

Global Healthspan Policy Institute

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Hello,

This week we learn how key environmental and disease factors could be linked to dementia, how sodium is directly linked to heart disease and how intermittent fasting can protect our gut health as we age. We also learn how increased exercise could prevent DNA damage associated with vascular diseases.

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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#### Most people with heart disease consume excessive amounts of sodium, study finds

New research indicates that of people with heart disease, 89% consumed more than twice the recommended allowance of sodium per day

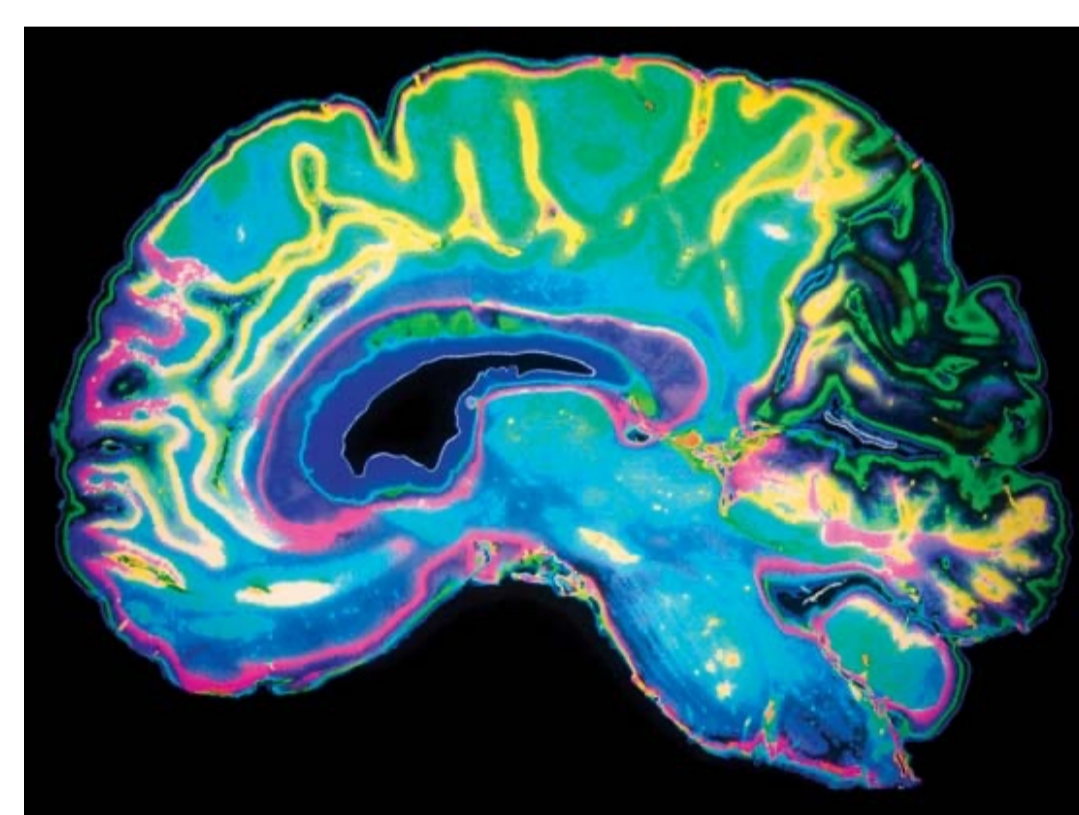
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#### Can intermittent fasting protect gut health as we age?

Multiple benefits to intermittent fasting have been known for some time, but new research indicates that it benefits gut health as we age as well

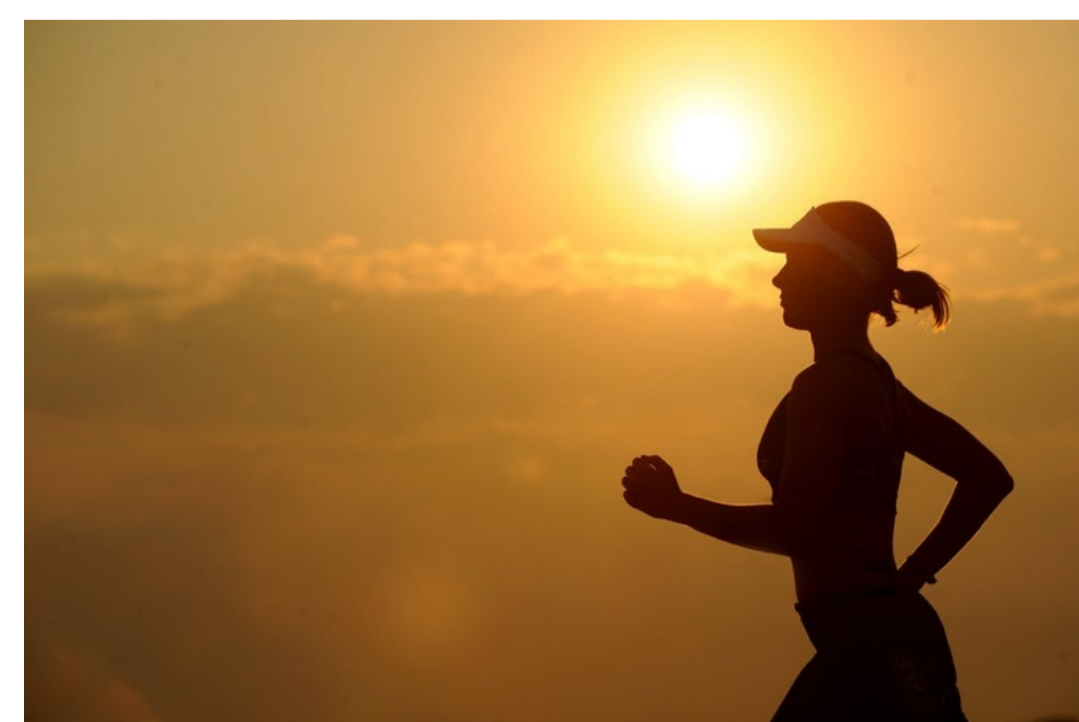
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#### Researchers identify key factors associated with brain aging, dementia risk

New studies indicate that factors like diabetes, alcohol and pollution may be associated with dementia

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#### How exercise might help prevent DNA damage, age-related vascular issues

According to recent research, increased exercise is linked to reduced DNA damage, which protects us as we age

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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](#)

[Join The Coalition Here](#)

#### ***Upcoming Events***

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