Arianny and Richelle - Before Birth

Episode 212 · February 4, 2021 · with Arianny Celeste and Richelle Monae

IN THIS EPISODE

Best friends Arianny Celeste and Richelle Monae are pregnant at the same time — seven weeks apart — and navigating it together. The model and television host who got her start with the UFC and the photographer who shoots her campaigns sit down with Dr. Elliot Berlin, DC to compare notes: two surprise pregnancies (one discovered after an uncharacteristic cry over Kobe Bryant, the other confirmed only after nine pregnancy tests), rough first trimesters, pandemic-era prenatal care, and body changes when your body is your job. Then the plans diverge: Richelle is preparing for a home water birth with midwife Abby and doula Nina Phelan, while Arianny feels safest in a hospital — with the very same doula at her side. Same hypnobirthing classes, same doula, opposite settings. Both will be back after their babies arrive to tell how it actually went.

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: Welcome to the informed pregnancy and parenting podcast. I'm your host dr. Elliott Berlin today I'm joined by two close friends and moms-to-be who are navigating pregnancy together While their pregnancy experience has been similar their birth plans aren't one is a model and television host who got her start with UFC just like me and One is a successful photographer who specializes in Headshots and editorials and all sorts of artsy things Ariane, Celeste and Rochelle Monet. Welcome to the podcast

ARIANNY CELESTE: Thank you

DR. ELLIOT BERLIN, DC: Yeah, really there's five of us on the podcast today And Before we get into these pregnancies where you each from and how'd you meet Ariane? Let's start with you since you're almost do we have to get it out before your baby comes out

ARIANNY CELESTE: So I am from originally Las Vegas, Nevada I moved out here to LA probably ten years ago and I met Rochelle actually it was in London and She was dancing and twirling around and I was just like who's that girl? She looks like fun And we just hit it off and we've been talking ever since and it was like I feel like over ten years ago

DR. ELLIOT BERLIN, DC: wait, you were just having to both be in London for travel and

ARIANNY CELESTE: She went to watch a fight. I went to work a fight for UFC. Oh, so you met at the fight. Yeah

DR. ELLIOT BERLIN, DC: Yeah through a mutual friend. Oh gotcha. So Vegas to LA. What brought you to LA?

ARIANNY CELESTE: Just I wanted to pursue at the time acting and hosting I ended up liking hosting better But yeah had to move to LA for all the normal things being a big star

DR. ELLIOT BERLIN, DC: Yeah, I think all the abnormal things are back home in Vegas

ARIANNY CELESTE: Now it's actually kind of boring in Vegas to be honest, it's very normal off the strip Very suburban life. So I grew up very normal

DR. ELLIOT BERLIN, DC: Yeah, I mean that's not the image you get as soon as you told me you're from Vegas I was like show me a card trick or something Yeah, cuz I got the Jewish anxiety I can't gamble I'm just I can't even look when they spin the wheel or whatever it is

RICHELLE MONAE: Rochelle, where are you from originally? I'm from Denver Colorado the mountains Well, not the mountains but the mile-high city and I moved to Los Angeles about Ten years ago to 2008 so a little over ten years ago And I originally moved there also for acting but then you know started to do photography

DR. ELLIOT BERLIN, DC: Wait a second, but did you have an interest in photography before acting? No. No, I didn't actually my

RICHELLE MONAE: fiance my partner he's the one who got me into photography because he was doing photography and then he taught me and I was originally just gonna do it to like she had people's had shots and Just have like a side job from acting but then I started to really get into shooting and Then Started a business and then didn't really have time for the acting Hmm and start living like trying to do my business run my business So then I just started to focus on photography. I yeah, what do you mostly shoot? So, I do a lot of headshots, but I also do like a lot of editorial, like last year I shot Ariane's calendar, I've done like swimsuit campaigns, and I've just done like a lot of like Instagram influencers.

DR. ELLIOT BERLIN, DC: Yeah, yesterday I started to look for somebody to shoot my calendar. I would only take somebody who twirls and dances and bobs around a lot. I mean, I don't know why you were twirling and bobbing around, but that is so your personality.

ARIANNY CELESTE: We were at the night club, I'm more reserved, I feel like, so I was like sitting sipping my drink, and she was just like twirling around like having the best time, like I have to know this girl.

