

Scientifically proven: The more time you spend with your parents, the longer your parents will live

Just a few hours a week to visit parents or a short phone call every day is to help your parents live longer and have a happier old age!

Scientific researchers around the world help us discover important and wonderful things in life. For example, researchers from the University of California have recently figured out **how to extend parents' lifespan** and help them live better. The formula turned out to be extremely simple.

1. Always respect your parents when they get old, because .

On the Bright Side page, share the results of this survey so that people understand why their loved ones - especially their parents, need attention from their children.



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The results indicate that loneliness plays an extremely important role in promoting aging and the risk of death in the elderly. Scientists have done research on 1,600 elderly people with an average age of 71. Factors such as health and socio-economic status are no longer a concern, but only now lonely.

Within 6 years of the study, only 14% of elderly people with family members died, while the proportion of elderly people who died without relatives visited was 23% higher.



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The older they are, the more important they are to the family, the closer they are to their children and grandchildren, but the children are less likely to communicate with the previous generation.

In general, older people often sympathize with the limitations of their friends and relatives. They are always willing to share the experiences and lessons they have experienced with young people, to tell what is really valuable in life.

However, young people rarely pay attention to advice from their parents and grandparents or if they ask, they are just asking for recipes or needing patience. So it is important that you pay attention to how much time parents spend for us and how much they need our attention and sharing. Just a few hours a week to visit parents or a short phone call every day is to help your parents live longer and have a happier old age!

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2. Ask your child these 4 questions every day, if you want to understand them better
3. Science proves: Children inherit intelligence from their mother, not from their father

Having fun!

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