

Global Healthspan Policy Institute

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Hello,

This week we learn how ADHD could impact our longevity, how sparkling water could help with weight loss and how certain medications may reduce risk for dementia. We also learn about the longevity and health benefits of walnuts.

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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ADHD linked to 'astounding' reduction in life expectancy

A new study provides an estimate on life expectancy for adults with ADHD, and the results are surprising

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Drinking sparkling water may help with weight loss, study finds

According to a recent study, drinking sparkling water is a simple thing that we can do to help lose weight

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Can antibiotics, vaccines, and antivirals help lower dementia risk?

According to a new systematic review, drugs like ibuprofen, antibiotics, vaccines and antivirals may help reduce dementia risk

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Studies Say This Is Officially The Best Nut For Anti-Aging

New studies examine the health benefits of walnuts

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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