**[Sunrise With Sarah-Jane Mee](https://scout.tveyes.com/)**

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* [Sky News](https://scout.tveyes.com/) /

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

 But now, Jonny, a pint a day. Is that good news? I just sorted this out. Because a daily pint of strong lager, strong lager it has to be, will reduce a stroke. A large glass of wine can do this as well. But researchers say that no more than two tricks day can reduce the chance

of a stroke. That occurs when blood clot 's block the flow of blood to the brain. If you keep it down, but have a strong lager in the morning... In the morning? I can imagine more my doctor would say. So good news. Booze is good. And you get the turkey with it afterwards? I'm hoping that is a different story, but it could be. I think there could be vitamin B something in the air.