Lauryn Evarts - The Skinny Confidential

Episode 157 · January 16, 2020 · with Lauryn Evarts Bosstick

IN THIS EPISODE

Lauryn Evarts Bosstick, creator of The Skinny Confidential, joins Dr. Elliot Berlin, DC in the final stretch of her first pregnancy for a raw, uncensored conversation. She talks honestly about watching her body change, missing margaritas, building an online community that feels like a modern village, tuning out the pregnancy police, and why she refuses to make black-and-white decisions about breastfeeding or birth before she is in the moment. Funny, frank and empowering, with Dr. Elliot Berlin, DC, Lauryn shares the journey exactly as she is living it.

About this transcript: *This transcript was created with AI-assisted transcription and reviewed by our team. It may not be 100% accurate — names, medical terms, and phrasing can occasionally be mis-transcribed. For exact wording, please listen to the episode audio.*

DR. ELLIOT BERLIN, DC: Income welcome to the informed pregnancy and parenting podcast. I'm your host. Dr Elliott Berlin my guest today has turned her passion for beauty wellness and no sensor advice into one of the most distinctive and insanely Popular blogs online the skinny confidential I recently joined her and her husband for a very fun interview on their cheeky Entrepreneurial podcast the skinny confidential him and her which is on its way towards 100 million downloads This year she has brought her spunky uncensored style to pregnancy in real time as she incubates her very first human Do out any day now Lauren Everts Bostic. Welcome to the podcast. Thanks for having me. Oh my god, you're huge

DR. ELLIOT BERLIN, DC: Everybody knows you but you can't say to a pregnant person. She's huge. Oh, you're right. I screwed up I did it's like the cardinal sin

LAURYN EVARTS BOSSTICK: You know, it's okay. I feel huge. I feel like I'm about to explode. You could even hide your pregnancy Really I did hide it for five months you could still hide it and nobody would know if you wanted to I don't know about

DR. ELLIOT BERLIN, DC: That I know you feel huge. You do not look huge

LAURYN EVARTS BOSSTICK: I feel and I think that it's important to talk about this that not a lot of women Talk about the fact that it's really hard to see your body expand over such a short amount of

period of time Listen if it was like slowly gaining weight, it would be fine But to just look down every day and you're getting bigger and bigger and bigger and bigger It's it's a mind and I think that you can be simultaneously really grateful that you're having a baby But also feel like you're about to explode. No, do you feel like there's a lot of judgment about that statement? I Am a really non judgmental person and that's what I put out into the ether and my community is really non judgmental

LAURYN EVARTS BOSSTICK: So I don't get a lot of backlash for that. It's like what you see is what you get

DR. ELLIOT BERLIN, DC: I'm grateful when somebody in the public eye says things like that because I know because I see pregnant women all day long That a lot of women feel that way but don't feel comfortable saying it and talking about it And so you always say how are you doing? How are you feeling? And they just feel like they have to kind of put on This fake. Oh, I feel good. I'm grateful. I'm happy. I'm excited. But also sometimes you just feel like crap I mean you're not happy and it's okay to say that too and you could be grateful for being pregnant and not

LAURYN EVARTS BOSSTICK: Grateful for a growing body. I don't know why they're intertwined like I didn't understand that and I have to tell you when I first Got pregnant. I was shocked that I had never heard someone to say I feel like a bloated whale I'd never heard that on the internet. That should be and that's how I felt My ankles were swollen. My ass swelled up my legs swelled up. I've got water weight I went to get a massage the other day and they said you have a lot of water in your legs Like you I just feel like I'm wearing a fat suit and I'm trying not to say the word fat cuz I'm having a girl But I just I feel like Lauren ate Lauren Well, I mean yeah, so you don't have to love it yeah, and I'm very very grateful that I'm pregnant

LAURYN EVARTS BOSSTICK: I mean, I think that it's an amazing gift and it's been a wild ride But at the same time, I think it's important to talk about the other side as well. Let's start at the beginning Where are you from? I'm from San Diego, California. You grew up in San Diego. I grew up in San Diego I went to San Diego State University. I Just study I studied television broadcasting. I didn't learn anything. Did you ever get into

DR. ELLIOT BERLIN, DC: Didn't get into any of that. I took broadcaster and with some classes as part of my speech and drama major and I had an instructor who was a news anchor and also did teaching. That's cool, a practitioner.

LAURYN EVARTS BOSSTICK: Yeah, but she sounded in the classroom just like she sounds on TV news. She would be like, and for homework.

DR. ELLIOT BERLIN, DC: That's amazing.

LAURYN EVARTS BOSSTICK: Stuff like that.

DR. ELLIOT BERLIN, DC: She was practicing. I know, but I would sometimes just wanna change a channel in the middle of class, but you can't, sorry, you just took a sip.

LAURYN EVARTS BOSSTICK: You'd wanna change a channel, that's amazing.

DR. ELLIOT BERLIN, DC: I'd wanna change a channel in classes, too, but it wasn't from the news podcast. So you studied television and didn't go there.

