

Global Healthspan Policy Institute

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Hello,

This week we look at how eggs may help reduce Alzheimer's risk, a surprisingly simple food that could support muscle strength with age, why blood sugar spikes after meals may affect brain health, and new research linking ultraprocessed foods to cognitive 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



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#### Alzheimer's risk slashed by eating more of one common food, study suggests

A large study of nearly 40,000 older adults found that people who ate eggs five or more times per week had up to a 27% lower risk of developing Alzheimer's disease, potentially due to nutrients like choline and omega-3s.

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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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#### The common kitchen ingredient that could help keep muscles strong in old age

New research suggests that regular peanut butter consumption may improve lower-body strength and muscle performance in older adults, helping support mobility and reduce fall risk with aging.

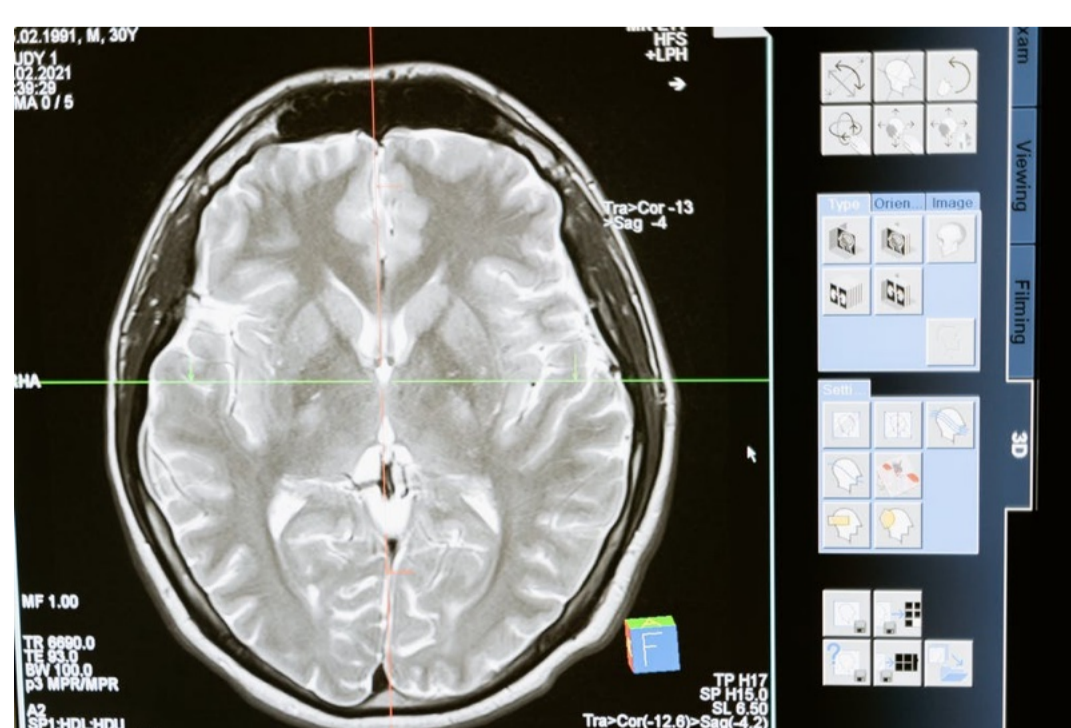
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#### Blood sugar spikes after eating linked to higher Alzheimer's risk

Researchers found that people who experienced elevated blood sugar levels after meals were significantly more likely to develop Alzheimer's disease, even without visible brain damage on scans.

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#### Ultraprocessed foods may quietly increase dementia risk

A new study found that even modest increases in ultraprocessed food intake were associated with worse attention and greater dementia risk, reinforcing concerns about highly processed diets and brain health.

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