

Global Healthspan Policy Institute

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Hello,

This week we learn about a protein that may help reverse some Alzheimer's-related brain damage, how artistic activities could slow biological aging, new research questioning how much of lifespan is truly under our control, and why lower-fat plant-forward diets may support healthier aging.

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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Boosting a specific protein may reverse some effects of Alzheimer's disease

Researchers found that increasing levels of a protective brain protein restored memory and reduced damage in Alzheimer's models, raising hopes for future therapies targeting neurodegeneration directly.

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Artistic pursuits could help slow down aging

A new study suggests activities like painting, music, dancing, and creative writing may help preserve cognitive function and emotional well-being as people age.

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Scientists rethink how much of lifespan is actually under our control

Emerging research suggests genetics may play a smaller role in longevity than previously believed, with lifestyle, environment, and social factors potentially having a much larger impact on lifespan.

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Lower-fat, plant-forward diets may help slow aging

Researchers found that diets emphasizing plant foods while reducing saturated fat intake were associated with healthier aging markers and improved metabolic health over time.

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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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