LAURYN EVARTS BOSSTICK: I didn't go there. Well, I went to San Diego State, but I was not mentally there, I think. I didn't realize at the time that I wanted to be an entrepreneur. Oh, when did that become clear to you? I was going to San Diego State. I was doing what I was supposed to do, what society said. You go to school, you do four years, you graduate. I was bartending six days a week from three o'clock to 12 at night. I was teaching pure bar pilates, doing what a 20-year-old is supposed to do, and I put that in quotes. And I realized I was unfulfilled, I was bored, I wasn't mentally stimulated. And I started to look around campus. Everyone was joining sororities. And I thought, what if I can do a sorority on the internet and connect women

LAURYN EVARTS BOSSTICK: from all over the world for free? Because at the time, they were charging $800 a semester for a sorority. And I'm like, how can I get all these women on a website, get all their tips and tricks, get all their beauty hacks, and put it in one spot? Do it for free, and make it available to everyone. And this is 2010. So this is 10 years ago. And vlogging was not a thing. There was no Instagram, nothing.

DR. ELLIOT BERLIN, DC: Life before Instagram, I can hardly remember.

LAURYN EVARTS BOSSTICK: It was weird, at RIP. And so I started building the brand of the Skinny Confidential, and I say brand because I really have always looked at it as a brand. So I launched with the website, was blogging seven days a week for three years. Didn't make it.

DR. ELLIOT BERLIN, DC: How'd you come up with the name?

LAURYN EVARTS BOSSTICK: So the Skinny Confidential is like get the skinny. Yeah. And get the juice. And so I thought it'd be cheeky to call it the Skinny Confidential because it's like in one spot.

DR. ELLIOT BERLIN, DC: And you're cheeky.

LAURYN EVARTS BOSSTICK: Cheeky is like the whole brand. So I thought that that was the right word. It was always very pink. And I launched it in 2011, and here we are today. But it's been a long road. It hasn't been overnight sort of thing, epiphany.

DR. ELLIOT BERLIN, DC: But along that long road, were there defining moments of leaps of growth?

LAURYN EVARTS BOSSTICK: There was, but for three years I didn't make one dime. No money. And I did it seven days a week. So I think when people ask me, how do you get into this industry, I think it's really important to really have the right intention of why you're getting in. And for me, I went into this really trying to provide value to an audience. And I wanted to provide hacks that they could apply to their own life. And sometimes when people jump into this industry, and you know this as a podcaster of three years, and they say, how do I monetize? I think that's asking the wrong question. From the beginning. Yeah. So if anyone's out there looking to hop into the mommy blog world or any of the blogging industry in general, I think that it's important

LAURYN EVARTS BOSSTICK: to really refine what that is.

DR. ELLIOT BERLIN, DC: I like that you were doing Pure Bar during the day and bartending at night. Is there basically any kind of bar you can get into?

LAURYN EVARTS BOSSTICK: I love a bar. I miss a bar. That's another thing. I miss Margarita. No one says that either. They say, oh, you won't miss it. I miss Margarita.

DR. ELLIOT BERLIN, DC: You miss it?

LAURYN EVARTS BOSSTICK: Yeah.

DR. ELLIOT BERLIN, DC: Mocktails?

LAURYN EVARTS BOSSTICK: Not the same. No, thank you. No, I want some champagne.

DR. ELLIOT BERLIN, DC: You want the other side of the cocktail.

LAURYN EVARTS BOSSTICK: How the fuck am I supposed to get through Thanksgiving? It's not gonna be easy. It's not gonna be easy.

DR. ELLIOT BERLIN, DC: It's gonna be hard. It'll be very interesting. The way you said that, it kind of sounds like trying to stand up on water skis for the first time. And that boat's going, it's so much effort to get up. But then once you're up, it's like really fun to ride around. Are you at the fun part of Skinny Confidential? Are you having a good time?

LAURYN EVARTS BOSSTICK: I get really stimulated and off on progress. My husband and I always joke, he's always trying to get to the finish line and I get off on the journey and the day to day.

DR. ELLIOT BERLIN, DC: Is that like a metaphor for men and women in general?

LAURYN EVARTS BOSSTICK: I don't know, maybe. I mean, he's very impatient. In a good way though, because sometimes it is good to be impatient and I'm a little bit more slow. And so I really knew from the beginning that I, like I said, was building a brand. So I was okay with it taking a while. And there's been no epiphany for me. Like I said, it's been really slow strategic growth day after day, rinse and repeat. Kind of like a drop of water in the pail every day. And I hope.

DR. ELLIOT BERLIN, DC: There it is again. Your sound effects are pretty good.

LAURYN EVARTS BOSSTICK: That's all I got. I was bored in high school.

DR. ELLIOT BERLIN, DC: That's a pretty good one. Wow.

LAURYN EVARTS BOSSTICK: Thank you. Taylor loves to make that one too, our producer.

