

Global Healthspan Policy Institute

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Hello,

This week we learn how closing the healthcare gender gap will help extend lifespans for women, how diet and exercise are key to longevity, and how intermittent fasting may prevent blood clots. We also learn how a common virus could be linked to Alzheimer's risk.

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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#### International Women's Day: Closing the Healthcare Gender Gap as a Key to Optimize Female Longevity

Dr. Jennifer Pearlman examines the importance of closing the gap on women's healthcare to achieve greater longevity for women

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#### Do diet and exercise hold the keys to longer, healthier lives?

Recent studies confirm that yes, diet and exercise are key components to living a longer life

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#### Intermittent fasting may help prevent blood clots

Researchers have found that intermittent fasting may reduce blood clot risk

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#### Could a Chronic Gut Infection Trigger Alzheimer's?

Early studies indicate that the herpes virus, a common virus that many people carry, may be linked to Alzheimer's risk

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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