

Global Healthspan Policy Institute

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Hello,

This week we learn about 5 habits that are necessary for mental and physical health, how using fragrance at night can boost cognition, how artificial sweeteners may increase cardiovascular risk and we learn about a new drug designed to treat a dangerous form of cholesterol.

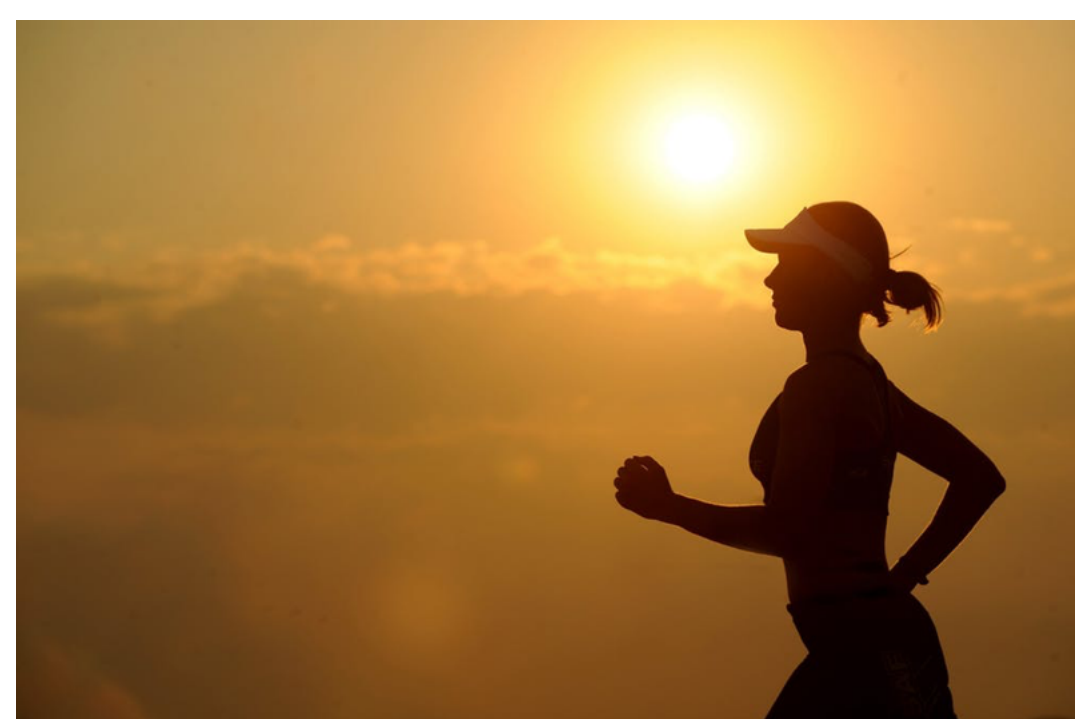
Are you part of a health or life extension research organization? Our coalition has grown to over 90 member groups, including 25 major US organizations and 16 major international groups. We hope your organization will be next! Check below to find a link to join our coalition quickly and easily.



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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Neuroscientist Andrew Huberman says these 5 daily habits are key to optimal mental and physical health

Find out why sleep, sunlight, movement, nutrition and social connections are so important to our overall mental and physical health.

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A Whiff of Genius: Simple Fragrance Method Boosts Cognitive Capacity by 226%

A new study from UC Irvine indicates that simply allowing a single fragrance to waft through your bedroom at night can increase cognitive capacity by over 200%

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Artificial Sweeteners Increase Cardiovascular Risk

New research indicates that artificial sweeteners may have a significant negative influence on cardiovascular disease.

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A "Silent Killer" With No Treatment – Scientists Develop Game-Changing Drug

A new drug is the first treatment for Lipoprotein(a), a type of cholesterol that increases risk of cardiac arrest and stroke.

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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](#)

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