DR. ELLIOT BERLIN, DC: Hey, we can have a little contest. Cause I have a whole lot of ways I can do it. It's like. Oh my God. That's. my talent. I got one stupid human trick. Wow. Thank you very much. You should grow that brand. For three years without making a dime. Just make that noise. But you know how it is with

LAURYN EVARTS BOSSTICK: podcasting for three years. It's something that you just rinse and repeat. You put out every single week. You try to create content. It resonates with the audience and

they can apply it to their own life. Yeah. And then you just do it week after week, week after week, week after week and you just hope people like it and they take something

DR. ELLIOT BERLIN, DC: from it. You've grown a lot. It's not a blog. There's more to it. You have a book. You have a podcast. Baby. A baby. Now. Yes. We've grown other entities. Is that the skinny

LAURYN EVARTS BOSSTICK: confidential baby? Yeah. You know what? I told a girlfriend, I'm like, I'm not projecting the skinny confidential onto the baby. I'm not going to do like bright pink and light pink. She'll probably come out pink. I might go more neutral. We'll see. She might come out pink. Yeah. That would be on brand. So yeah, we have a podcast, a book, a YouTube channel, and we really tend to just go where attention goes. So whatever that is, we'll pivot to that. Right now, I think TikTok is going to be huge. TikTok. Huge. And so I'm starting to create content on TikTok. I think TikTok's the next Instagram. And I think there's really undervalued real estate on there right now. What's it about? So basically it's, and I hope

LAURYN EVARTS BOSSTICK: I'm explaining this right because this is what I see it as. Okay. It's 15 seconds or 60 seconds and you create content, whether it's funny or educational or inspirational in those 15 seconds or 60 seconds. And it's really appealing right now because our attention span is like wild. So crazy. It's so crazy. And I think people are getting over the curated Addy salesy Instagram right now. I think they're moving towards something that's quicker and something that's maybe more raw. And

DR. ELLIOT BERLIN, DC: that's TikTok. Oh, that's perfect for you. Yeah. You have sort of the Michael 15 second and Lauren 60 second. It's like perfect for you guys. It was like made for you. Perfect. Yeah. And you're wrong and open. So that's perfect. No, you guys work together. How did you guys

LAURYN EVARTS BOSSTICK: meet? I met Michael when I was 12. Oh, we met when we were in sixth grade. And I put this in quotes, started dating from the ages of 13 to 15 and broke up in high school. And why the breakup? You know, I wanted to go for the older guys. You know, one of those like we're in the same grade. So I was going for the older guys. Not cool. Not cool. He talks about it every day. And we went off to college and he just was very persistent. Let's say that very, very persistent. He kept coming back for more. And then we, you know, started dating again when we were 22 and got engaged, married. And here we are having a baby. I mean, this is a big

DR. ELLIOT BERLIN, DC: step. Yes, it's a big step. It's a big step. I want to talk to you about your pregnancy. Yeah, let's talk about it. But we got to take a quick break. Okay, don't go anywhere. We'll be right back with Lauren Everts Welcome back to the Informed Pregnancy Podcast. We're talking to Lauren Everett Spostak, the skinny confidential, and remember how is it you're all knocked up?

LAURYN EVARTS BOSSTICK: I am knocked up. Eight months.

DR. ELLIOT BERLIN, DC: Eight months. You're really knocked up.

LAURYN EVARTS BOSSTICK: Yeah. I'm so knocked up. As knocked up as it gets for the most part.

DR. ELLIOT BERLIN, DC: Yeah. Was this planned? Were you ready? Was it timed?

LAURYN EVARTS BOSSTICK: I wouldn't say that it was planned. We clocked it out and planned it, but it was a really good surprise. We've been together for a long time. Like I said, I've known Michael since we were 12, so it was a really happy moment.

DR. ELLIOT BERLIN, DC: Were you previously not ready? Was there some sort of goalie? Was there-

LAURYN EVARTS BOSSTICK: I was on birth control.

DR. ELLIOT BERLIN, DC: That's what it is.

LAURYN EVARTS BOSSTICK: I was on birth control for a long time, probably like 10 years.

DR. ELLIOT BERLIN, DC: So when you jumped off birth control, you knew it could happen.

LAURYN EVARTS BOSSTICK: You know what though? I am one of those people that never looked into pregnancy or birth or babies or anything until I actually got pregnant. I knew nothing about it. I thought ignorantly that it took a long time to get pregnant. I didn't know it would be-

DR. ELLIOT BERLIN, DC: Sometimes just two minutes.

LAURYN EVARTS BOSSTICK: I didn't know it would be so quick. I know everyone's experience is different, but this is just the journey that I've had. I'm just sharing that and it was very quick and it was a pleasant surprise.

DR. ELLIOT BERLIN, DC: Oh, nice. How did you find out?

LAURYN EVARTS BOSSTICK: I was eating lunch with my husband and my little sister said, I think you should take a pregnancy test. She said, I think you should take a pregnancy test. So she slipped one in my briefcase and I went and peed on a stick while I was scrolling through Instagram and almost fell over. And so I decided instead of telling my husband, I'm going to wait three days and I'm going to tell him in this really unique way and get it on film. So I waited for three days and we were going down to Cabo and he was trying to get frisky, grabbing my boobs, but hard. And you know, when you're pregnant, you have very sensitive boobs. And so I was like, I got to tell him quick. So I waited probably a day and a half. It ended up being about a day and a half.

LAURYN EVARTS BOSSTICK: And then I, um, set this extravagant brunch up in Cabo and had one of those beauty and the beast domes and put all the pregnancy tests. There was like 18. Oh my God. You just kept taking them. You didn't believe it. No, because again, I didn't know anything about babies or pregnancy. And so I thought, okay, maybe there's a glitch. I also want to just put this out in the ether because I think it's important. I didn't know I was pregnant for seven weeks and I did take a pregnancy test at week three, but it was one of the line ones. Oh yeah. And apparently looking back, it did say pregnant, but I didn't know because the lines aren't really crazy. It doesn't spell it out for you. No, it doesn't spell it out for you.

