

'I've heard lots of wacky theories about "gender swaying": do it standing on your head for a boy, keep your left sock on for a girl; drink lemon juice for a boy, cranberry juice for a girl... The only thing that matters is your little one is healthy'

Ask Dr Ozzy

+ Dear Dr Ozzy My husband and I are trying to have a second baby, and we'd love it to be a girl. Is there anything we can do in the bedroom department to skew the odds?

Pamela, London

I've heard lots of wacky theories about "gender swaying" over the years: do it standing on your head for a boy; keep your left sock on for a girl; drink lemon juice for a boy; cranberry juice for a girl, etc. It's all bollocks if you ask me, and the bottom line is, even if you want a girl and you get a boy, you ain't gonna love him any less. When Sharon and I had our son, Jack, we had no idea what sex he was, 'cos he was lying in a funny position when they did the sonogram. In fact, we were convinced he was gonna be a girl, 'cos we had two daughters already, so when he popped out with a full set of tackle, our jaws hit the floor. If you want more certainty, a fertility clinic might be able to help, but if I were you, I'd stop worrying. The only thing that really matters is that your little one is healthy.

+ I play football after work with my colleagues, and last week my boss broke my ankle with a dirty tackle. I'm furious with him, and want revenge — but I don't want to get fired. Any ideas?

Guglielmo, Rome

Two words, Guglielmo: shit happens. You've got to accept that some people's personalities change beyond all recognition when scoring goals is involved. I learnt that lesson years ago, when I played on my local pub team every Sunday morning. Well, I say "played"; it was really just an excuse to air my brain out after the night before. I soon realised that the blokes who were perfectly normal and friendly while supping on a pint at the bar turned into wild animals on the field. So



forget about revenge, 'cos you can't live your life trying to get back at people for things you should have seen coming in the first place. Stop playing if it really bothers you. Otherwise get back on the field and try to run a bit faster next time.

+ I've just read about an 82-year-old man in India — Prahlad Jani — who claims not to have eaten or drunk a single thing since 1942 because he draws nourishment from meditation. Is this possible?

Derrek, Peebles

I don't know, but I'm gonna get my assistant on the phone asap, and send this guy a curry — he must be starving. Actually, the whole thing seems pretty fishy to me. I mean, there's no way I could meditate or go without a hot dinner for that long.

I'm ready to throw a brick at someone after sitting cross-legged for 69 seconds, never mind 69 years.

+ I have three small kids and would love to live nearer my mum so she can help out. My husband is refusing to move, based on the advice of his late father to 'never live in the same town as your mother-in-law'. How can I change his mind?

Sonia, Paris

It's one thing saying, "I married you, not your mum" when you're footloose and fancy free, but it's quite another when you've got three kids — which can feel like having three full-time jobs. If your husband is putting his foot down, tell him: "Okay, either you need to chip in more with the housework, or earn more money so we can afford some extra help."

Faced with a choice between his free time and his beer money, living a bit closer to your mum might suddenly seem like a brilliant idea.

+ I'm thinking of taking an anti-Parkinsonian drug for my restless leg syndrome, but when I looked online I found the side effects might include 'intense urges to gamble' and 'increased sexual urges (hypersexuality)'. What should I do?

David, Buckinghamshire

... and you're worried about this? The label might as well say, "side effects include having a good time". But in all seriousness, there's no point in curing your restless legs only to blow your life savings in Las Vegas. Talk to your GP.

+ Help! I just sent a long and emotional email about how much I hate my job to my best friend in Sweden, only I accidentally (don't ask how) cc'd my boss. What should I do?

Margaret, New York

Start looking for a new job ■
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

SURGERY NOTICEBOARD

In response to Darla from Helsinki (Why do men always want young girlfriends? April 3), Peter from West Sussex says: "Why should men *not* have young girlfriends? I sail, ski, work out three days a week and prefer slim and energetic companions as opposed to my overweight, TV-watching contemporaries. PS. I'm 81."