

Global Healthspan Policy Institute

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Hello,

This week we learn how a low-calorie keto diet could help people with obesity age, how a plant based diet contributes to healthy aging and how transcendental meditation helps people live longer with less stress. We also learn how taking Omega-3 fatty acids can help keep cells younger.

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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#### Could a low-calorie keto diet help reverse biological aging?

A recent study from Spain indicates that people with obesity who were on a very low calorie keto diet for 180 days showed a reversal in biological aging by 6 years

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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](#)



#### Which dietary patterns are best for healthy aging?

Research shows that increasing plant based foods, while limiting meat and ultra-processed foods is key to healthy aging

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#### Long-term Transcendental Meditation shown to improve stress and aging markers

New studies show that people who engage in long-term practice of transcendental meditation show favorable biological markers for aging and stress

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#### A New Study Says Taking This Supplement Every Day Could Slow Down Aging

A new study shows that Omega-3 fatty acids can help keep our cells younger

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