

Global Healthspan Policy Institute

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Hello,

This week we learn how the timing of our meals may influence brain health, what researchers believe could be the upper limit of the human lifespan, why your daily cup of coffee may support healthier aging, and how the vast majority of heart disease deaths may be preventable through lifestyle and environmental changes.

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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Ideal Daily Meal Times That May Reduce Your Risk of Dementia, According to Scientists

A new study suggests that limiting meals to an 8–9 hour window—while avoiding food for several hours before bedtime—may improve planning, problem-solving, and other thinking skills in older adults. The findings add to growing evidence that meal timing may play an important role in maintaining brain health as we age.

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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



Humans Could Survive Up to 194 Years Without Major Diseases, Study Suggests

Researchers developed a new model suggesting that, under ideal biological conditions, humans could potentially remain free of major age-related diseases for as long as 194 years. While no one is expected to reach that milestone today, the study offers new insights into the biological processes that drive aging and how future therapies might extend healthspan.

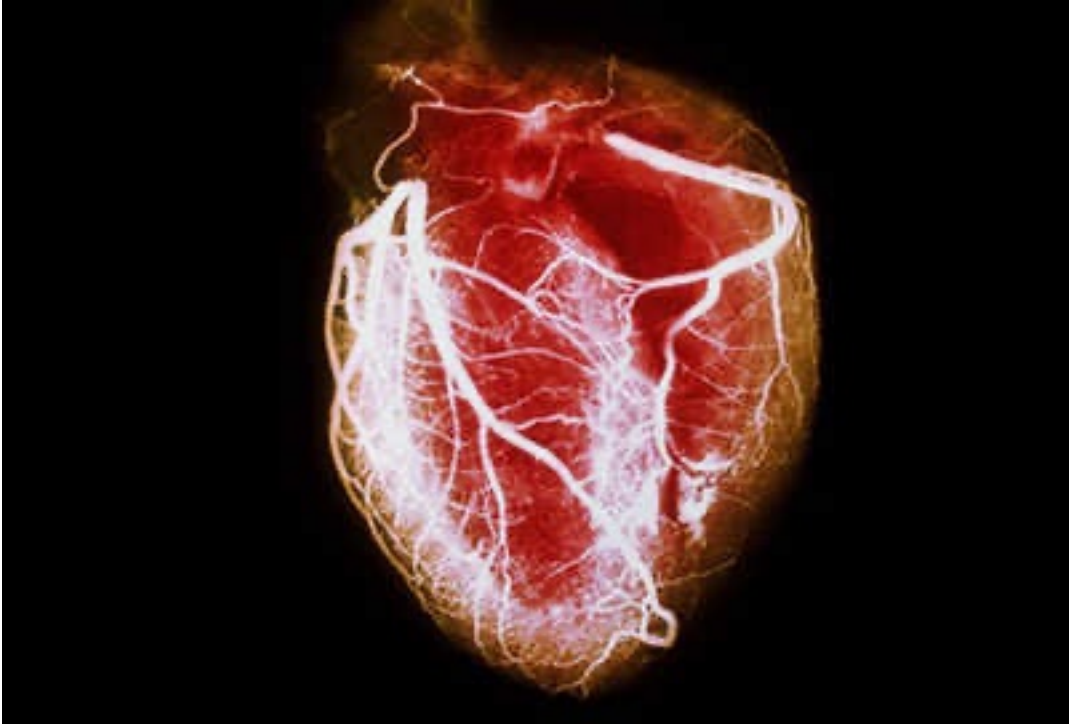
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How Coffee May Help Slow Down Aging, According to a New Study

A new study found that coffee consumption was associated with biological changes linked to slower aging. Researchers believe coffee's rich mix of antioxidants and anti-inflammatory compounds may help protect cells from age-related damage, though moderation remains key.

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Almost 90% of Heart Disease Deaths Linked to Preventable Factors, Study Finds

A global study found that nearly nine out of ten heart disease deaths were associated with modifiable risk factors such as high blood pressure, poor diet, smoking, air pollution, and elevated cholesterol. The findings underscore how lifestyle changes and public health measures could dramatically reduce cardiovascular disease worldwide.

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