

Global Healthspan Policy Institute

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Hello,

This week we learn about research on how small increases in movement may boost longevity, whether decaf coffee shares the same benefits as regular coffee, new findings showing hormone replacement therapy doesn't increase dementia risk in women, and surprising insights into how a special type of body fat may help regulate blood pressure.

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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Moving Just 5 More Minutes Each Day Could Boost Longevity

A recent analysis found that adding as little as five minutes of moderate-to-vigorous activity to your day — or reducing sedentary time — could significantly lower the risk of death across populations, reinforcing that even tiny increases in movement matter.

[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](#)

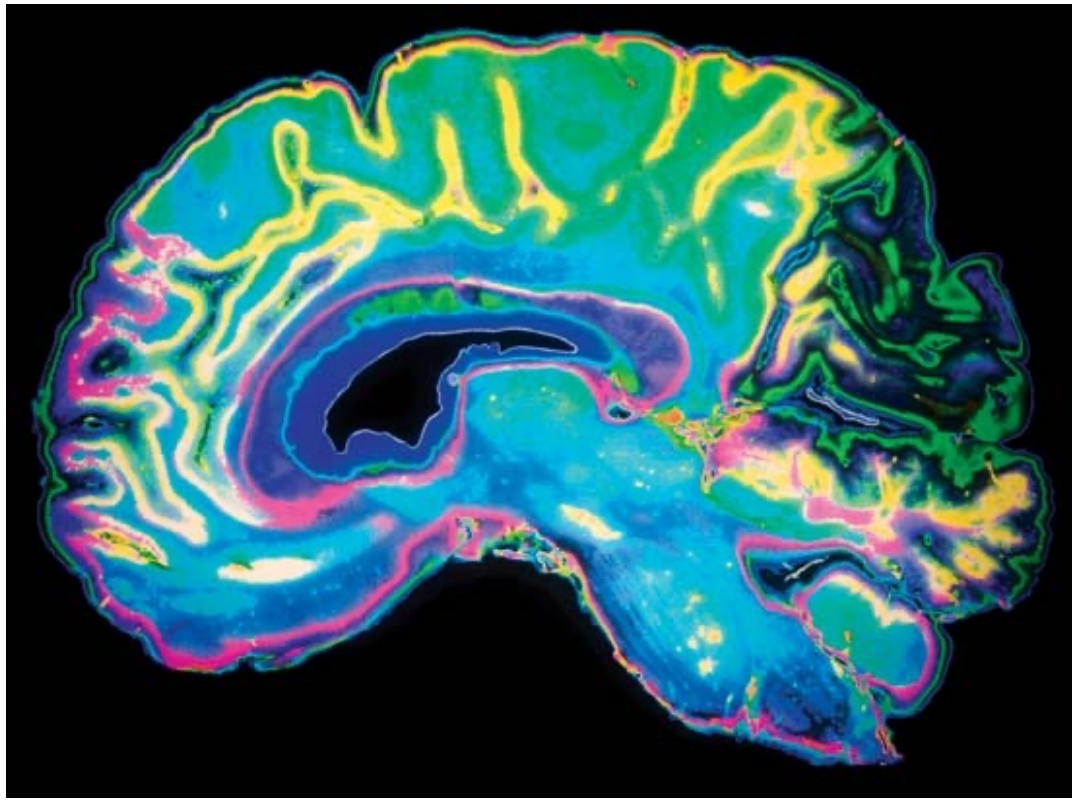
Upcoming Events



Does Decaf Coffee Have the Same Health Benefits as Caffeinated?

Harvard researchers explain that many of coffee's health benefits — such as lower risks of heart disease and certain chronic conditions — may not depend on caffeine itself, because decaf still contains beneficial compounds like polyphenols.

[Read more](#)



HRT Does Not Increase Dementia Risk in Women, Review Finds

A large review of multiple studies involving over one million participants concludes that hormone replacement therapy (HRT) in post-menopausal women neither increases nor decreases dementia risk, helping clarify a long-standing concern.

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Beige Fat May Help Regulate Blood Pressure, Mouse Study Finds

Scientists have discovered that a special kind of fat called *beige fat* — which burns energy — appears to help regulate blood pressure in mouse models, pointing toward new potential therapies targeting vascular health and hypertension.

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