**BBC 2 Radio**

11/24/2016 05:24:46 AM

* [BBC 2 Radio](https://scout.tveyes.com/) /

* [U.K. National Radio](https://scout.tveyes.com/)

 a glass of wine a day cuts to chances of the most common stroke moderate drinking was found to help protect against the condition in the study which Santa's amid is controversial this is a small glass of red wine or any drink have less than 1.5 units this is thought to cut levels of protein that forms of blood clots