

Global Healthspan Policy Institute

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Hello,

This week we learn how blocking a protein related to inflammation may offer life extension benefits, how an experimental antibody treatment was shown to extend the lifespans of mice, and how adopting a diet rich in healthy foods during mid-life can help us age more healthfully. We also learn how making lifestyle changes to delay type-2 diabetes lowers heart disease risk.

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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Delaying diabetes for 4 years via lifestyle changes lowers heart disease, death risk

A new study out of China shows that patients who make lifestyle changes and delay type 2 diabetes are more likely to avoid heart disease

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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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Blocking Inflammation Protein Extends Lifespan

Researchers in the UK have found that inhibiting the protein IL-11 can extend the lifespan of mice by up to 25%.

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A simple monthly injection allows mice to live 25% longer and free from diseases

Testing of the experimental antibody treatment has already begun in humans.

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Nutritious diet in midlife linked to healthier aging

According to a new Harvard study, diets rich in fruits, vegetables and whole grains during mid-life increase our odds of aging healthfully

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