

Global Healthspan Policy Institute

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Hello,

This week learn how moderate alcohol intake may have heart benefits after all, but that it could also have other negative health impacts. We also learn how an ingredient used in popular energy drinks may have anti-aging properties and how vitamin K can benefit older people.

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



More evidence moderate drinking is good for your heart. Also: a reason.

For the first time, researchers are beginning to identify why moderate alcohol consumption may have cardiovascular benefits.

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Any amount of alcohol could increase risk of over 60 diseases: study

An Oxford University study has found links between alcohol consumption and over 60 diseases.

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Want To Slow The Aging Process And Live Longer? Studies Suggest An Energy Drink Ingredient May Be The Key

Don't start chugging Redbulls just yet, but one of the key ingredients may have anti-aging benefits.

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Unlocking the key to healthy aging: the influence of vitamin K on the diet-microbiome-health axis

Increased vitamin K may have extensive benefits for older people.

[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.

