

Global Healthspan Policy Institute

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Hello,

This week we learn about how coffee may support mood through the gut-brain axis, why disrupted daily activity rhythms could affect brain aging, how anemia may be tied to dementia risk, and new research suggesting gut microbiome changes may appear years before Parkinson's symptoms.

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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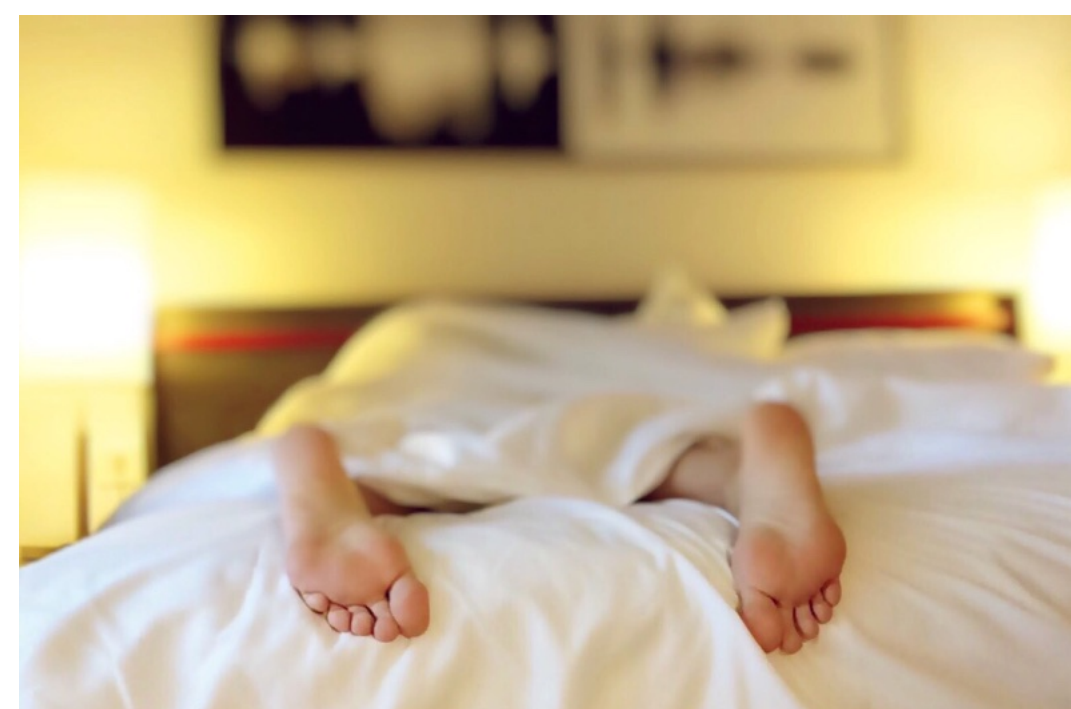
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#### Even decaf can improve mood, brain health, and here's why

A new study suggests both caffeinated and decaffeinated coffee may improve mood and stress levels, with benefits linked to changes in gut bacteria and metabolites.

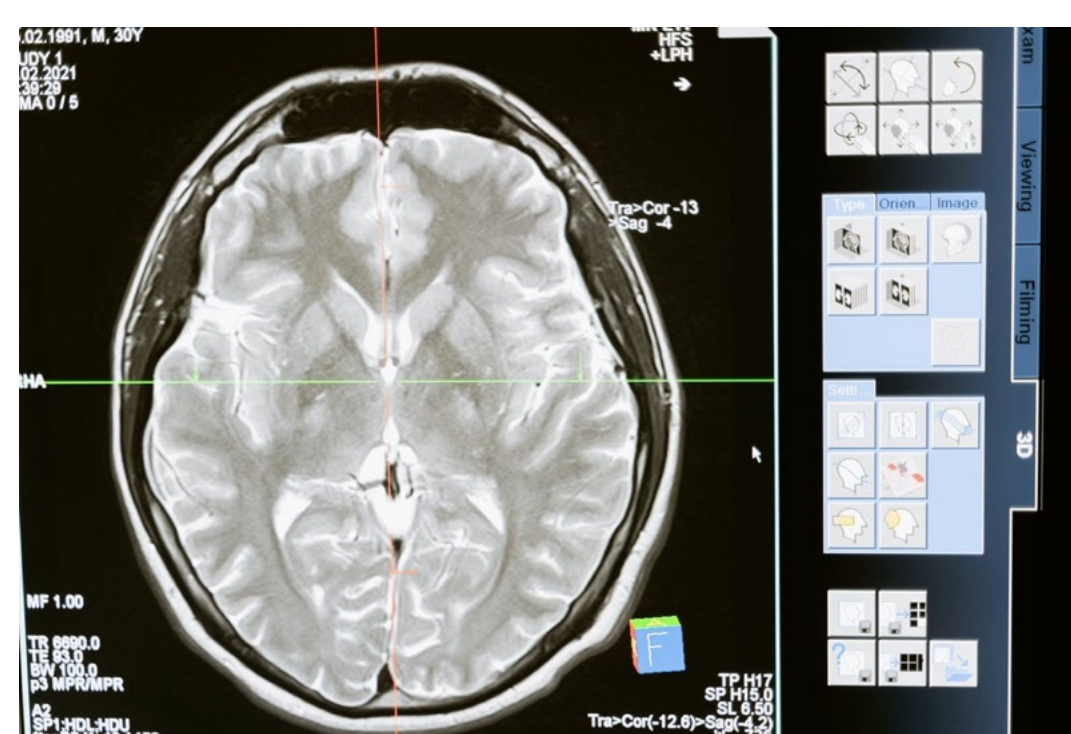
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#### How might a disrupted circadian rhythm affect brain health?

Researchers found that older adults with more fragmented daily rest-activity rhythms had greater brain shrinkage in regions often affected by Alzheimer's disease.

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#### Could anemia increase the risk of developing dementia?

A long-term study found that people with anemia had a higher chance of developing dementia, suggesting hemoglobin levels may be an important marker for brain health.

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#### Parkinson's: Gut changes may begin years before symptoms appear

A new study suggests gut microbiome changes may show up years before Parkinson's symptoms develop, potentially opening the door to earlier risk detection.

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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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