

Global Healthspan Policy Institute

[View this email in your browser](#)

Hello,

This week we learn about how olive oil may improve a key marker of cardiovascular risk, why building muscle remains one of the most powerful tools for healthy aging, how scientists are slowing the biological pace of aging through lifestyle interventions, and what the gut microbiome may reveal about longevity.

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



#### Does Olive Oil Lower Apolipoprotein B? New Evidence Suggests a Shift in Cholesterol Science

Emerging research suggests that replacing saturated fats with extra virgin olive oil may help lower apolipoprotein B (ApoB)—a cholesterol marker many experts now consider a better predictor of cardiovascular disease than LDL cholesterol alone.

[Read More](#)

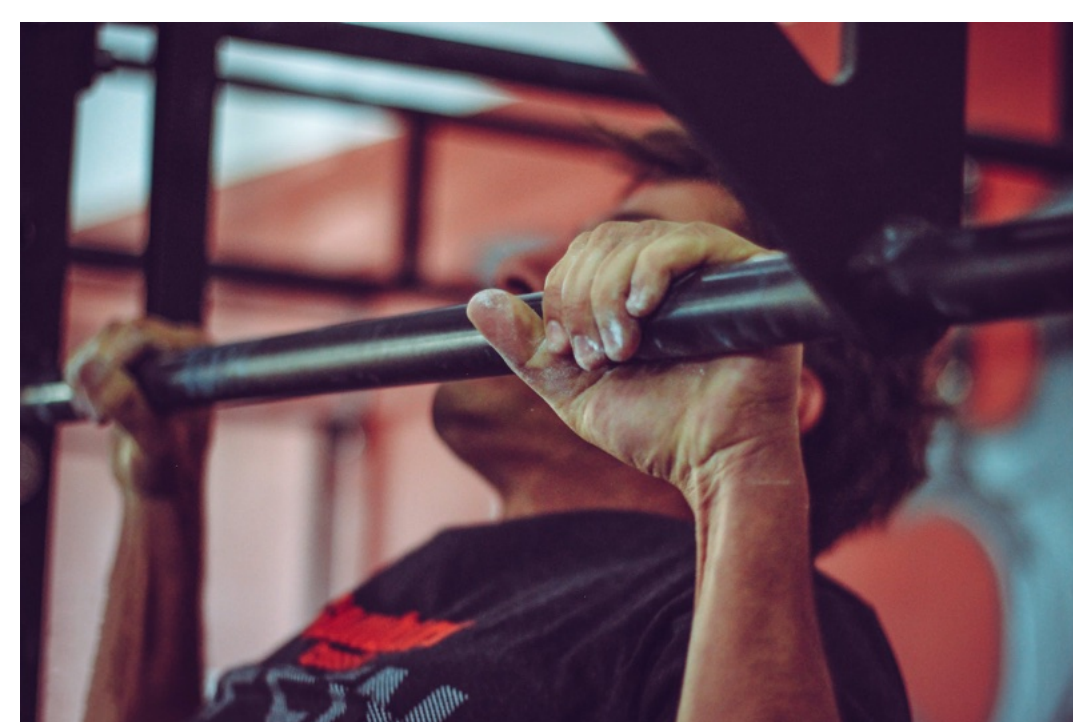


#### We're Bringing the Best Research in the World to Congress - and Your Donations Are The Fuel To Our Fire!

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](#)



#### Strength Training May Be One of the Best Investments You Can Make for Longevity

A long-term study found that about 90–120 minutes of resistance training per week was associated with lower risks of cardiovascular disease, neurological disease, and all-cause mortality, with the greatest benefits seen when combined with aerobic exercise.

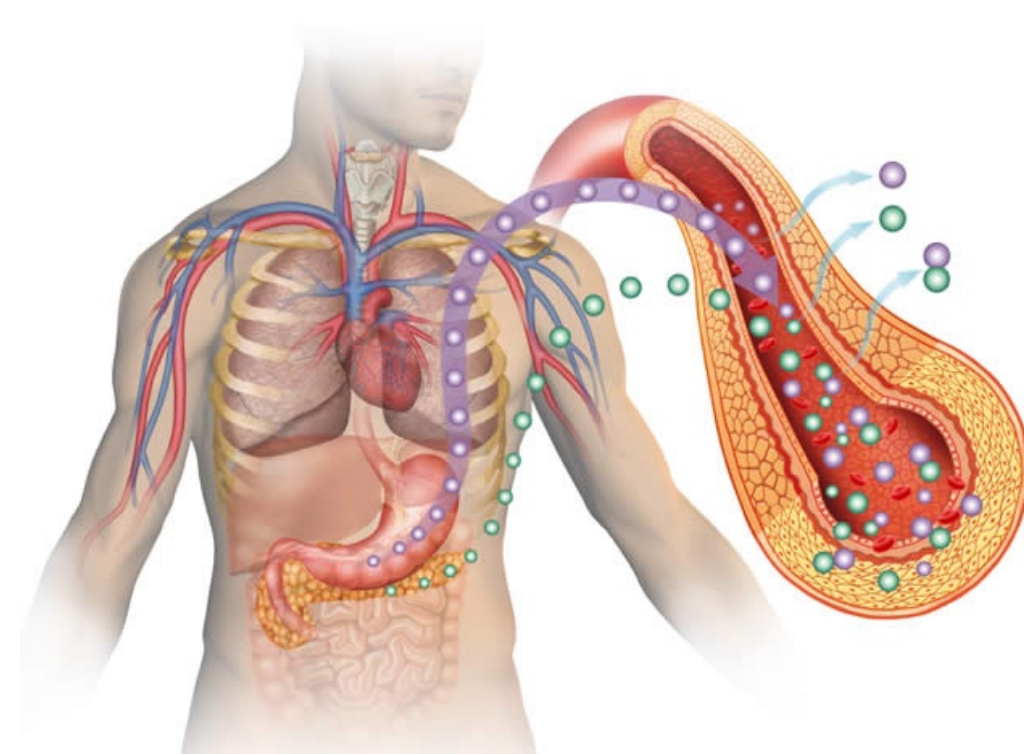
[Read More](#)



#### Lifestyle Changes May Actually Slow Your Biological Aging Clock

Researchers reported that a structured lifestyle intervention measurably slowed participants' pace of biological aging, suggesting that healthy habits may influence not just lifespan, but the rate at which our bodies age.

[Read More](#)



#### Your Gut Microbiome Could Hold Important Clues to Healthy Aging

Scientists continue to uncover how the gut microbiome influences inflammation, immunity, metabolism, and brain health, with growing evidence that maintaining a diverse microbiome may support healthier aging and longevity.

[Read More](#)

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

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



### Upcoming Events