RICHELLE MONAE: I love dancing. I'm a dancer.

DR. ELLIOT BERLIN, DC: You know, I used to be a big dancer.

RICHELLE MONAE: Oh, really?

DR. ELLIOT BERLIN, DC: Yeah, I've only danced twice, but I felt big both times, I felt really big actually. So I stopped doing it. Ariane, I have a close relationship with UFC. I was working out in the gym one day, it was pretty much the only day, and a guy like backs into me at the gym, and we started talking for a little bit, and he was a UFC kind of fighter, and he's like, hey, you want to work out with me? I don't have a workout partner. And I was like, no. And he's like, yeah, look, let's put on these gloves, and we can like box a little bit with each other, and we can do some kickboxing, and I was like, no way, you're a UFC fighter, I eat donuts. But he was like a tiny little guy, he was like 115 pounds.

DR. ELLIOT BERLIN, DC: He's like, trust me, if anybody has to worry, it's me, because I know what I'm doing, you don't know what you're doing. If you just accidentally hit me or fall on me, I'm in trouble. And so we started to work out together, and he got me really like, really good shape with all these like jump rope things. The first time I did it, I couldn't get like more than three jumps before I tripped myself and fall on my face. And by the end of it was like five, 600 skips in a row with a little bit of footwork. But anyway, back to you. That was my UFC story. What's yours?

ARIANNY CELESTE: My UFC story is I was just paying my way through calling and I needed a job and my agency sent me on audition and UFC was looking for an octagon girl and I got chosen. And then after like a few events, they kept asking me to come back. And then finally, they offered a long term deal. So I've literally been with the company probably like 14 years now.

DR. ELLIOT BERLIN, DC: Oh, wow.

RICHELLE MONAE: Yeah.

DR. ELLIOT BERLIN, DC: That was a long time. Are the rings octagon shape? Where does that term come from?

ARIANNY CELESTE: So yeah, they fight in an octagon. So I call it an octagon. I know people say ring girls, but I always say octagon girl.

DR. ELLIOT BERLIN, DC: Me too. I always say octagon girl last year, but it's a, it's a weird shape. Do you walk around the outside or the inside?

ARIANNY CELESTE: We walk around the outside.

DR. ELLIOT BERLIN, DC: As a stop sign shape?

ARIANNY CELESTE: Yes.

DR. ELLIOT BERLIN, DC: I mean, is there training for it?

ARIANNY CELESTE: There's no training, but you definitely have to be able to represent the company in the best light, you know, talk about the sport, do interviews. You're kind of like the spokesmodel of the UFC.

DR. ELLIOT BERLIN, DC: Oh, that's cool.

ARIANNY CELESTE: You do like fan events and all kinds of stuff.

DR. ELLIOT BERLIN, DC: 14 years was a long time. They must like you.

ARIANNY CELESTE: Yeah. I'm pretty responsible. I'm always on top of my game, try to stay in shape.

DR. ELLIOT BERLIN, DC: So yeah, did working UFC, I mean, it looks like you traveled with them quite a bit. Did it open up other doors for you?

ARIANNY CELESTE: Yeah, it definitely opened up other doors and it like gave me the confidence to move to LA. I think not only because I had like a steady job, but also just like being in a bikini in front of a bunch of people, like kind of gives you like a confidence boost. So I was like, okay, I can go to LA now and pursue what I want to pursue. So I came here and I signed with an agency and I did a bunch of like magazine covers and all kinds of stuff. So it's definitely opened so many doors for me.

DR. ELLIOT BERLIN, DC: So first of all, I had a dream that I was in a bikini in front of a bunch of people and did not boost my confidence at all. I woke up and I took extra Zoloft. But I mean, you guys have like a shooter shooty relationship.

ARIANNY CELESTE: Yeah, she shot me a lot. I love her photos. They're beautiful. I've shot you a few, would you say? I don't know.

DR. ELLIOT BERLIN, DC: Oh, you've shot each other?

ARIANNY CELESTE: Maybe not.

RICHELLE MONAE: Wait, what?

ARIANNY CELESTE: Like on your camera. Have I taken your camera and like shot you maybe a few times? Oh, yeah. In the desert. Joshua Tree.

