

Global Healthspan Policy Institute

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Hello,

This week we look at new research on how artificial sweeteners may impact brain aging, a surprising short-term diet intervention that affects cholesterol, a newly identified compound in everyday foods that may influence longevity, and evidence that aging may not follow a steady decline.

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



**Two-day oatmeal diet may reduce cholesterol for weeks**  
A clinical trial found that just two days of an oatmeal-heavy diet reduced LDL ("bad") cholesterol by about 10%, with effects lasting up to six weeks—likely driven by changes in the gut microbiome.

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**Artificial sweeteners may accelerate cognitive decline, study suggests**

A long-term study found that higher consumption of artificial sweeteners was linked to a 62% faster decline in thinking and memory skills, with effects most pronounced in people under 60.

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**Common plant compound may help extend lifespan and protect the brain**

Researchers identified phytoene—a carotenoid found in foods like carrots and tomatoes—as a compound that improved lifespan and reduced Alzheimer's-related protein toxicity in early models.

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**Aging may not always mean decline, long-term study suggests**

A large longitudinal study found that many adults over 65 actually improved in physical or cognitive abilities over time, challenging the idea that aging is a steady downward trajectory.

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**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](#)

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***Upcoming Events***