

Mother's love can prevent illness in middle age

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The Telegraph:

Experts say that a mum who nurtures and cares for her kids can set them up in good health right, even if they've grown up in grinding poverty.

Research has already proven that kids who grow up in poor areas are more likely to suffer from chronic illness in adulthood, but US researchers were puzzled why some children bucked this trend.

A closer look at adults who'd come from a deprived background revealed that a stressful childhood increased the chances of a kid suffering illnesses such as diabetes, a stroke or high blood pressure later in life.

Read the full story: [*The Telegraph*](#)