



Hello,

This week we learn how resistance training can provide muscle health benefits as we age, how we can boost vitamin B6 levels to preserve cognitive function and how alcoholism is linked to accelerated aging. We also learn how Rapamycin, a drug often linked to longevity benefits, may be tested for those anti-aging properties.

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



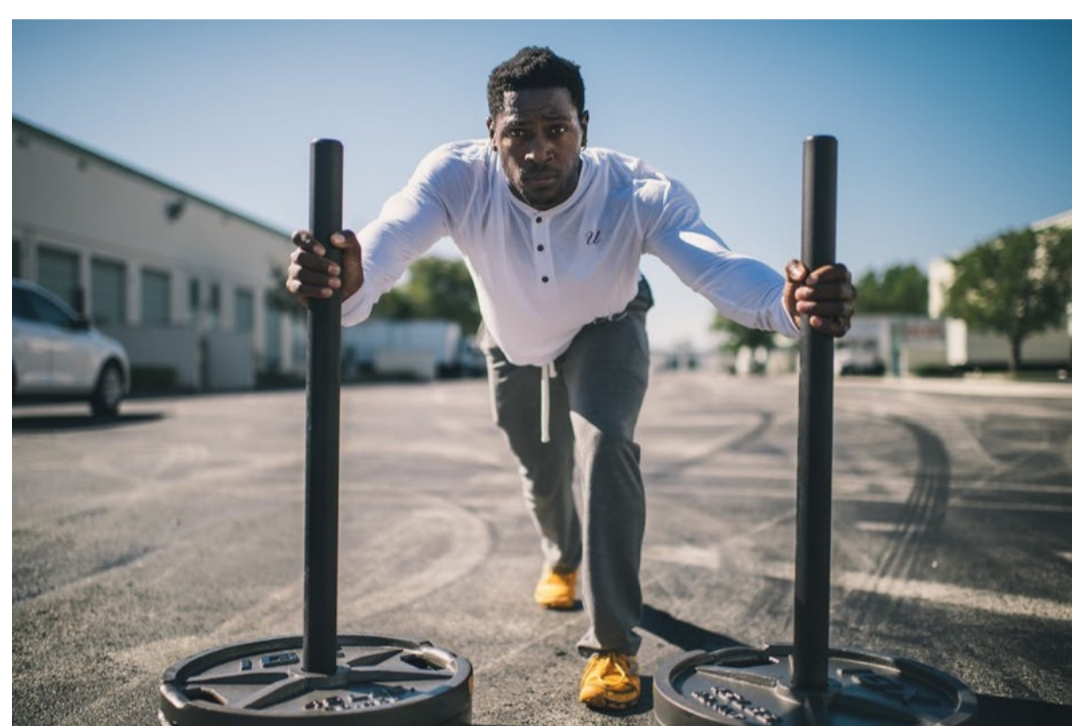
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#### Longevity: Heavy resistance training may have long-term benefits for older adults

A recent study found that just one year of heavy resistance training may help older adults with long-term muscle function preservation

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#### Combining flavonoid with vitamin B6 may help preserve cognitive function

Studies have linked insufficient vitamin B6 to cognitive impairment, and new research may have found a new way to maintain better B6 levels

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#### Rapamycin may slow aging. Here's one way the drug will be tested

Rapamycin has long been linked to longevity benefits, learn how researchers plan to test it

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#### Alcoholism is associated with accelerated biological aging

A new study published in the Journal of Psychiatric Research indicates that alcohol dependence accelerates biological 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

##### [Tokyo Longevity Summit](#)

July 26, 2024

Dragon Gate Hall, Tokyo, Japan

##### [Longevity Nation](#)

October 28-31, 2024

Bar Ilan University, Ramat Gan, Israel