

Global Healthspan Policy Institute

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Hello,

This week we learn how microplastics might impact cognitive decline, how popular daily supplements and exercise can slow aging, and we learn about 3 simple things to help extend our lives. We also learn how a plant based diet can be beneficial for healthy aging.

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



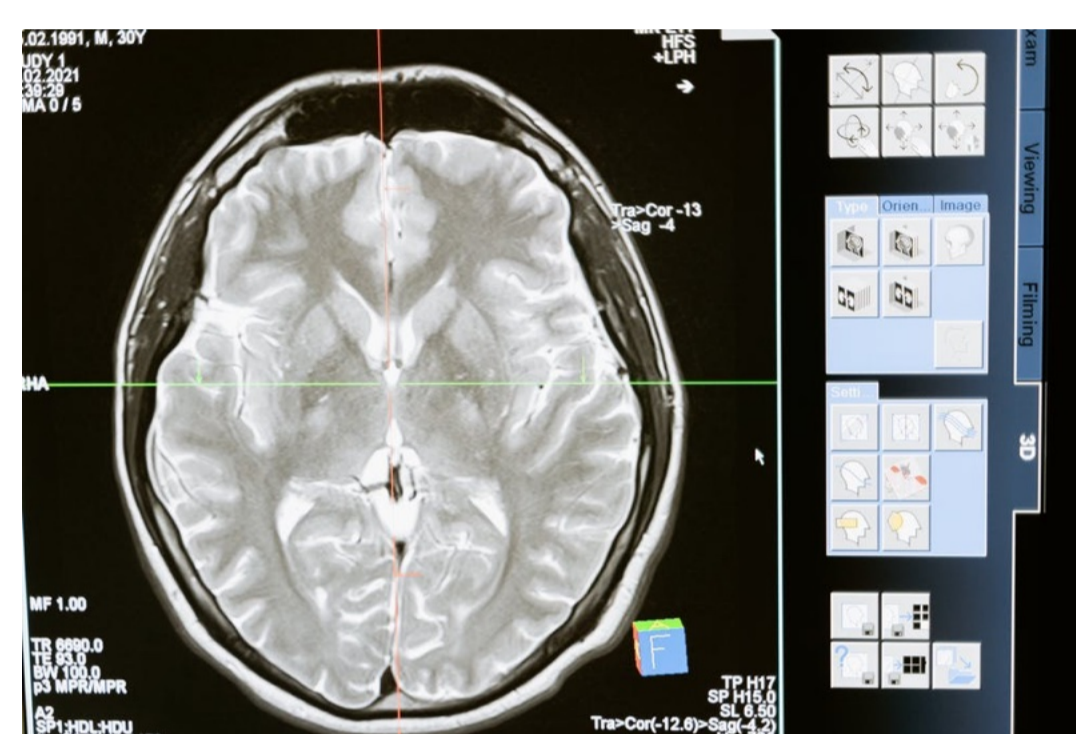
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#### Dementia: Are microplastics accumulating in our brains a risk factor?

While suspected, more research is needed to determine the risk we face from microplastics when it comes to cognitive decline

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#### New study confirms three simple ways to slow biological aging

Learn about simple things we can all do to slow biological aging, according to recent research

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#### Daily omega-3 supplements and regular exercise may slow aging

A recent study shows that regularly taking omega-3 and vitamin D supplements can slow biological aging

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#### More Research Suggests A Plant-Based Diet Is Best For Healthy Aging—But The Blue Zones Have Known That For Years

Recent studies confirm what has already been suspected for some time - plant based diets can aid in healthy 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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