

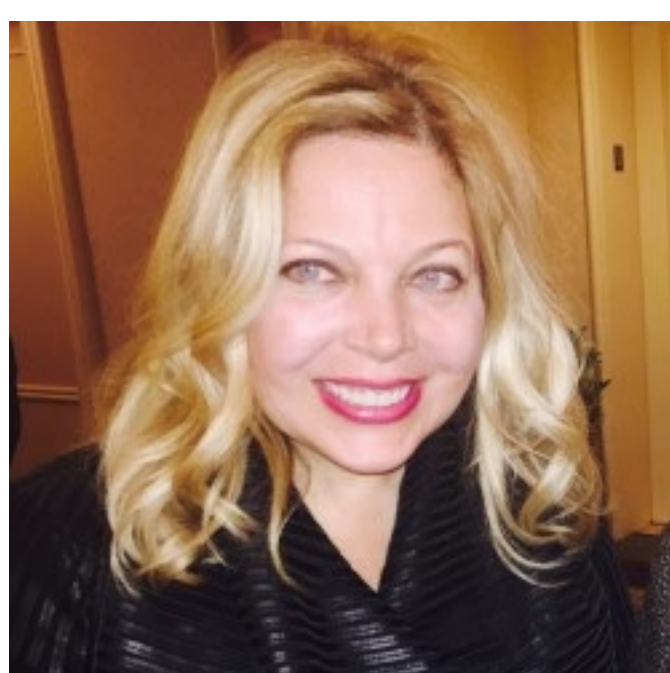


Hello,

This week we learn about a new study that looks into the impact of weight stability as we age, a new series that examines "Blue zones", where people tend to live significantly longer than other areas, and we learn how Microplastic exposure can impact our health. We also learn about a new study that examines the optimal temperature for the most restful sleep.

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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Study reveals one thing to focus on if you want to live to 100

A new study indicates that one of the most important things to watch out for as we age are sudden signs of unexplained weight loss

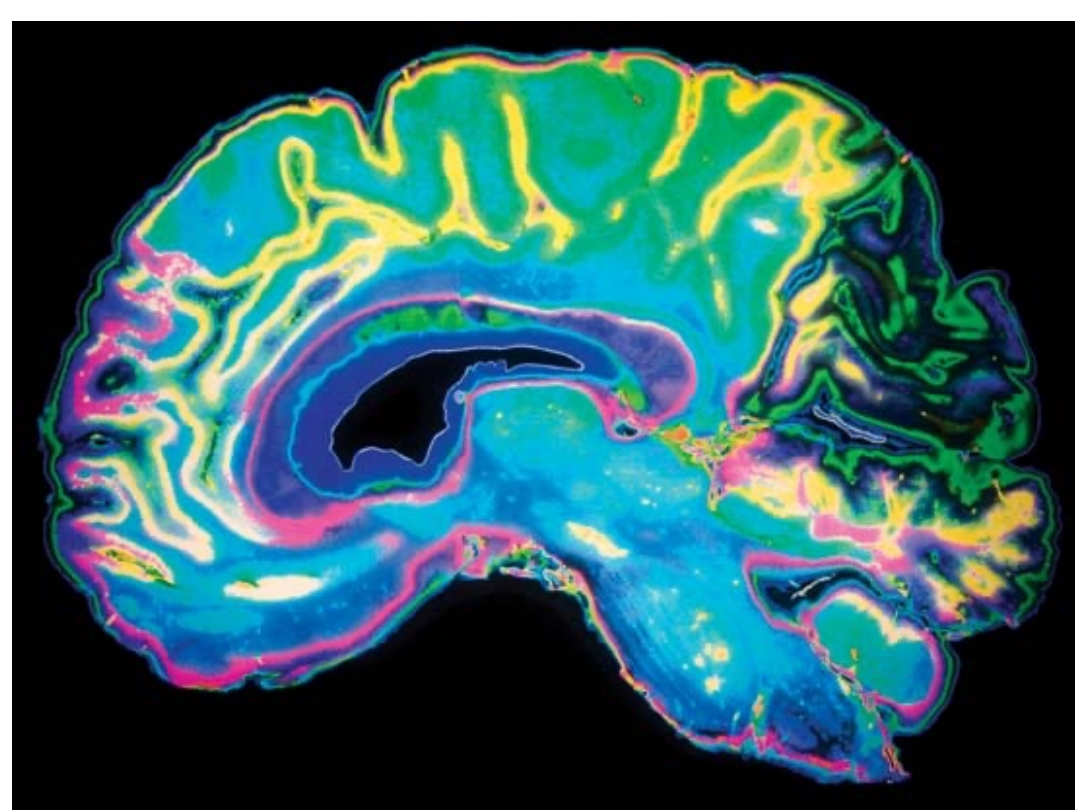
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Longevity expert shares tips on living to 100 "and feeling good the whole way"

A new series on Netflix showcases "Blue zones", areas where people tend to live longer than others, and examines what makes lifestyles different there.

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Microplastic exposure linked to changes in behavior and brain alteration

Researchers have found a link to a variety of diseases and health conditions associated with exposure to microplastics, including Alzheimer's.

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Scientists discover the optimal temperatures for more restful sleep

A new study indicates that there is an optimal temperature window for better sleep, and it varies for every individual.

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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

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Upcoming Events

[ARDD 2023](#)
August 28 - September 1, 2023
University of Copenhagen

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