

Global Healthspan Policy Institute

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Hello,

This week we learn how vitamin K impacts memory and cognitive decline, how exercise helps older adults beat brain fog, and how an injection used with some MRI's could cause serious health problems. We also learn 3 things that we can all do to live longer, healthier 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



Diets low in vitamin K might impact memory, accelerate cognitive decline

Recent findings point to a link between vitamin K and cognitive health, particularly as we age.

[Read More](#)



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



Want To Live To 100? Experts Reveal 3 Anti-Aging & Longevity Secrets That Can 'Repair Your Body' And Prevent Aging: Prioritize Sleep, More

Learn about 3 great things we can all do to live longer, healthier lives

[Read More](#)



New Research Reveals the Secret to Beating Brain Fog in Retirement

A recent study shows that regular physical activity in retirement may significantly reduce brain fog by stimulating neural activity, improving memory, and enhancing overall cognitive function.

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MRI warning as study says injection could cause deadly material to form in body

While not used in every MRI, this new study shines a concerning light to be aware of before your next MRI

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