

'If one of my roadies ever said to me, "Sorry, Ozzy, I ain't going to that gig in Mumbai 'cos I'm worried about falling coconuts," they'd run the risk of something much closer to home smacking them on their head: me'

Ask Dr Ozzy

+ Dear Dr Ozzy How long do you need to stay in the shower to get properly clean? I can get the whole thing over with in about five seconds flat with a hop, skip, and a quick rub down... but my family says it's not hygienic. Can you settle the dispute?

Adrian, Nottingham

I can settle it right now: five seconds is a joke. It takes seven or eight seconds just to turn the taps on, then you've gotta fiddle around with 'em to get the right temperature, which can take half the morning if you've got dodgy 250-year-old English plumbing like I have. If you kept up with that five-second bullshit in my house, I'd be coming into your room each day and throwing a bucket of soapy water over you, whether you liked it or not.

+ When Barack Obama visited India recently, the government (allegedly) chopped down the coconuts from the trees in case any fell on his head and killed him. Is this a serious risk? I need to know as I'm off to Mumbai on business next week.

Jarred, London

If one of my roadies ever said to me, "Sorry, Ozzy, I ain't going to that gig in Mumbai, 'cos I'm worried about falling coconuts," they'd run the risk of something much closer to home smacking them on the head — me. For God's sake, get on the plane and go, man. Wear a crash helmet if it makes you feel any better.

+ Is it true that genetically-altered salmon contain antifreeze, to keep them growing during winter? Would you be happy to eat one of these 'superfish' for dinner?

Roger, Berlin

I asked my research guy about this, and he said, yes, they have antifreeze in 'em, but it ain't the type you put in



your car — otherwise eating a smoked-salmon sandwich would be like drinking 25 pints of lager. Not to mention the fact that you'd probably drop dead from kidney failure. Apparently, the "antifreeze" is some kind of crazy gene transplanted from fish that can survive in the Antarctic (as far as I know, you can't buy it in the supermarket yet). I can't say I'd be keen on eating any kind of mutant creature for dinner, but they mess around with our food so much now, it probably doesn't make any difference.

+ Why do I giggle when I'm nervous? I went to the funeral of my ex-boyfriend's father and spent the whole time trying not to laugh, even though it was very tragic.

Adrienne, Kent

The answer's in your question, Adrienne: you're nervous, and people develop all kinds of insane nervous twitches. Stammering can be a nervous twitch. Giggling is another. It's a habit you've gotta break: you need to make a conscious effort to stop when you feel the urge coming on. The occasional giggle is fine, but if you find yourself slapping your thighs as the pallbearers come down the aisle, it's time to do something about it. If your ex-boyfriend heard you, it might not be a bad idea to tell him you were laughing 'cos you were anxious, not 'cos you're some kind of sicko.

+ Whenever I read a bedtime story to my kids, I get a tickle in my throat and my voice goes hoarse, which means I have to whisper or give up. I had

singing lessons in my youth so I know how to breathe properly, but it's not doing any good.

Janet, North Yorkshire

This sounds a lot like silent reflux — a type of acid-reflux disease, but without that horrendous feeling of being stabbed in the chest, which most of us call "heartburn". Basically, your stomach acid is shooting up to your larynx and shorting out your voice. As a singer, it's something I've had to deal with for years, and I've gotta be careful about eating anything that might set it off. Whispering is the worst thing you can do if you get an attack, 'cos it pushes the acid up further. My advice is to see an ear, nose and throat specialist.

+ I've read that oral herpes is linked to Alzheimer's. Does this mean, whenever I kiss someone at a party, I have to worry about the consequences 50 years later? As a single university student, that's a very depressing thought.

Charlotte, Surrey

If you listen to the news, everything is related to Alzheimer's, from high cholesterol to high blood pressure and even head injuries. Cold-sore viruses (oral herpes) are incredibly common, so if you get an outbreak by all means go and see your GP, but don't get the point where you're so worried about what's gonna kill you in 3011, you stop living in 2011. If you wake up and feel good, enjoy it, 'cos you ain't gonna be young, single and fancy-free for ever ■

Ozzy was talking to Chris Ayres

Do you have a question for Dr Ozzy? Email him at askdrozzy@sunday-times.co.uk

Warning: Ozzy Osbourne is not a qualified medical professional. Caution is advised