RICHELLE MONAE: Oh, okay. Yeah. Yeah.

ARIANNY CELESTE: Her girlfriend box.

RICHELLE MONAE: Yeah. It turned me into a model. Yeah. Photographer.

ARIANNY CELESTE: We were friends before anything.

DR. ELLIOT BERLIN, DC: Professional. Yeah. Do you guys consider yourselves to be similar or opposites attract?

ARIANNY CELESTE: I think a little bit of both.

RICHELLE MONAE: Yeah.

ARIANNY CELESTE: I think we're similar, but I also think that we're very different in some ways, but very similar. Just like super loving, passionate. I'm more of like a dominant protector type. She's more of like a nurture protector type, I think. Like I'm always like ready to fight someone if anyone.

RICHELLE MONAE: And I'm always ready to hug.

DR. ELLIOT BERLIN, DC: Hug, oh, this totally could be an animated series. I see it coming together. I mean, now you're similar because you both have that same bump.

RICHELLE MONAE: Yeah. Crazy.

DR. ELLIOT BERLIN, DC: All of us really. All right, look, I'm going to take a little break. I want to find out about each of your pregnancies and how it's going. And then after that, what you're planning for birth. Don't go anywhere. We'll be right back with Ariane Celeste and Rochelle Monet. Welcome back to the Informed Pregnancy and Parenting podcast. We're talking to Ariane and Rochelle. Okay, so Ariane you're ahead by like seven weeks or so, something like that?

ARIANNY CELESTE: Yeah, seven weeks.

DR. ELLIOT BERLIN, DC: But Rochelle's catching up.

RICHELLE MONAE: Yeah.

DR. ELLIOT BERLIN, DC: Every week she's getting a little closer. Oh wow, yeah, we can't see it but you're starting a show.

RICHELLE MONAE: Yeah.

DR. ELLIOT BERLIN, DC: I mean, let's go to the beginning. Were you ready? Were you like, let's have a kid now?

ARIANNY CELESTE: I was not. This year we were planning on traveling and we had like four trips already planned and then we found out we were pregnant and then-

DR. ELLIOT BERLIN, DC: How'd you find out?

ARIANNY CELESTE: Well, it was actually kind of emotional. I was emotional over the Kobe Bryant passing and I'm not a sports fan and I don't know much about Kobe Bryant. I just know he was an amazing athlete but I found myself getting emotional about it and I don't cry very easily.

DR. ELLIOT BERLIN, DC: Oh.

ARIANNY CELESTE: So I was talking to my mom and she's like, oh, you're very emotional. You might wanna take a pregnancy test. And I'm like, he's just been waiting for me to be pregnant. So she was like hoping for it. So I was like, okay, maybe I should. And then I did and then we found out and everything changed.

DR. ELLIOT BERLIN, DC: More emotions.

ARIANNY CELESTE: A lot of emotions. And then, so I found out end of January and then beginning of March is when all the pandemic and stuff happened. So the beginning of my pregnancy, I think it was at first a little bit nerve wracking but as it progressed, I was very happy to be home, to have time to myself and to spend it with my partner and just enjoy every minute of it really because I'm always on the go, so.

DR. ELLIOT BERLIN, DC: Did you stop working for pregnancy?

ARIANNY CELESTE: Um, I worked all up until March, like events, but luckily like I do social media stuff too. So I'm able to work from home pretty much work from wherever really. So the events stopped for me, but everything else I've been super busy this whole pregnancy.

DR. ELLIOT BERLIN, DC: So they stopped because of the pandemic or they stopped because of the pregnancy.

ARIANNY CELESTE: They stopped because of the pandemic. And then by the time they started up, they started up like maybe two months ago or something I was already showing. So yeah, I wasn't going to walk around in a bikini with a bump.

DR. ELLIOT BERLIN, DC: So would they have wanted that? I mean, people love pregnancy. They're really fascinated by pregnancy.

ARIANNY CELESTE: Yeah, I don't think so.

DR. ELLIOT BERLIN, DC: They wouldn't have, but you didn't want to.

ARIANNY CELESTE: No, I didn't for safety precautions too. I didn't want to travel being pregnant.

