

Global Healthspan Policy Institute

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Hello,

This week we learn how ultra-processed foods can accelerate aging, how just a few minutes of exercise per day can lower blood pressure and how a Mediterranean diet can slow brain aging. We also learn about a new approach to cancer treatment that shows a lot of promise for the future.

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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#### Ultra-processed foods may accelerate biological aging

A recent study out of Italy indicates that ultra-processed foods may accelerate aging

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#### Swedish Scientists Develop New Method To Treat Cancer

Swedish researchers have developed a new method to deliver medication directly to tumor cells, potentially leading to new cancer treatments

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#### Adding 5 minutes of exercise daily may help lower blood pressure

A recent study indicates that as little as 5 minutes more exercise per day can reduce blood pressure, reducing cardiovascular risk

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#### Classic and green Mediterranean diets may help slow brain aging

According to a recent clinical trial, either type of Mediterranean diet can reduce age related brain shrinkage by about 50% over 18 months

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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

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

October 28-31, 2024  
Bar Ilan University, Ramat Gan, Israel