



Hello,

This week we learn how intermittent fasting can improve cognitive health, how too much exercise might contribute to accelerated aging and how eating more wasabi could boost cognitive health. We also learn how 5 major personality traits can influence dementia risk.

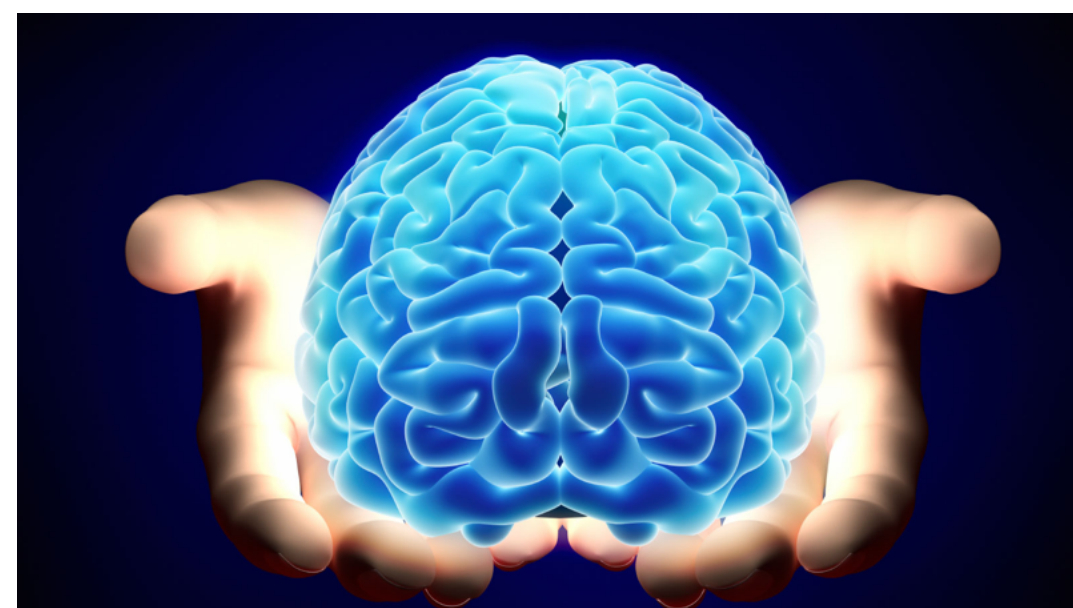
Are you part of a health or life extension research organization? Our coalition has grown to over 90 member groups, including 25 major US organizations and 16 major international groups. We hope your organization will be next! Check below to find a link to join our coalition quickly and easily.

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



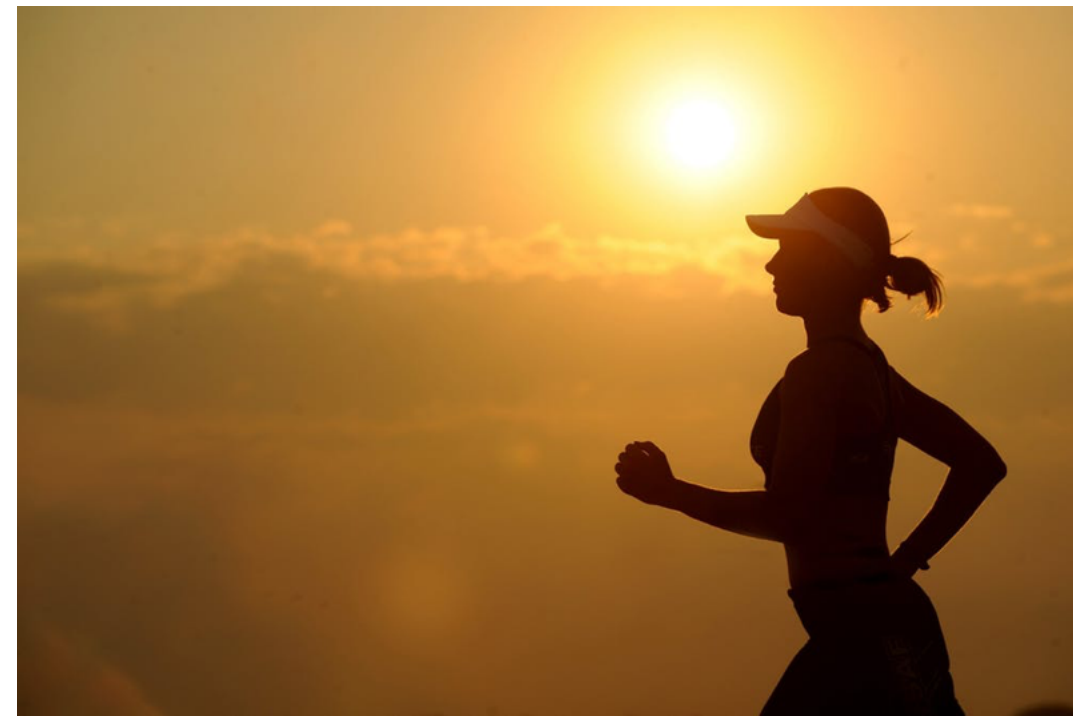
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Can wasabi boost cognitive health as we age?

Researchers in Japan have found that wasabi can improve cognitive health while we age

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Can too much exercise actually speed up aging? What researchers say

According to a new study by Scandinavian scientists, too much exercise may actually speed up the aging process.

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How the 'Big 5' Personality Traits Influence Dementia Risk

Researchers have identified how the "Big 5" personality traits can influence dementia risk as we age.

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Alzheimer's disease risk may be reduced by one simple diet trick, 'bombshell study' finds

In new research, it was discovered that intermittent fasting in mice could reduce the risk of cognitive decline

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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.

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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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