**[Sunrise with Stephen Dixon](https://scout.tveyes.com/)**

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

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

 We are starting this morning with the front

of the Guardian. This is a story about probably Londoners in particular but all of us to take interest in, that is a quality and West to tackle it. The way to tackle it according to this story is to take on three supplements. Fatty acid supplements. I suppose there is a story in it. It is an interesting finding that these fatty acids can cut harm caused by air pollution. It is a valid story. I think it is slightly misplaced. Yes, fine, we don't want to cause ourselves harm and it is a way to look after yourself in urban areas were air pollution is quite bad, not just London, but internationally. There are huge air pollution problems in cities around the world. But surely we need to be thinking about how to cut air pollution rather than help

save our lungs. Both are up preferable. I am a cyclist, so I am always concerned about what a sucking up. You end up coughing at the end of a cycle? May husband does that and when he gets back he is hacking with a cough. Black city sneezes and things like that. I feel worse at times when I cycle. I get periods of non- cycling to get my help back up. I suspect it has something to do with it. There was a high alert recently for pollution. Don't go out if you have a pram or SB3 conditions. The problem with this is -- respiratory problems. It does seem to be the thing. Pop a pill. What about wildlife. The

environment is not just human beings. I imagine they make money out of selling the petals. Were you get a mark and carry a fish around a nibble on that? -- or do you carry a mask. How many do you need? Your views on this will always be welcome. What is next? Sticking with road news.