



Hello,

This week we learn how friendship and social activity help us stay healthy, whether or not taurine has any anti-aging benefits, and how an abnormal stem cell signal could be the cause of bone loss as we age. We also learn more about why it can be more challenging to get a good night's sleep as we age.

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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Having friends is as important as diet and exercise for living longer, a longevity expert says

Research suggests that social interaction is good for us, and not just for our mental health.

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Does Taurine Really Slow Down Aging? We Asked Scientists

New research examines what benefits, if any, really come from taurine, one of the main ingredients in popular energy drinks.

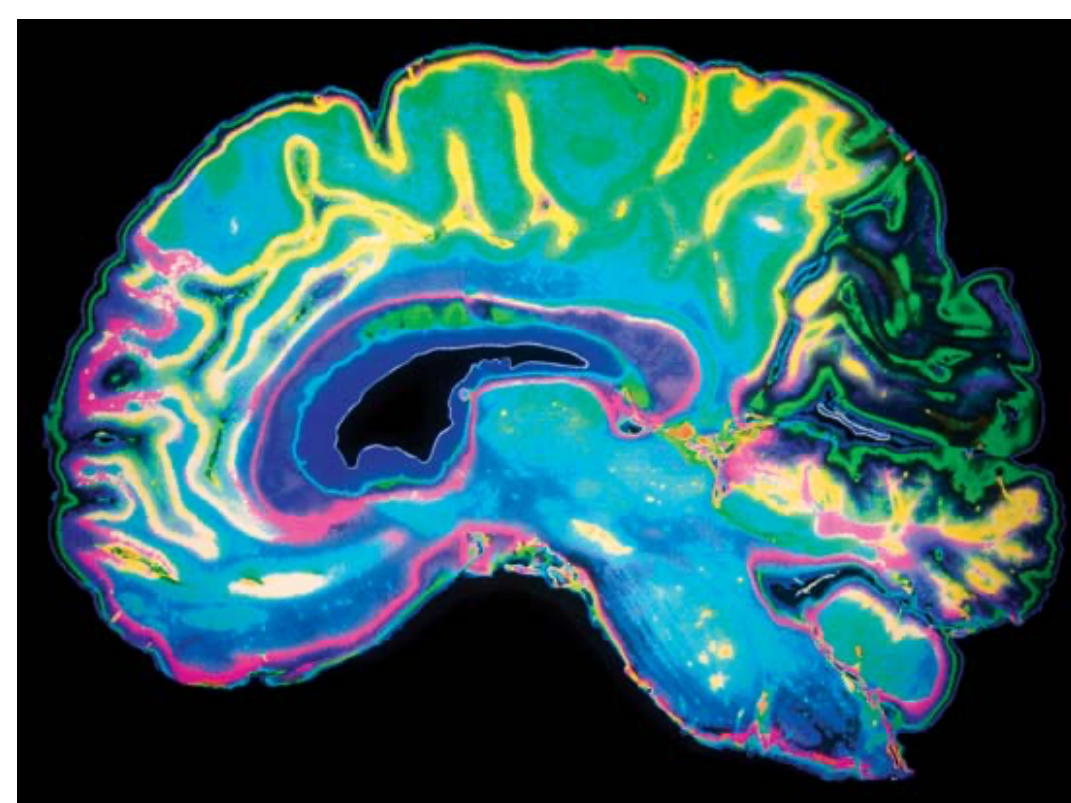
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Blocking Abnormal Stem Cell Signal During Aging Lessens Bone Loss

A new study in mice indicates that a cellular signal that develops and repairs the skeleton increases abnormally as we age.

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Unveiling Sleep Secrets – How a Tiny Brain Nucleus Impacts REM Sleep and Aging

A new study is helping scientists better understand why sleep often becomes more difficult as we age.

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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.

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Upcoming Events

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