

Global Healthspan Policy Institute

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GLOBAL HEALTHSPAN POLICY INSTITUTE

Hello,

This week we learn how sleep may matter more than other lifestyle factors for longevity, the current science on high-fat dairy and brain health, emerging aging biology insights from eye scans, and a surprising immune boost from eating fermented foods.

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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Sleep Is More Important for Longevity Than Diet, Exercise, or Social Ties

New research shows that poor sleep quality is more strongly linked to shorter lifespan than many other lifestyle factors — including diet, exercise, and social connections — underscoring how vital good sleep is for long-term health.

[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](#)



Do High-Fat Cheese and Cream Help Keep the Brain Healthy? What to Know

Scientists are examining whether high-fat dairy like cheese and cream benefit brain health; current evidence suggests mixed results, and experts recommend focusing on broader dietary patterns instead of single foods.

[Read more](#)



Your Eyes Could Reveal How Fast You're Aging, Scientists Say

Researchers have found that retinal scans — which assess the structure of tiny blood vessels in the eye — can serve as a non-invasive biomarker of cardiovascular risk and overall biological aging, potentially helping detect disease earlier.

[ScienceDaily](#)

[Read more](#)



Eating Kimchi Daily May Improve Immune System and Gut Health

A study found that daily consumption of fermented kimchi for 12 weeks helped regulate immune function and support gut health, suggesting that probiotic-rich foods can provide broader health benefits as we age.

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