LAURYN EVARTS BOSSTICK: So my advice to anyone out there that's checking, I would get the digital one. It literally says pregnant. Yeah. Yeah. I needed that like big time.

DR. ELLIOT BERLIN, DC: Yeah. I was surprised at how many people like don't trust the test and just keep doing it. Three, four, five tests.

LAURYN EVARTS BOSSTICK: I literally took 18. 18 tests. Yeah. I just wanted to make sure. Oh yeah. So how did he react to it? Well, we filmed it on my YouTube channel. He started crying a little bit and he was in shock. He's very happy. I think that the prospect of creating a mini him was really exciting or a mini me. I don't know if you can handle another mini me.

DR. ELLIOT BERLIN, DC: A mini skinny. A mini skinny in pink. In pink. That's really sweet. How was that first trimester for you,

LAURYN EVARTS BOSSTICK: besides being sensitive? I've had a really easy pregnancy in the terms of morning sickness. I know a lot of people really struggle with that, but I also found that there was other things, like I said, that weren't talked about. The weight gain, not being able to drink alcohol, which in a way like it shuts off a part of your social life. You know, I don't want to go out at 7.30 and go to a party anymore. I'm tired by then. I also think I've just been really tired, really hungry, weird cravings, but there's this chocolate chip bagel from Sam's Bagel that is so good. I'm sorry to everyone in advance with butter on it, like a grass-fed Kerry gold butter. It is so good. You're making a good case for it.

LAURYN EVARTS BOSSTICK: It's the best I've ever had. And that's like a big craving. And then a lot of peaches, which is random. Yeah, that's pretty random. But recently I've had heartburn, so I have had that. We talked about that. You said that there's a way to adjust the esophagus.

DR. ELLIOT BERLIN, DC: We can kind of distract it down a little bit, take some of the acid out.

LAURYN EVARTS BOSSTICK: your throat. Okay. I'm about that. I can't wait for you to do that. Um, but my pregnancy's been pretty easy. I will say one thing that I think has made it easier is movement. I have made it a point to move every single day of the entire pregnancy. And I had to change the kind of movement that it was. I was doing strength training before I got pregnant and realized my body wanted something with super low cortisol, which is Pilates for me. And I was, I'm on my back a lot in Pilates, which is great. And I've done Pilates six days a week. And then after Pilates I walk home and that's like a half an hour walk. That sounds wonderful. It's really nice. And it centers me too in the morning to be able to go to my Pilates,

LAURYN EVARTS BOSSTICK: keep my cortisol low, and then walk home and listen to a podcast. And then on Sunday I just walk, I move and people say, you know, I don't have time to walk. Well, I take conference calls and walk. I listen to podcasts and walk. I meet with my team on the phone on Skype and walk. I have a treadmill in my office and I will post my Instagrams, my stories, even like returning text messages, emails on the treadmill has been really, really vital to this pregnancy. I think that it's really helped it. And that's just little movement. It doesn't have to be anything crazy.

DR. ELLIOT BERLIN, DC: You said you didn't know that much about pregnancy before you got pregnant.

LAURYN EVARTS BOSSTICK: Nothing.

DR. ELLIOT BERLIN, DC: But now that you're in it, where are you getting your information from?

LAURYN EVARTS BOSSTICK: I get a lot of it from you. I asked you 800 questions.

DR. ELLIOT BERLIN, DC: On the first day.

LAURYN EVARTS BOSSTICK: Yeah. But I have been really cognitive to also at the same time, put my blinders on and tap into how I'm feeling and not how I'm supposed to feel or how everyone else wants me to feel.

DR. ELLIOT BERLIN, DC: That's big.

LAURYN EVARTS BOSSTICK: I didn't run out and go get, you know, what to expect when you're expecting. Like I didn't, I didn't want to do that. I also am really attracted to mom's like cat and that. I don't know if you haven't met them. They wrote the book, Mom Truths.

DR. ELLIOT BERLIN, DC: Oh, I know the book.

LAURYN EVARTS BOSSTICK: Um, and they would be a great podcast guest with you.

DR. ELLIOT BERLIN, DC: No to sell.

LAURYN EVARTS BOSSTICK: Yeah. And they're just very, very real, but I kind of want to go through this experience. Like you said on our podcast and like, feel what it's like for me and tap into that and not base this journey on what society tells me I should do. And I'm very much like that in every area. I like to think for myself and that could be a bad thing.

DR. ELLIOT BERLIN, DC: I don't think it's a bad thing at all. I mean, I mean, it's not like you're not getting medical care. It's you're listening to yourself. You're feeling what your body tells you, what your mind tells you. And you're taking that together with what the people you surrounded you with tell you. And you're doing your own thing.

LAURYN EVARTS BOSSTICK: Yeah, I'm definitely listening to, you know, other people's opinions, but I'm also taking it with a grain of salt.

