

Global Healthspan Policy Institute

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Hello,

This week we learn about an experimental pill that mimics diet and exercise, how cutting back on one amino acid could lead to longer life, and how over 3 billion people now live with a neurological condition. We also get 5 great tips on healthy aging from a longevity expert.

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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Diet and Exercise in a Pill Are Real: How Mimetics Work

Mimetics are experimental drugs that mimic the effects of exercise and calorie reduction—and they're showing promising results in mice

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Cutting Back on One Amino Acid Increases Lifespan of Mice Up to 33%

Research in mice shows that limiting the intake of Isoleucine, an amino acid, slows the impacts of aging.

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Over 3 billion people now live with a neurological condition: What this means

Researchers hope that awareness of how commonly neurological conditions affect people will encourage investment in brain health and expanded care

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I've spent 20 years studying longevity in Blue Zones: My daily habits for a long, healthy life

Learn 5 great tips on aging from a longevity expert

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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.

[Help us bring new preventions and therapeutics for the benefit of all generations today](#)

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