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And a glass of wine a day can help prevent a stroke, according to today's papers?

How big is the glass? It's a small glass of red wine a day. International researchers have said that drinking moderately can reduce your risk of the commonest form of stroke which is caused by a blood clot. What they have discovered is a small amount of wine helps to drop levels of protein in the blood and increases levels of good protective cholesterol. However, it's important to know that if you drink more than that, you risk raising your blood pressure and increasing the risk of a bleeding stroke. It's all about moderation, which is what we've always said. It's OK to have a little tipple, just do not go bananas.