

Global Healthspan Policy Institute

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Hello,

This week we learn about new research that reveals surprising ways to support longevity and brain health—both through what we consume and how we live. We explore how an established diabetes drug may offer protection against dementia, how a daily handful of almonds could promote healthier aging, and how a specific supplement might benefit women’s brains. We also look at a powerful, often overlooked habit—cultivating a sense of purpose—and its role in reducing dementia 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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Metformin Shows New Benefits Beyond Diabetes

Recent findings highlight that metformin—traditionally used to treat type 2 diabetes—may also significantly lower dementia risk and decrease mortality, especially in obese individuals.

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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

Transvision Madrid

International Longevity Summit
October 1-2, 2025

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22 Almonds a Day May Help Extend Your Healthspan

A new study indicates that consuming about 22 almonds daily is associated with improved health markers in aging, suggesting almonds are a simple yet effective way to support longevity.

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A Popular Supplement May Shield Women from Alzheimer’s

A new study shows that a widely used supplement could reduce Alzheimer’s risk in women—highlighting a potentially impactful preventive strategy.

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A Sense of Purpose May Lower Dementia Risk by 28%

Emerging research underscores that individuals with a strong sense of purpose experience approximately 28% lower risk of cognitive impairment and dementia. Cultivating purpose—through connections, goals, or service—could be a powerful, low-cost tool for brain resilience.

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