



Hello,

This week we learn about how coffee may reduce diabetes risk, the surprising downsides of artificial sweeteners, how low vitamin D in IBS patients could signal early brain disease risk, and a list of foods thought to slow down aging.

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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Coffee Linked to Longer Life & Lower Diabetes Risk

A comprehensive review finds that consuming three to five cups of coffee per day is associated with lower mortality and significantly reduced risk of developing type 2 diabetes.

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Common Artificial Sweeteners Linked to Faster Cognitive Decline

A large Brazilian study found that high consumption of artificial sweeteners like aspartame and saccharin correlates with a 62% faster decline in thinking and memory skills—equivalent to 1.6 years of accelerated brain aging. The effect was most pronounced in individuals under 60 and those with diabetes.

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IBS + Vitamin D Deficiency May Predict Alzheimer's & Parkinson's

New evidence suggests that individuals with irritable bowel syndrome (IBS) who also have low vitamin D levels may face greater risk of developing Alzheimer's or Parkinson's in the future. This highlights the importance of gut-brain connections and the role of nutrients like D in neurodegenerative health.

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10 Foods That Researchers Say Can Slow Aging

A recent roundup identifies ten foods—such as berries, fatty fish, turmeric, and foods rich in compounds like fisetin and quercetin—that may help slow aging processes, combat cellular damage, and support long-term wellness.

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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

Transvision Madrid
International Longevity Summit
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