

Global Healthspan Policy Institute

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Hello,

Happy New Year! This week we learn about gene therapy and gene editing, how newly identified cells can identify age-related brain damage, and we learn about diet and exercise strategies that can help lower our biological age. We also learn how a lack of sleep can impact blood pressure and speed up brain aging and cognitive decline.

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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Is it possible for a person to change their genetics?

Exploring the concepts of gene therapy and genetic editing - and how that could help us avoid disease and lengthen our lives

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Key players in brain aging: New research identifies age-related damage on a cellular level

New discoveries from scientists at the Allen Institute could lead to future therapies to slow or manage aging in the brain

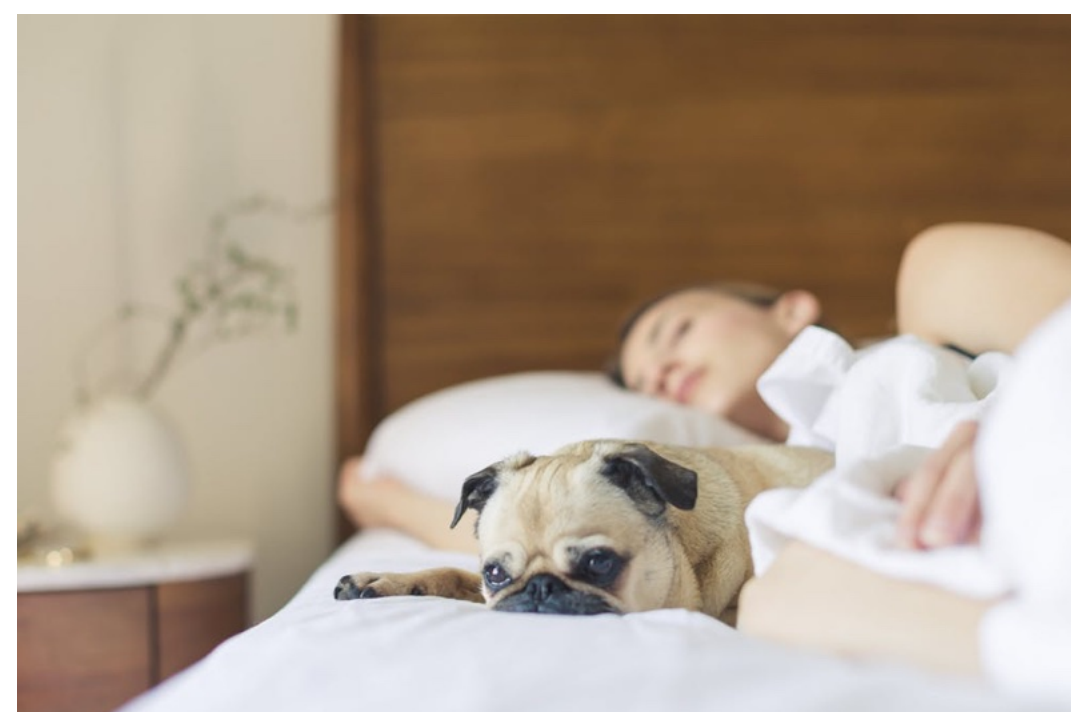
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Diet and exercise strategies that may lower your 'biological age'

Following a plant based diet, increasing activity during the day and regular strength training could slow the aging process

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Insufficient sleep and high blood pressure may raise risk of brain aging

New research finds that regularly getting less than 6 hours of sleep is linked to high blood pressure and increased risk of decreased cognitive function and brain 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](#)

[Join The Coalition Here](#)

Upcoming Events

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