

Global Healthspan Policy Institute

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Hello,

This week we learn how heart healthy behaviors can slow biological aging, how popular weight loss drugs may combat aging, and how eating certain foods can slow brain aging. We also get an answer to the question, “How much do genetics influence aging?”

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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Heart healthy behaviors may slow biological aging, research shows

Better heart health may not simply make heart disease less likely, it may slow biological aging as a whole

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How much do genetics influence the aging process?

New research shows that while genetics play a role in aging, lifestyle, environment and life circumstances are much more influential.

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Could drugs like Ozempic and Wegovy help people live longer? Some experts see them as potential longevity pills

Research is beginning to show that these popular weight loss drugs could combat a number of age-related diseases.

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Eating foods with these key nutrients will dramatically slow brain aging

A combination of a variety of nutrients, including fatty acids, antioxidants, vitamin E and others have been shown to slow brain aging

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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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Upcoming Events

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