

Global Healthspan Policy Institute

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Hello,

This week we learn how mental wellbeing is related to a longer lifespan, how swapping butter for plant-based oils can help lower our risk for heart disease and diabetes, and we learn about a new study linking rapamycin to delayed ovarian aging. We also learn how aging and longevity research are evolving as the science grows in popularity.

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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Swapping butter for plant-based oils may reduce heart disease, diabetes risk

Research shows that diets rich in plant-based unsaturated fats reduce the risk of heart disease and type-2 diabetes

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Mental health linked to better aging: Cheese and lifestyle matter

A new study shows that good mental wellbeing is linked to a longer lifespan, interestingly, life choices like being active and eating cheese and fruit contribute to mental wellbeing

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Weekly rapamycin pill shows promise in delaying ovarian aging

Recent studies indicate that the drug can delay ovarian aging and potentially extend fertility

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Aging research comes of age

Learn how aging and longevity research are evolving as the science matures, and grows in popularity

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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

[Tokyo Longevity Summit](#)

July 26, 2024

Dragon Gate Hall, Tokyo, Japan

[Longevity Nation](#)

October 28-31, 2024

Bar Ilan University, Ramat Gan, Israel

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