

Global Healthspan Policy Institute

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Hello,

This week we learn how diets heavy in ultra-processed foods can contribute to bowel cancer, how drinking coffee affects your gut microbiome and how just a few minutes of intense exercise per day can dramatically reduce your risk of heart attack. We also learn about two common over the counter supplements that can improve brain health.

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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Common foods 'driving surge in deadly bowel cancer cases – causing chronic gut wounds that won't heal'

New research shows that poor diets, consisting of ultra-processed foods can contribute to bowel cancer

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How might drinking coffee alter your gut microbiome?

Recent studies indicate that coffee consumption affects the gut microbiome - though the health effects remain to be determined

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4 or 5-minute bouts of intense exercise may slash cardiovascular risk

New studies show that just a few minutes per day of intense exercise can dramatically reduce the risk of major cardiac events - especially for women

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Scientists say an over-the-counter supplement can improve brain function in aging adults

A recent twins study indicates that two cheap and readily available over the counter supplements could improve brain function in older adults

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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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