

Global Healthspan Policy Institute

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Hello,

This week we learn how incorporating a mediterranean diet can extend women's lifespans, learn about a new way to measure aging, and learn about insights into brain aging. We also find out about new research that examines how fat tissue impacts our lifespan.

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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### New Research Finds Mediterranean Diet Cuts Women's Risk of Early Death by 23%

A new study from Brigham and Women's Hospital in Boston continues to show the benefits of a mediterranean diet

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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](#)



### Psychogenic Aging: A Novel Prospect to Integrate Psychobiological Hallmarks of Aging

Psychological factors are major contributors to aging. This new prospect takes it into consideration in ways that haven't been considered before

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### Upcoming Events



### Brain aging research: A need for balance

A new documentary examines how brain aging is measured and possibly mitigated

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### Fat Tissue Plays a Central Role in the Aging Process

New research indicates that as we age, fat tissue undergoes changes that can influence our lifespan

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