

Global Healthspan Policy Institute

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Hello,

This week we learn how a common sleep medication could have problematic effects on the brain, how certain types of body fat are linked to Alzheimer's, and how milk and calcium rich foods could reduce the risk of colorectal cancer. We also get a great look at 5 things we can do to extend our lives.

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



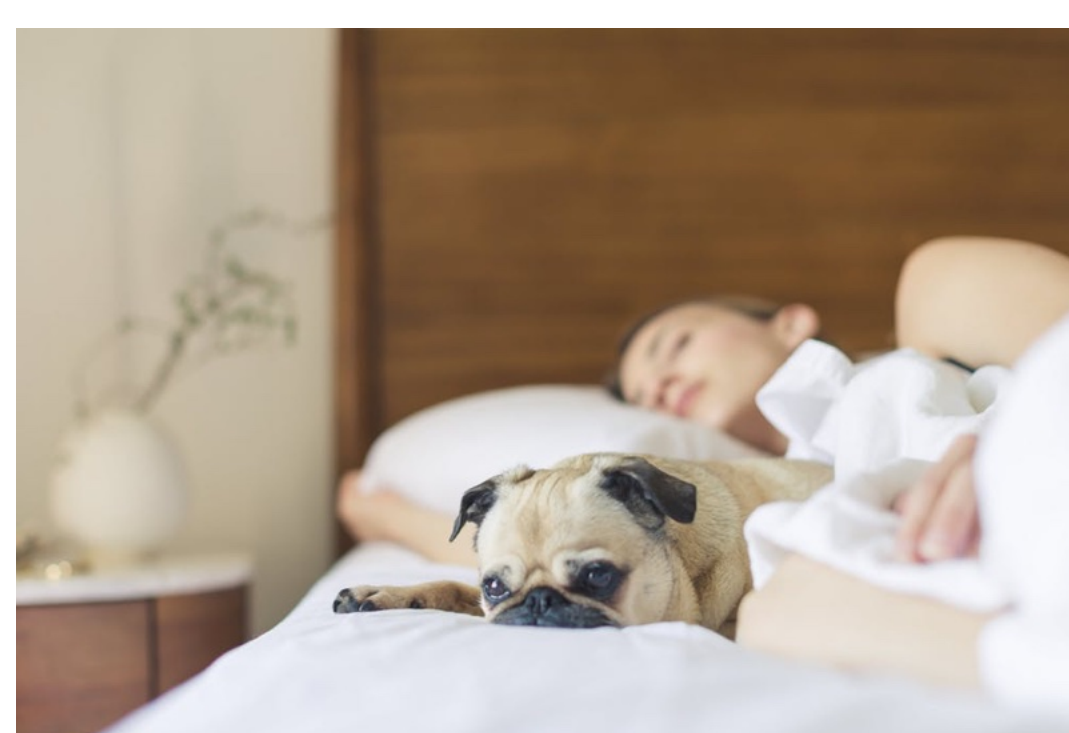
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Common sleep medication may prevent brain from clearing 'waste'

A new study shows that the drug can have similar effects to not getting enough sleep when it comes to the brain removing waste

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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



5 Science-Backed Ways to Live a Longer Life

A look at 5 credible ways to extend your life

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New Study Links Body Fat in Midlife to Alzheimer's Disease Symptoms

New research links a specific type of body fat to Alzheimer's disease up to 20 years before dementia symptoms appear

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Could milk, other calcium-rich foods help lower colorectal cancer risk?

Researchers have found that consuming calcium rich foods could reduce risk of colon cancer

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