

Global Healthspan Policy Institute

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Hello,

This week we learn about how a common dietary habit may quietly accelerate immune aging, how intermittent fasting's benefits may hinge on what happens after you eat, how sleep consistency may influence long-term health and aging, and how daily habits like multivitamin use could modestly slow the aging process.

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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Common Eating Habit May Trigger Premature Immune System Aging, Study Finds

New research suggests that high salt intake may disrupt blood vessel function and effectively "age" the immune system more quickly, linking excess sodium to cardiovascular decline beyond just high blood pressure.

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Intermittent Fasting's Real Benefit May Come After You Start Eating Again

Emerging research indicates that the longevity benefits of intermittent fasting may depend less on the fasting period itself and more on how the body recalibrates metabolically during re-feeding.

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Irregular Sleep Patterns May Accelerate Biological Aging

New findings suggest that inconsistent sleep schedules—not just total sleep time—may negatively impact metabolic health and accelerate biological aging markers over time.

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Daily Multivitamin May Slow Biological Aging

Tracking older adults over two years, researchers found that daily multivitamin use was associated with modest reductions in biological aging, potentially tied to lower risks of cognitive decline and certain diseases.

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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

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