

Global Healthspan Policy Institute

[View this email in your browser](#)



Hello,

This week we learn about new ways to boost longevity through smarter lifestyle choices. Dr. Joseph Antoun advises cutting certain foods in your 30s, while a new blood test reveals biological age. Studies also highlight a blood pressure-lowering compound in tea and chocolate, and how healthy habits may offset dementia and stroke risks tied to shorter telomeres.

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



[Facebook](#) [Twitter](#) [LinkedIn](#)



A type of flavonoid found in tea and chocolate may help lower blood pressure

While not suggesting that these foods could replace medication for hypertension, researchers are hopeful that the palatability of the foods could yield positive benefits for many people

[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? Skip these foods in your 30s and enjoy them later. Longevity doctor shares surprising diet secret

Dr. Joseph Antoun, Chairman of GHPI shares insights into effective dieting in mid life that can help us live longer and better.

[Read more](#)



New test reveals your biological age from a drop of blood

New research published in *Nature Aging* shows how a simple blood test can reveal how our bodies are truly aging

[Read More](#)



Healthy lifestyles may offset dementia, stroke risk linked to telomere length

Telomere length has long been considered an indicator for longevity, so living healthier and extending the length of telomeres could yield positive health benefits

[Read More](#)

Copyright © 2025 Global Healthspan Policy Institute, All rights reserved.

[unsubscribe from this list](#) [update subscription preferences](#)