DR. ELLIOT BERLIN, DC: How's your gigantic fan base

LAURYN EVARTS BOSSTICK: responding to your pregnancy? Um, they're so excited and they're so amazing and they're giving me all these tips and tricks in a really non-judgmental space. Like when I first got pregnant, I was drinking kombucha on Instagram Story and I got like three really nasty messages and then I got another 10 more and then I got another 20 more and then I got another 40 more and immediately I just nipped it in the bud and I said, I am not the blogger to follow if you want to be the pregnancy police because I am going to think for myself. I'm going to share my journey that has been approved by my doctor and take what you like and leave what you don't. And again, I'm not telling anyone to do anything. I'm just sharing my story and

LAURYN EVARTS BOSSTICK: my doctor did approve me to drink kombucha and that's between me and my doctor. And if I want to drink it on Instagram Story, like that's what I'm going to do.

DR. ELLIOT BERLIN, DC: I'm not a big fan of kombucha, but I'll tell you why. Yeah.

LAURYN EVARTS BOSSTICK: Tell me why.

DR. ELLIOT BERLIN, DC: I always forget to not shake it and then I open it in the car and I smell like strawberry vinegar for the rest of the day.

LAURYN EVARTS BOSSTICK: But strawberry vinegar smells so good.

DR. ELLIOT BERLIN, DC: I don't know. I mean, I work on pregnant people, so they're a little sensitive, sensitive to smell.

LAURYN EVARTS BOSSTICK: Yeah, you got to open it really slowly and not shake it. I don't know why I want to shake it every time you want to shake the cultures at the

DR. ELLIOT BERLIN, DC: bottom. Maybe that's why. But I don't do it. I open it up and explodes in my car every time I stop drinking it. I think after this combo you won't shake it. I don't think you'll shake it. Maybe your kombucha energy is my. I'm going to try one on the way home.

LAURYN EVARTS BOSSTICK: Yeah, there's a kombucha at the farmer's market on Mondays that you got to try. It's an apple.

DR. ELLIOT BERLIN, DC: With my Sam Spagel.

LAURYN EVARTS BOSSTICK: With your Sam Spagel. Absolutely. Such a pregnancy butter. So good.

DR. ELLIOT BERLIN, DC: What are some of the best tips you've gotten?

LAURYN EVARTS BOSSTICK: So many women have reached out and after I called out the pregnancy police, I haven't had any of that kind of energy in my space at all. Everyone has been so amazing. The women have given me all these really helpful tips for heartburn or for my back hurting. They've led me to you. I'm grateful to your community. Yeah, I asked them, you know, I said my back is killing me. I live in L.A. Who should I go to? And I told you 90 percent of them messaged me and said Dr. Brillen, which is how I met you.

DR. ELLIOT BERLIN, DC: I think they were all my mother. They're different. Your mom has this. different accounts. She's all over Instagram.

LAURYN EVARTS BOSSTICK: Yeah, some blank defaults.

DR. ELLIOT BERLIN, DC: She's starting her TikTok now.

LAURYN EVARTS BOSSTICK: I'm into it. Yeah, I mean, I couldn't ask for a better group of women around me. And I didn't realize, I think, how many of them were moms. Yeah.

DR. ELLIOT BERLIN, DC: Oh, of your followers.

LAURYN EVARTS BOSSTICK: Yeah, that's been cool to see and just see their energy towards motherhood.

DR. ELLIOT BERLIN, DC: We talked a little bit when I was on your podcast about how there used to be a village around you and you had all these people who had experience and had babies and you get to see them pregnant, giving birth, raising babies, feeding babies. We don't really have that anymore, but you probably weren't thinking about this when you wanted to make the world's biggest online sorority, but you kind of created a village for yourself.

LAURYN EVARTS BOSSTICK: That's a very profound way to look at it, Dr. Berlin.

DR. ELLIOT BERLIN, DC: Thank you. Once every year, I have a moment.

LAURYN EVARTS BOSSTICK: Yeah, that's very interesting. You know online, you do create that sort of village, but it's just online. Which is nice at seven o'clock when you want to go to bed, though.

DR. ELLIOT BERLIN, DC: Yeah, and it's also nice. Actually, it's a 24-hour village. You can get on there at three o'clock in the morning if you're up with a baby or whatever and then you need a little support. You can probably find it.

LAURYN EVARTS BOSSTICK: That's so true and I'm gonna rely on my community if you're listening out there at three in the morning when my nipples are dry. If I breastfeed, if I breastfeed, that's another thing we have to talk about is breastfeeding culture. I could not believe the breastfeeding culture when I got pregnant. I was like five months pregnant and people are asking me if I'm gonna breastfeed. My answer is I've never ever been pregnant and I've never had a baby, so I don't know what I'm gonna do. Again, I have to follow my intuition and see what it's like in the moment. I can't give a blanket statement on anything until I'm in the moment. That's just my personality. I just even wonder why does it matter to somebody else whether you breastfeed or not?

LAURYN EVARTS BOSSTICK: And why does it matter what another person's doing with their body? I've never even thought about what someone else is doing with their body. That's their own prerogative. And I'm noticing as I get into this and talk to other mothers and interview other mothers and practitioners and doctors that there is a real stigma with breastfeeding and I just wanna be like get busy.

