which foods support aging?

A look at some of the best foods to support healthy aging

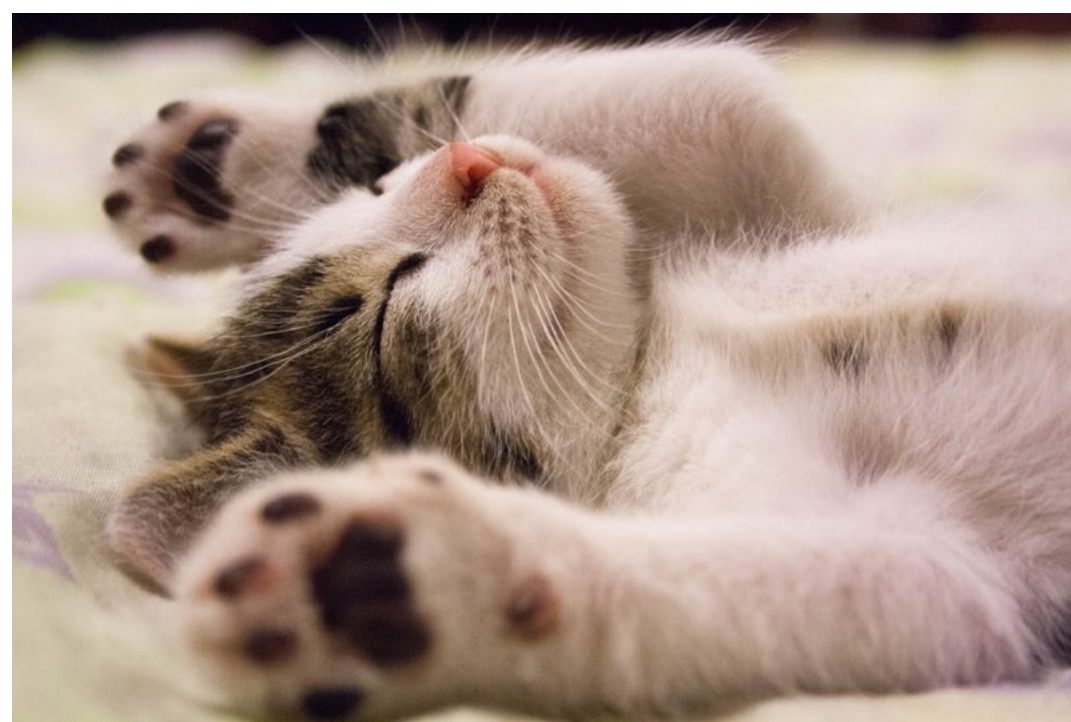
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To study aging, researchers give killifish the CRISPR treatment

The killifish has become a promising research model for studying aging due to how quickly it reaches old age

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Neuroscience research links sleep problems to accelerated brain aging in older adults

New research indicates that poor quality or fragmented sleep are associated with accelerated brain aging

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The seemingly magical powers of hyperbaric oxygen chambers – too good to be true?

A close look at hyperbaric oxygen chambers and their effects on aging

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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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