

Global Healthspan Policy Institute

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Hello,

This week we learn about how food influences mood, the damaging effects of poor sleep on the brain, how combining drinks may influence longevity, and about new research into how high-fat diets can impair memory faster than expected.

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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**Poor Sleep May Accelerate Brain Aging**

A study shows that people with poor sleep quality or duration tend to have “older” brains than their chronological age, with systemic inflammation likely playing a mediating role.

[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**

**Transvision Madrid**

International Longevity Summit  
October 1-2, 2025

[Learn More](#)



**4 Types of Foods That Can Boost Happiness & Well-Being in Aging Adults**

Certain food groups—like fruits & vegetables, whole grains, legumes & nuts, and fish—are strongly linked to better mood, life satisfaction, and mental well-being in older adults.

[Read more](#)



**High-Fat Diet May Harm Memory In Just Days**

In mice, a diet high in fat rapidly impaired memory and disrupted hippocampal circuits—suggesting that poor dietary habits can begin damaging brain function much sooner than expected.

[Read more](#)



**Daily Combo of Water, Coffee & Tea Linked to Longevity**

Researchers found that consuming a combined mix of water, tea, and coffee—approximately 7–8 drinks daily—is associated with lower overall mortality compared to low fluid intake.

[Read more](#)

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