

Global Healthspan Policy Institute

[View this email in your browser](#)

Hello,

This week we learn about how even moderate alcohol consumption may affect longevity, the sleep habits linked to brain changes associated with dementia, emerging research into psychedelics and healthy brain aging, and what studies of exceptionally long-lived dogs may teach us about extending healthy human life.

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



Facebook



Twitter



LinkedIn



Research on Longer, Healthier Dog Lives Could Unlock Secrets for People

Studies of dogs that age exceptionally well are helping researchers better understand the biology of longevity and may reveal strategies to extend healthy lifespan in humans.

[Read More](#)



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.](#)

[Join The Coalition Here](#)

Upcoming Events



Even Moderate Alcohol Use Raises the Risk of Early Death

New research suggests that even moderate alcohol consumption may carry measurable health risks, challenging the long-held belief that low levels of drinking are harmless or even beneficial.

[Read More](#)



Tripping Into Old Age: Can Psychedelics Protect the Aging Brain?

Scientists are exploring whether psychedelics can promote brain plasticity, reduce inflammation, and potentially help protect against age-related cognitive decline.

[Read More](#)



The 3 Sleep Behaviors Linked to Brain Damage That Can Lead to Dementia

Researchers have identified several sleep-related patterns that may contribute to brain changes associated with cognitive decline, highlighting the importance of sleep quality for long-term brain health.

[Read More](#)

Copyright © 2026 Global Healthspan Policy Institute, All rights reserved.

[unsubscribe from this list](#) [update subscription preferences](#)

