

Global Healthspan Policy Institute

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Hello,

This week's research roundup looks at a possible infection-related clue to Alzheimer's, what the science actually says about NAD "longevity" supplements, how simply shifting your last meal earlier may support heart health, and a promising (but still early) clinical trial using DMT-assisted therapy for severe depression.

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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#### Alzheimer's: Common bacteria found in eye linked to increased risk

A study found higher levels of *Chlamydia pneumoniae* in the retinas of people with Alzheimer's (and the higher the level, the more severe the cognitive decline), suggesting the eye could become a useful window into infection-linked inflammation tied to disease risk.

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#### Longevity: Can NAD supplements really slow down aging?

Experts note NAD+ biology is compelling and may support metabolic/mitochondrial function, but there's still no definitive clinical evidence that NAD+ supplementation slows aging or extends human lifespan—so it's best viewed as "support," not a standalone anti-aging solution.

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#### Stopping eating at least 3 hours before bed may help improve heart health

A randomized trial suggests aligning an overnight fast with sleep—finishing food at least ~3 hours before bedtime and extending the fasting window—may improve cardiometabolic markers like nighttime blood pressure and heart rate.

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#### Psychedelic drug can relieve severe depressive symptoms, phase 2 trial finds

In a small phase 2 trial, a single dose of DMT given with structured psychological support produced rapid reductions in depression severity, with effects lasting months for some participants—encouraging, but still needing larger studies to confirm benefits and risks.

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