GLOBAL HEALTHSPAN POLICY INSTITUTE

Hello,

This week we learn about how diet can boost well-being in aging adults, how education helps slow brain aging, a new discovery about how gut bacteria shape cognitive decline, and how vitamin D may support longevity.

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

Higher Education Linked to Slower Brain Aging Later in Life
New research shows that people with more years of formal education tend to have brains that age more slowly, reinforcing the idea that early-life cognitive enrichment provides long-term protection.
Read more

We're Bringing the Best Research in the World to Congress - and Your Donations Are The Fuel To Our Fire!

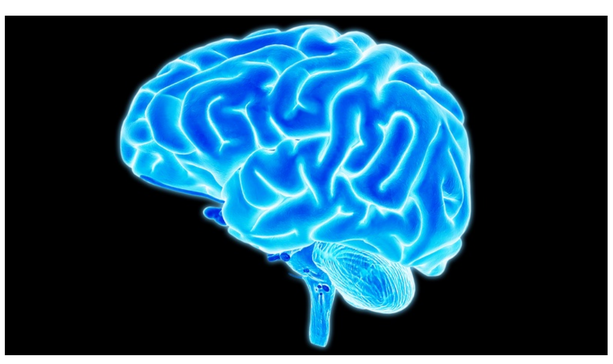
With your help, we're bringing the vision of a world without the spectre of diseases like cancer, heart disease, and Alzheimer's one step closer to reality each and every day. Our team works closely with industry leaders from sectors as far-reaching as biotechnology to gene therapy to pharmaceuticals 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

4 Types of Foods Can Boost Happiness & Well-Being in Aging Adults
A recent study found that higher intake of fruits, vegetables, legumes, whole grains, and fish was strongly associated with greater life satisfaction, mood stability, and overall well-being in middle-aged and older adults.
Read more

Upcoming Events



Gut Bacteria Linked to Faster or Slower Cognitive Decline
A fresh study found that specific gut-microbe profiles are associated with markedly different rates of cognitive aging. Certain bacteria correlated with better memory retention, while others were linked to accelerated decline—suggesting the microbiome may be a key target for preventing dementia.
Read more

3 Ways Vitamin D May Boost Longevity, According to Research
A review of multiple studies indicates that vitamin D may support a longer healthspan by reducing inflammation, supporting muscle health, and protecting cellular aging pathways.
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