

Global Healthspan Policy Institute

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Hello,

This week we learn about how a preference for onions may reveal clues about future health, new evidence that shingles vaccination may reduce dementia risk in older adults, why some families seem genetically predisposed to exceptional longevity, and how maintaining a positive attitude toward aging may actually improve physical and cognitive function later in 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



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Your Taste for Onions May Reveal Something About Your Future Health

Researchers have found that people who enjoy pungent vegetables like onions may have differences in taste perception that are linked to healthier dietary patterns, potentially influencing long-term health and disease risk.

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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](#)

[Join The Coalition Here](#)

Upcoming Events



Shingles Vaccine Linked to Lower Dementia Risk in Older Adults in Nursing Care

A new study found that older adults living in nursing homes who received the shingles vaccine had a lower risk of developing dementia, adding to growing evidence that preventing viral infections may help protect brain health.

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Yale Study Finds the Secret to Aging Well Over 65

A 12-year study found that older adults with a more positive attitude toward aging were significantly more likely to maintain or even improve their cognitive function and mobility, suggesting that mindset may play a larger role in healthy aging than previously believed.

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Long-Lived Families Reveal a Rare Genetic Clue to Healthy Aging

Scientists studying families with multiple exceptionally long-lived members have identified rare genetic variants that may delay age-related diseases and help explain why some people remain healthy well into their 90s and beyond.

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