

'Back in the day, it was like, cool, man, to have an acid flashback. But it never happened to me — even after I spent a night on LSD while running up and down Miami Beach with a giant purple inflatable hand on my head'

Ask Dr Ozzy

+ Dear Dr Ozzy My wife gets very aggressive during her 'time of the month', but if I point this out she gets even angrier. What can I do about this?

Gary, London

If there are four words a married man should never say to his wife — especially during an argument — they are "time of the month". It's the atomic-bomb option, and the bomb's only ever gonna land in one place: on your own head. Personally, I have a lot of sympathy for women when it comes to the TOTM — it must be awful. My advice to you, Gary, is to simply get out of the house if you suspect that's what's putting your missus in a bad mood. As anyone in the army will tell you, it's harder to hit a moving target.

+ I strained my foot playing badminton six weeks ago, and the pain won't go away. Because I'm not exercising, I'm turning into a right old porker. What's the best way to diet without living off lettuce leaves?

Alan, Milton Keynes

You have two choices, Alan: learn how to hop, or eat less. You can't change the rules of science, unfortunately. Personally, when I need to lose a few pounds, I always start by cutting out starches — bread, pasta, potatoes. It's not very pleasant, but it does the job.

+ After spending the late 1960s and '70s in a psychedelic fog, I've found, even now, after 30 years' abstinence, my sight has not recovered. Everything moves or breathes — the walls, the floors, people's faces — and I can wake in the night with full-on 'acid vision'. What can I do?

Phil, Aberystwyth

Back in the day, it was, like, cool, man, to have an acid flashback, but it never happened to me, even after I spent a night on LSD while running



up and down Miami Beach with a purple inflatable hand on my head. Having said that, LSD's a dangerous, frightening drug. It's fine until you want to sleep, then the devil comes out and says: "Let's play!" What might be happening is something's triggering a memory of a bad trip, like when you think about spicy food and your mouth waters. But having "acid vision" after 30 years doesn't sound normal. You should get an MRI scan because it might not have anything to do with the substances you took when you were younger.

+ I was using my son's computer and found he's been looking at porn websites. I'm worried he may become addicted to this material, and it might harm his relationships with 'real' woman.

Mary, Norfolk

I once found girlie mags in my son's room, but what was I going to say to him? I'm Ozzy Osbourne. Luckily, you don't have that problem, but the answer to your question depends on your son's age. If he's, say, 12, I don't think he should have unlimited access to a computer with an internet connection. If he's 16 or more, it's normal he'd be interested in that kind of thing, as long as it ain't too extreme. I think most grown men like the occasional blue movie. I watch 'em on the road from time to time because it's better than picking up some groupie and having my love spuds turn green (not to mention I'm a happily married man). It can't hurt to talk to your kid about this. Being open is often the best way.

+ A few months ago I was laid off from the company I'd been

with for 10 years. I've found a better job since, but I can't stop dwelling on how I was let go. It's making me grumpy and depressed. Should I see a shrink?

Mark, Cleethorpes

I know how you feel. I was fired by my old band, Black Sabbath, in 1979. I was a horrendous alcoholic then, but it wasn't like they were choirboys. To make things worse, my best friend, Bill Ward, broke the news to me. I can't remember the specifics, 'cause I was blasted on cognac that day, but I'll never forget how bad it felt. It might be that you're just angry, in which case a shrink could help. Otherwise, it'll just take time. Whatever you do, don't let off steam in other ways, like using a loaded semiautomatic to scare the living daylights out of a coop full of chickens... I still feel sorry for the poor things to this day.

+ How can I tell if I've got rabies? I was bitten by a stray dog while on holiday in Turkey, and it may have given me a disease.

Denise, Portsmouth

I thought I'd caught rabies after I ate that bat in Des Moines, Iowa. The shots they gave me were horrendous: one in each arm, one in each butt cheek, one in each thigh. Then you have to rub it hard to disperse it over the muscle. It's like an oil. You feel it trickling around inside you. It's the safest thing to do — and I'm sure treatments have improved since 1982 — but it ain't very nice. I gave up halfway through. I said to Sharon: "If I start barking, we can start up again." *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