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Ask Dr Ozzy

+ Dear Dr Ozzy My wife pointed out that I now have more hair growing out of my nose than I do on my head. So far I've refused to trim it, but my resistance is weakening. Do you suffer from this, and how do you treat it?

Tad, Buckinghamshire

Every married man has this problem. I can't tell you how many times I wake up to find that my wife's got me in a headlock, with a pair of tweezers in her hand. She prunes me all the time, although by the sound of it I'm not sure a pair of tweezers would be enough in your case; you might need a Flymo. My advice to you, Tad, is just do it, because a) you don't want it to look like a family of crows has set up shop in yer conk, and b) if you don't do it, your missus is gonna be pissed off the whole time. By holding out, you'll only be making yourself miserable.

+ I have a pale complexion but would love to get a suntan — people with brown skin look so much healthier. What's the best way to do this without resorting to tin foil?

Vicky, Sunderland

Whatever you do, Vicky, don't go to a tanning salon. I went to one of those joints once, turned the machine straight up to level 10, and passed out on the bed. I woke up a few hours later looking like I'd been hit by an atomic bomb. I was furious with myself for months, 'cos I could hardly walk — never mind smile, or bend over, or do anything that involved creasing even the tiniest part of my skin. I might as well have paid someone to throw me in a bath of acid. It ages you by decades, too. A few doses of the hard stuff and you'll end up with a face like an antique football. I recommend avoiding anything to do with UV rays — far too dangerous — and settling for the pale-and-interesting look.

+ My son has failed (or near enough) all his GCSEs. The only career option for him now is manual labour, but he doesn't seem to care. Is there some way to motivate him to do better?

Brian, Cheshire

I was the same when I was a kid, and it wasn't until 20 years later that I found out it was all related to my dyslexia and ADHD (attention deficit hyperactivity disorder). Your son should get checked out for both those things, 'cos there's a lot of help available now. The good news is that it's never too late to get an education these days, thanks to computers and the internet. When I was at school, 300 years ago, it was different: when you were out on yer ear, you were out on yer ear. It was the factory, or signing up as cannon fodder in the military. And

they wouldn't even let me in the army. "We want subjects, not objects," they told me. Fortunately, I found something I loved with heavy metal. That's the secret, really: finding something you actually enjoy doing which can also pay the bills. At the end of the day, that matters more than any GCSE.

+ I've just found out that a friend of mine is undergoing a course of electric-shock treatment for depression. It sounds terrible to me and I want her to stop. What do you think?

Mary, Dorset

When you hear the phrase "electric-shock treatment" you immediately think of One Flew over the Cuckoo's Nest or a Boris Karloff horror movie. But a very close friend of mine had this done, and apparently it's nothing

like it was in 1930s, when they used to basically plug you into the mains and see what happened. For a start, it's called "electroconvulsive therapy" now. The only thing I would suggest is asking your friend if she's absolutely sure that she's tried everything else, because from what I understand, it's one of those if-all-else-fails things. My friend swears that it cured her, but I've gotta say, I'm not sure I'd ever be miserable enough to hook myself up to one of those machines.

+ People keep banging on about how great yoga is — especially when it comes to stress — but I can't stand the thought of all that chanting and hippy-dippy BS. Have you ever tried it?

Sam, Beaconsfield

Sam, you've got the wrong idea. Doing yoga ain't like being a Buddhist monk. Or at least it doesn't have to be. It's basically stretching exercises, and you'd be amazed at the results you can get. I used to have this makeup artist who went on leave to have a baby. I saw her a year later, after she'd been doing a lot of yoga, and she looked amazing, all slim, firm and healthy. I've just decided to do a course of Pilates for that very same reason. I'm not out of shape, but I want to avoid getting a big old gut on me. My only fear with these stretching-based things is that I won't have the patience. Usually, if I haven't worked up a sweat in the first three seconds, I'm off. So we'll see. In the meantime why don't you take a leaf out of my book and at least try it?

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

