

Global Healthspan Policy Institute

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Hello,

This week we learn about new validation of longevity “Blue Zones,” a breakthrough in Alzheimer’s research, how heavy drinking affects cancer risk, and which types of exercise may add years to your life.

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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Blue Zones Longevity Claims Backed by Science

A new paper co-authored by GHPI Fellow Dr. Stephen N. Austad confirms that Blue Zones — regions with unusually high numbers of long-lived people — are legit. Researchers used validated demographic data to support these hotspots as powerful models for healthy aging.

[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](#)

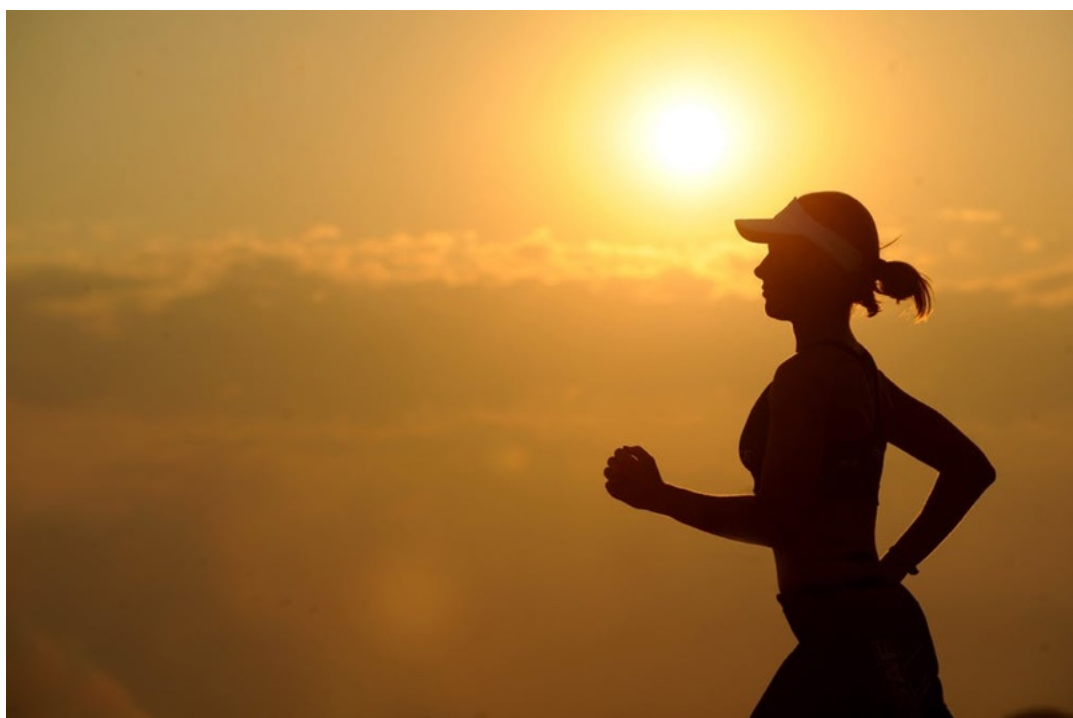
Upcoming Events



Heavy Drinking Tied to Higher Cancer Risk

Regular heavy alcohol use is now strongly linked to colorectal cancer, according to new research. The risk increases even at levels some consider moderate.

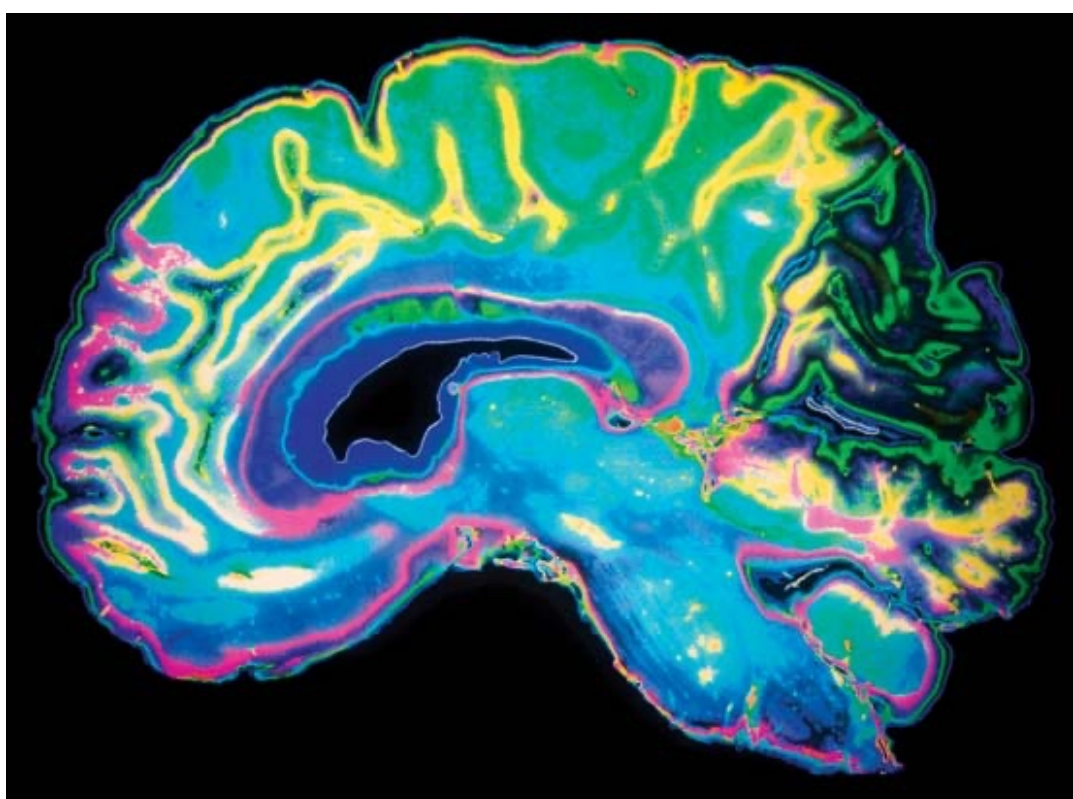
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Best Exercises for Longevity

Not all physical activity is created equal. A new study highlights that aerobic workouts, strength training, and even walking each help extend lifespan — especially when combined.

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A Promising Alzheimer’s Discovery

A Harvard team may have found a way to prevent or reverse Alzheimer’s using low-dose lithium. After 10 years of study, results show reduced brain inflammation and slowed disease progression — a hopeful step toward future treatment.

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