DR. ELLIOT BERLIN, DC: Yeah, there's an insane amount of judgment when it comes to everything baby-related. Pregnancy, how are you gonna give birth? Are you gonna be vaginal, so soon you're gonna have drugs, no drugs, home birth, hospital birth. As soon as the baby comes out, are you gonna sleep train or not sleep train, circumcise or not circumcise, vaccinate or not vaccinate? Everything has so much intense, strongly opinionated judgment behind it. Unfortunately, America's gone that way in general. We're like pretty polar about things. But it's been this way for a long time in pregnancy and newborn space and it's getting worse.

LAURYN EVARTS BOSSTICK: I hope that I can be someone that shakes that up.

DR. ELLIOT BERLIN, DC: I believe you already are.

LAURYN EVARTS BOSSTICK: I really hope I can shake it up because I came in, like I said, ignorant of this culture and I'm just, I don't judge myself. There are so many weaknesses I have. I tap down on my strengths and so I'm not judging other people and I think when you're out there judging

what other people are doing, maybe there's judgment that you have on yourself. And I think that that's important to look at before you project what other people should do.

DR. ELLIOT BERLIN, DC: You know what? That is a powerful statement and I think we all need to spend a minute thinking about it. So it's a great time to take a break.

LAURYN EVARTS BOSSTICK: I love your transition.

DR. ELLIOT BERLIN, DC: It really is a big moment. I'm gonna take a moment thinking about it. Don't go anywhere, we'll be right back. Welcome back to the Informed Pregnancy Podcast. We're talking to Lauren Everett-Spostak. We're having a snack with Lauren, which is pretty much what you like to do these days.

LAURYN EVARTS BOSSTICK: Sweet potato fries. Yeah, they smell delicious. I honestly, they're so, so good. They're from Granville and they're like the perfect consistency. Also I found too, like this is just a side note, a sweet potato with butter, cinnamon and pomegranate seeds is so good. Delish. That's another craving that I have. And just real, it's just real food.

DR. ELLIOT BERLIN, DC: I have a question. How has pregnancy been on your relationship?

LAURYN EVARTS BOSSTICK: Pregnancy has been really amazing on my relationship because I've got to see another side of my husband and I'm sure he would say the same thing too. But it's also been hard because it's weird when you first start having sex and your body changes. That's like a dynamic, again, I think that needs to be talked about more often. It's what position do you do? For a while, I told you this on our podcast. My husband thought his penis was gonna touch the baby and we had to go through that and I had to teach him anatomy.

DR. ELLIOT BERLIN, DC: Wishful thinking.

LAURYN EVARTS BOSSTICK: Yeah, wishful thinking. So that was kind of interesting. Overall though, I think it's been a really peaceful time when I've had a lot of clarity because there's been no alcohol at all. And I think that when you're pregnant, you're almost like a clairvoyant. It's very weird. You can feel energy and you can see things that I don't think you can see when you're not pregnant.

DR. ELLIOT BERLIN, DC: Um, first of all, in the sex part of your relationship, has it become just more interesting? Is it better, worse, more or less frequent?

LAURYN EVARTS BOSSTICK: Personally, I, you know, like feeling, you know, my best when I'm having sex. Like, I like feeling tight and thin and, I don't know, just, just myself. And I'm not saying I'm tight and thin. I'm just saying for my body to be at its peak. And before I got pregnant, I was really working out and, you know, lengthening and leaning and doing all these workouts. And then bam, you get pregnant and it's like, everything just gets bigger. And I think that that's, I said earlier, a mind you just go through a lot of different emotions. And one of those is it's different to have sex with your partner, especially if you've been having sex with your partner for a long time. It's just a different dynamic. And you have to navigate that.

LAURYN EVARTS BOSSTICK: And so, you know, we have navigated it, but at first it's like, what position do you do? Can you get on top? That maybe isn't the best one. Maybe doggie style. You

don't really want missionary because they're on top of you. It's just a different kind of dance. It's something out of the norm.

DR. ELLIOT BERLIN, DC: That's a lot of helpful advice already for people to do doggie style. Just bend over. Yeah. And what about for him? I mean, sometimes guys like it.

LAURYN EVARTS BOSSTICK: I think at first he's nervous because like I said, I think he thought that something was going to happen to the baby. Yeah. And I think it's weird to be super sexual when the man thinks the baby's listening or watching or whatever they think.

DR. ELLIOT BERLIN, DC: In the room.

LAURYN EVARTS BOSSTICK: Yeah. And it's maybe like not as sexy if the baby wasn't there. But I think you get used to it as the time goes on. And I think obviously it's important to have feel good orgasmic hormones going through you for you and the baby. So I do think that it's a vital part of pregnancy.

DR. ELLIOT BERLIN, DC: It could play a role actually in your birth. Have you already started to think about how to get this little human out of you?

LAURYN EVARTS BOSSTICK: I told you this earlier, having no expectations about my birth. I I don't know enough like the same with breastfeeding. I don't know enough to make such a black and white decision. At first I thought I wanted to see section. I spoke with you. You gave me a plethora of other ideas and I started to think, OK, well, you know, maybe I want a vaginal birth. And now I'm to the point where it's like I'm just going to trust the process. What would I like in a perfect world? I don't know. Maybe an epidural and a vaginal birth. But I am going to try to push for a while without an epidural and see how it goes. Again, no.

