



Hello,

This week we learn how intermittent fasting may help reduce signs of Alzheimer's, now "Normal" cholesterol really might not be good enough, and how mindfulness can help extend our lives. We also learn about a new study that claims to be able to identify which of our organs might fail the soonest.

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



**Fasting could reduce signs of Alzheimer's disease, studies suggest: 'Profound effects'**

Mice that were fed on an intermittent schedule showed numerous health improvements, as well as improved memory.

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**A normal cholesterol level can still be deadly, warns healthy aging expert Dr. Michael Greger**

A new study demonstrates the need to not simply maintain "Normal" cholesterol levels, but to strike for "Optimal" if we want to reduce our chances of heart disease.

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**Five Ways Mindfulness Helps You Age Better**

New research finds that being mindful can improve our health as we age and lead to a longer life.

[Read More](#)



**Researchers find a way to predict which of our organs will fail first**

A Stanford Medicine study has found a way to identify which of our organs is aging faster than the others.

[Read More](#)



**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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