



Hello,

This week we learn how a Mediterranean diet could help slow biological aging, how multivitamins could have promising benefits for cognitive health and how new therapies could be developed by studying the skin microbiome. We also learn about new research from the UK Biobank that explores disparities in dementia risk.

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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Mediterranean diet high in polyphenols linked with slower biological aging

According to a new clinical trial, eating a Green Mediterranean diet is associated with slower biological aging.

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A neuroscientist who studies the aging brain says he started taking multivitamins because of his own research

While nutrient rich food is still considered the best way to consume vitamins, minds are changing on how multivitamins could help the aging brain

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Could Skin Microbiome Transfer Slow Aging?

New research shows promising results that could lead to intriguing new therapies.

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Insights on disparities in dementia from the UK Biobank study

New research explores racial/ethnic disparities in dementia risk in new UK Biobank study

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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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