DR. ELLIOT BERLIN, DC: If you get the pushing without an epidural, you're probably not going to get an epidural.

LAURYN EVARTS BOSSTICK: See, I don't know. That's why I feel bad talking about this because I just don't know enough about it.

DR. ELLIOT BERLIN, DC: Yeah. No, you shouldn't feel bad about it. I think most people are under informed about what the choices are. And I'm totally cool with you having a cesarean birth. It's not my decision at all. It was not that you said, hey, I think I want to have a cesarean birth. I'm like, don't do it. I'm just like you just didn't sound like you knew what the options were. I didn't. And some of the pros and cons of the options. I'm like, maybe here's some some of the choices so that you can pick which one you want from an empowered place of knowledge versus just thinking that's maybe the only choice.

LAURYN EVARTS BOSSTICK: And I think that I knew that I'm not feeling like super knowledgeable about every area. So we hired a doula. We found this woman who I've been meeting with once a week and I'm doing my chiropractic treatments. I got to go back to fix my esophagus. I'm doing, you know, prenatal massage. I'm getting fascia released. I'm doing I'm walking. I'm moving a lot of self care, a lot of self care, a lot of bone broth, a lot of water getting in bed early, just really listening to my

body meditation, doing things to prep for it. And I hope that it goes in a very beautiful way that's in my head with oils and music. And there's a there's an image there. There's a picture. Yeah, there's a picture of Zen. I like I want Zen Zen in a hospital.

LAURYN EVARTS BOSSTICK: Yes, I do want to be in a hospital. That is one thing I know. Yeah.

DR. ELLIOT BERLIN, DC: So, I mean, you are kind of painting some birth intentions there.

LAURYN EVARTS BOSSTICK: Maybe. Yeah, I think I'm painting not a lot of chaos. I would love if the baby could enter the world with as least amount of chaos as possible. But again, I've heard 100 stories where that doesn't happen.

DR. ELLIOT BERLIN, DC: I don't even know what you mean by chaos. It's an intense moment. It's a time in the universe where a human being comes through your body into this world. It's like a big thunderbolts and lightning moment.

LAURYN EVARTS BOSSTICK: Usually, I think I mean, chaos is maybe a negative energy. I want really positive energy.

DR. ELLIOT BERLIN, DC: That's fair.

LAURYN EVARTS BOSSTICK: Yeah. And why not just seamless is a good word. But that's I don't know if that's a good way to describe it.

DR. ELLIOT BERLIN, DC: I love seamless things. Oh, well, maybe that could be your book, Seamless Birth.

LAURYN EVARTS BOSSTICK: Yeah. So I got a doula and she'll what I think her job is, and you can tell me if this is wrong, is she provides all the different options kind of between the doctor and the person laboring me, and then I make the end decision.

DR. ELLIOT BERLIN, DC: So dual has an educational role I see a dual as a comfort person and somebody that makes you feel hopefully mentally and physically comfortable in a lot of different ways One of the things that they like to do is help you make informed choices So there are so many different decisions to make when it comes to having a baby Some people don't want to make them they want them made for you And then you go to a doctor who likes to make choices for you and you just do whatever they say That's a fine way to go to But I think today a lot of people want to know what the choices are and Sort of be an active decision-maker in those choices and a doula's big part of our role is education

DR. ELLIOT BERLIN, DC: Letting you know what the different pros and cons of different choices are and then together with your practitioner You know making sure that your voice is heard and that you're supported in the choices that you want to make

LAURYN EVARTS BOSSTICK: Yeah, and I think that's exactly what you said. It's an educational tool, too It's like I want to know all the different outcomes and I think that the doula said to me She said a doctor's job is to deliver a healthy baby. That's it But there's a lot more dynamic that goes into a birth. How's the mother feeling? You know, what are the options after birth? How long do we want to

leave the umbilical cord on like the doctor's not thinking about all those little things and So to have someone there that's an advocate for me that gives me all the options for each step is really important for me So it's interesting you said the word comfort I don't know if that's what I'm looking to her for I could be wrong when

DR. ELLIOT BERLIN, DC: I'm in birth. Well, I think the unknown creates a sense of fear Yeah, and knowing more about your choices creates a sense of comfort even just on that level But if you are unmedicated Let's say and in labor and you're feeling intensity that you've never felt before you don't know if it's like normal or abnormal If it's supposed to feel that way or not supposed to feel that way just because you've never been there The ideal thing would be to close your eyes and do what you like to do and listen to what your body is telling you But not everybody's in tune with that little voice and sometimes there's so many outside voices that you're clouded from hearing that little voice

DR. ELLIOT BERLIN, DC: And so to have one person who you hand-picked who you feel comfortable with who you spend a lot of time before pregnancy Who's continuously there from the beginning through the end? I mean your doctor usually comes at the end midwives tend to stay longer if you're with a midwife Nurses come and go at the hospital. They're on 12-hour shifts typically So you could have an amazing nurse and they're with you and then all of a sudden at 7 p.m They just disappear and somebody else comes in who's not great. Your doula is the one who's there You're you're almost like comfort blanket from the beginning to the end. That makes sense

