

Global Healthspan Policy Institute

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Hello,

This week we learn about a new diet that could help protect heart health, how we may not really need 10,000 steps per day to stay healthy after all and whether or not we should consume alcohol. We also learn how high blood glucose levels in stroke survivors could lead to higher risk for cognitive decline.

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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Heart-Protective Diet in PURE Study Allows Whole-Fat Dairy

Somewhat unexpectedly, a newly recommended heart-protective diet allows for whole fat dairy while still maintaining cardiovascular benefits

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A New Study Breaks the Myth of 10,000 Steps per Day: This is the New Magic Number

The new study indicates that even just 2,500 steps per day can reduce the risk of dying from cardiovascular disease

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High blood glucose accelerates cognitive decline in stroke survivors

New research published in JAMA Network Open indicates that glucose management in stroke survivors may be critical in preventing cognitive decline.

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Just how bad is alcohol? Eight experts weigh in on the risks and supposed benefits of drinking

According to research from doctors and nutritionists, abstaining from alcohol is best, but light consumption is ok for most people

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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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