

'I think Carol McGiffin's already married!'

Loose Woman Andrea McLean, 40, tells us about Carol's secret wedding and why her son sleeps in a cupboard...



What's been the best Loose Women revelation live on air?

The other week when Carol told us that she'd got married in Greece at the weekend. She had us all going. But there's still a tiny part of me that thinks she might be double-bluffing us and that she really *did* get married and it's going to come out at a later date (laughs). I don't trust that woman!



Andrea says it's chaos in her house



Finlay and Amy are supporting En-ger-land

What's been your best home purchase?

I bought my husband Steve a massive barbecue for his 40th. He's Mr Barbecue Man. He's still assembling it in the living room, but we've got sliding doors so his plan is to slide them back so he'll be able to barby and watch the World Cup at the same time. Finlay and Amy have really got into the World Cup, although being Scottish it does feel slightly wrong that they've got England face paint on!

which is irritating. I've replaced chocolate with Jammie Dodgers!

What would be the best way to improve your life?

More sleep. My daughter Amy, who's three, has been a sleep monster since she was one. Then there's Steve's snoring. I often creep off into the Snore Room – what we call our spare room. My son Finlay, eight, loves dens and he's got one in a cupboard in the Snore Room. He'd rather sleep in a cupboard than his own bed! I look so normal on the TV, but meanwhile my house is in chaos!

As a GMTV veteran, what advice would you give new boy Adrian Chiles?

Go to bed early! Don't just watch TV for a bit longer, or carry on chatting on the phone. I was terrible for doing that.

★ **Loose Women**, ITV1, weekdays, at 12.30pm.

You love tweeting don't you? What's the best thing about Twitter?

I'm quite shy and not good at introducing myself, but people say 'Hi' on Twitter. I get a lot of replies when I talk about Large Snoring Man (hubby) and Short Nocturnal Friend (Amy) keeping me awake. Women tweet, *That's me, that's my life!* My family have no idea I talk about them! But Steve's used to turning a blind eye since I've been on *Loose Women* revealing all our secrets.

Was going to see a hypnotherapist one of your best decisions?

Definitely. I'd used hypnotherapy with both my pregnancies. This

time, I used it to beat my chocolate addiction! We talked about my childhood and if chocolate was used as a reward. I realised I was never allowed any of my dad's – so having it felt exciting. But when I was

hypnotised, it took away that exciting feeling. Now, if I even nibble on chocolate I have to spit it out because it tastes like liver. I haven't lost any weight, though,

What's been the best thing about giving up chocolate?

Not having blinding headaches! I'd discovered that I had a dairy and sugar intolerance after getting dysentery when I went travelling after university. But I still couldn't give up chocolate! My dad's side of the family have always been real chocoholics. We would literally hide it – like alcoholics who hide gin in their laundry baskets!



The star has won her battle with chocolate for good

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