LAURYN EVARTS BOSSTICK: yeah, so I think that for me the right decision was a doula and You know, we're talking about things like how long we want the umbilical cordon and doing skin-to-skin right after and of course These are things that like you said is like intentions and if they happen amazing and if they don't I don't want to get

DR. ELLIOT BERLIN, DC: Too attached to it. Nice. That's umbilical cordon attachment and really go well together Another pun for you. I can't help it. That's the way my brain works Have you thought about post-baby post-baby like when we bring the baby home You know what life will be like with a little bugger in the house. That's giving me anxiety

LAURYN EVARTS BOSSTICK: I'm a serious control freak at my house everything is in its place and To bring another person into that is giving me anxiety I'm trying to work on that right now and be more malleable. How do you work on that meditation? I just do an app and it really helps Yeah, and to be able to sit there with my breath. It's really powerful for me Do you like to be in control in general of things or yeah, I think yes and no, I'm a Gemini Okay, so with the birthing experience, I feel like I've like let that out into the ether But when it comes to my house, I'm just like a control freak I've always been like that since I was little and so to have another human in the house is just gonna be a

LAURYN EVARTS BOSSTICK: Whole different dynamic and I know that there's gonna be all these different things that I've never done changing a diaper Never change a diaper. Maybe once, you know crying no sleep Like there's all these dynamics that I'm thinking about that are giving me anxiety But at the same time I have this incredible community that's messaging me being like it's the best thing that's ever happened to you So I think that there's like a balance there

DR. ELLIOT BERLIN, DC: I do think in general the more effort you put into something the more reward potential you have to get out of it And so I don't know anything that you put more effort to into than a kid And then the reward potential is greater than anything you've ever done before if that's not true I'm gonna come to your chiropractic center. Yeah with a knife. I don't mind. Okay

LAURYN EVARTS BOSSTICK: Yeah, I assume you're gonna just be cutting up sweet potatoes to put on some pomegranates and grass-fed butter

DR. ELLIOT BERLIN, DC: It's really good. You should try it cinnamon sounds divine You talked a little bit about feeding your baby feeding options saying on the one hand You don't really know what you want to do, but you know the options

LAURYN EVARTS BOSSTICK: I think that what I'll do is I'll order this goat's milk formula that was recommended from Germany It's some crazy amazing formula and I'll have it on hand and I'll try to breastfeed and if it doesn't work out Then again, it doesn't work out and I have a backup plan I'm also really lucky that I'm getting a night nurse which I think a lot of influencers and celebrities don't talk about You know I told my audience way from the beginning that I'm getting a night nurse and that I want to be really Transparent about it and not lie about it and just again share my journey and to have a night nurse at our house You know helping me breastfeed. I think is something that's amazing

LAURYN EVARTS BOSSTICK: I don't think a lot of people are able to have someone that teaches you how to latch the baby on so to have That I think you know, maybe we'll give us some kind of advantage. I don't know

DR. ELLIOT BERLIN, DC: It goes back to that village that I was talking about that always used to be there now It isn't so it's being replaced with professionals like childbirth educators and night nurses and doulas That though you used to just be built in they were there for you. Yeah, that's so true So I mean they're kind of expensive. So unfortunately, they're not available to everybody But I see more and more organizations popping up making these services available If you listen to a podcast like this, you're like, well, I wish I can have that but I can't I would look a little Deeper sometimes you can find like newer people who are just getting started out and are looking for volunteer time or low-cost

DR. ELLIOT BERLIN, DC: And there are now organizations and in many cities and states where they're trying to make these services available to everyone But I think they're critical services. We talked earlier about why there's so much postpartum Anxiousness and sadness a lot of it is lack of support. Yeah, I completely agree with you That you're able to and choosing to surround yourself with postpartum support

LAURYN EVARTS BOSSTICK: Yeah, and for me, you know, we don't have family here. But at the same time, I don't want to justify it I don't want to justify that's the reason I'm getting it because I think even if my family lived here I would still get a night nurse and again I think that's an important conversation for influencers to have and just be real about it. I like it I could talk to you for hours. Well, I'll come back on after I give birth. I can't wait while I'm giving birth While you're giving birth we said maybe

DR. ELLIOT BERLIN, DC: First ever I we've done a lot of before and after my second child so I can see what's happening

LAURYN EVARTS BOSSTICK: Well, I like the way you think you're thinking forward to maybe we'll see Michael Duncan your panties all Alright Lauren, where can we find you online? Um, you can find me eating my sweet potato Kerry gold butter cinnamon and pomegranate seeds on at the skinny confidential on Instagram

DR. ELLIOT BERLIN, DC: And then you were just on our podcast, which is the skinny confidential him and her I hear it's gonna be a great episode

LAURYN EVARTS BOSSTICK: Yeah, it's a great episode. You don't want to miss it

DR. ELLIOT BERLIN, DC: Thank you so much for coming in for sharing. So open and raw. Thanks for having me. That was fun and real You got me thinking now more about my birth plan. I love it and we're gonna be schmoozing. Anyway, we're gonna schmooze We can schmooze. All right at home. Thanks for listening to the informed pregnancy podcast If you like our program be sure to share us with your friends And if you'd like to get in touch send your feedback to info and inform pregnancy

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