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QUO'S A NO-GO, PATTY

STATUS QUO star Rick Parfitt recently reunited for the THIRD time with his ex-wife Patty.

She nursed him through his recent cancer scare and stood by him when – yet again – it emerged he'd been unfaithful.

Now he's repaid her loyalty by secretly marrying one of her friends from their local health club.

A word of advice, Patty love. When Rick's latest marriage ends, as it so clearly will, he'll be full of apologies and back on your doorstep before you can say "pour another bucket of s**t over my head."

You're serene, beautiful, a great mum and worth



WAYNE ROONEY struck out when another footballer made a disparaging comment about his fiancée Coleen McLoughlin.

And my Sun colleague Jon Gaunt admits he once punched someone who insulted him and he found it "satisfying."

But sometimes a cutting remark can be just as effective and a lot less likely to result in a night in the cells.

The Bloke demonstrated this the other evening when a couple vacating a mini-cab mistakenly thought we'd beeped our horn

and gave us the V-sign. She was stumbling drunkenly and he was carrying a bottle of wine. Out of the corner of my eye, I notice the Bloke's finger pressing on the electric window and my foot hovered over the accelerator in readiness for a quick exit.

"You'll need more than a bottle of wine to s**g that," he bellowed into the night air. They were so incensed they tried to chase the car.

And last Boxing Day, a woman started berating me on the local common because she mistakenly thought I'd taken her

newspaper from a bench.

Fixing her with a beady eye, the Bloke said loudly: "You didn't get any make-up for Christmas then love?"

Such was her indignation, she resembled a goldfish out of water.

Now *that's* satisfying.

A NEW study says eating seaweed can help you lose stomach fat without exercising. Presumably because you throw up immediately afterwards...

BRITAIN is in the grip of an obesity epidemic.

The excellent Jamie Oliver is doing his bit to help and even the Government has been shamed into acknowledging there's a problem.

But to my mind, the absolutely crucial factor in halting the vicious "fat" cycle has so far slipped through the net.

Nearly 50 per cent of pregnant women are now overweight or obese when they conceive.

My first reaction was, so what? After all, "big" women sail through pregnancy and nobody gets hurt... right?

Then I started filming a documentary on maternal obesity and I rapidly realised what a misguided, false perception that is.

The unedifying reality is that an overweight or obese mother is more likely to produce an ultimately obese child.

Genetics and passing on a slow metabolic rate come into it. So too does being born into an environment where junk food is the staple diet.

But new, as yet unfinished, research on animals is showing that obese mothers could also be pre-disposing their offspring to a life battling obesity regardless of what they eat when they grow up – that the foetal brain is susceptible to the mother's nutritional environment and could

Fat's not the way for mums-to-be

have its appetite set accordingly. Of course, once an obese woman is pregnant, doctors can do little except advocate a healthy, balanced diet.

Pregnancy is a sensitive time and, quite rightly, they don't want to appear judgmental.

Considering all of the above, surely there's one crucial group that needs to be targeted in the battle against obesity? Teenage girls.

Thanks to sex education, we already know we shouldn't smoke or drink during pregnancy. But our weight?

I never knew it could impact on an unborn child and neither did any of

the young girls I spoke to.

So perhaps nutrition and weight issues should be factored into sex education, to get to the mothers of the future *before* they produce another generation facing the same problems?

After all, aside from the possible cost to their baby's health, in extreme cases an overweight or obese mother can cost the NHS up to five times more than a normal pregnancy.

She can suffer infertility, and once pregnant she can face a higher risk of problems such as pre-eclampsia, gestational diabetes, having a bigger baby, needing a reinforced bed and so on. The answer isn't to judge, it's

to educate and advise young girls *pre-conception*, so when they embark on the greatest responsibility of their life they are in a position to give their unborn child the best start possible.

Slash the number of obese pregnant women and it could be the beginning of the end for the epidemic.

But don't take my word for it. Watch the documentary and listen to the experts calling for the Government to issue guidelines on this specific issue.

● 30 Minutes: Obese Mothers, 7.35pm, Channel 4, Friday.



I KNOW relations are a little strained between Gordon Brown and Tony Blair.

But surely, the ice pick through the forehead was a little harsh?

50 of your serially philandering ex-husband whose only contribution to the world is to play three chords rather badly.

Stop being a victim. Start liking yourself. And repeat after me: "Rick who?"

GYNAECOLOGIST Colin Bone (I kid you not) has paid £50,000 for a sex change operation.

She is now working under the name of Celia Macleod.

Yes, probably a wise move to lose the surname along with the dangly bits.



TWIT! THAT'S THE RIGHT ANSWER

CHRIS TARRANT had a row with his wife Ingrid, went on a bender and ended up in a local bar with a group of women – one of whom he drunkenly referred to as "the next Mrs Tarrant."

In lesser "showbiz" marriages – where a couple of self-obsessed "celebrities" bask in the glow of the glossy magazine deal before splitting up weeks later when reality sets in – this would propel them to the offices of the nearest and dearest divorce lawyer.

They would emerge on the steps stony-faced in giant sunglasses while an assistant hits the phones to flog their client's story of a "heart-breaking betrayal" to the media.

But the Tarrants' marriage is a real, warts 'n' all one of 15 years standing.

There are children, stepchildren, responsibilities and a raft of shared experiences.

And most of all there's a wearied common sense about rocky patches.

Consequently, the delightfully straightforward Ingrid simply stood in front of the assembled Press on her doorstep and called her husband "a drunken twit."

Couldn't have put it better myself.

THE BLOKE QUOTE
A woman is no sooner ours than we are no longer hers.
- MONTAIGNE

I RECYCLE bottles, packaging and all the newspapers that litter my house on a weekly basis.
But sorry. Even The Sun's "global warning" that they take 500 years to decompose won't get me away from using disposable nappies.
I'm not endlessly scrubbing squares of poopy terry towelling for anyone.

A SURVEY says wives fantasise about sex with other men within two years of marriage.
Men weren't asked, but at a guess it would be two days at the most.

NOT THE BLOKE QUOTE
Burt Reynolds once asked me out. I was in his room.
- PHYLLIS DILLER

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