DR. ELLIOT BERLIN, DC: Yeah, that makes sense. And how has pregnancy been for you for a second, third trimester?

ARIANNY CELESTE: The first trimester was very emotional and hormonal and moody. I wasn't used to having to slow down. So I had to like talk to myself and be gentle with myself and just listen to my body. And then the second trimester was great. I felt like there were times where I forgot that I was pregnant. I was like, okay, you need to slow down. But I was back to working out and doing everything that I love. And then the third trimester has been back to slowing down. My body hurts a lot because of the extra weight. But other than that, I think I've had a really beautiful pregnancy. Not a lot of nausea or anything like that. So I just feel really lucky. It's been great.

DR. ELLIOT BERLIN, DC: I mean, it's really nice that you get to enjoy it and the, you know, there's some silver lining to pandemic that you get to settle down and chill out for a little bit, there's just no pressure to go anywhere. But I did have this question. Some people love the body changes during pregnancy. Some people hate them. Some people are just in between about it. I mean, your body kind of is your career for a long time. How are the changes for you? I know they're uncomfortable. You started small and put on the same typical way to other people do. But when you start small, that's a much bigger percentage. But how did it feel to you like look wise and feel wise?

ARIANNY CELESTE: Look wise and feel wise. I definitely was a bit nervous about growing and expanding and everything. But I think I was mostly worried about stretch marks and preventing those. So I've been like really diligent with like my creams and all that. And I've been told that it's like a hereditary thing. So my mom doesn't have them. Thank God. So we'll see. So far, so good. But I just believe in the power of positive thinking. And I think that if you're already a fit person, you're more than likely able to like bounce back and stuff. So I'm just trying to be positive about it and not like speak those negative things into existence because my body is my job and it's been my job for 14

years.

ARIANNY CELESTE: So I think if I went the other way, I would be like obsessing over it every day and it wouldn't be healthy. So, yeah. Yeah.

DR. ELLIOT BERLIN, DC: I mean, do you see it and feel amazed at all? Like about how it's able to do what it's doing?

ARIANNY CELESTE: Yeah, I'm definitely amazed by the female body and the fact that you can grow a little human and you have a little passenger in there.

DR. ELLIOT BERLIN, DC: It's crazy. Yeah, I'll never have it, but the closest I ever come to like feeling kicks is I guess when my toddlers come in bed with us and they always put their legs where your belly is, hopefully belly sometimes lower. They hit below the belt and then they do. I've woken up at two 30 in the morning, jumped out of bed and squealed like a Mickey mouse. Anyway, back to you guys. So, uh, Rochelle, let's talk about you. Were you planning? Were you like, Hey, now is a great time to have a baby.

RICHELLE MONAE: It wasn't planning. I think maybe the year before I decided to get off of birth control because my partner and I, my fiance and I, we've been together for six years now, I want to say, and you know, I'm thirties now, so I was just like, if it happens, it happens. So it happened. Yeah. And it was crazy. Cause I ended up, this was like after the whole quarantine. So then I find out, so I can't go to the doctors to go double check. So I ended up taking like nine different pregnancy tests.

DR. ELLIOT BERLIN, DC: They should come as a bouquet. Nobody trusts the first two.

RICHELLE MONAE: So it was like the first test. It was two, right? So I ended up doing the digital, there's a digital one, and then there's one, the one with the line. So I did the digital one, the digital one says yes. And then the line, the second time I did it, there was only one line, which means no.

DR. ELLIOT BERLIN, DC: Oh, no, so you had to buy more.

RICHELLE MONAE: Right, so I was so confused. And then-

DR. ELLIOT BERLIN, DC: They do them on purpose so you buy another set.

RICHELLE MONAE: Exactly.

DR. ELLIOT BERLIN, DC: There should be a third one that just reads it to you.

RICHELLE MONAE: Right, like, yes, you are pregnant.

DR. ELLIOT BERLIN, DC: You should be able to pick a celebrity voice who tells you that you're knocked up or not.

RICHELLE MONAE: I wish I knew how to do a celebrity voice.

DR. ELLIOT BERLIN, DC: I can only do one impression. It's Southern California people taking off their shoes. I just kick my right leg and kick my left leg. I can clear my teeth right here. That's my only one.

RICHELLE MONAE: There you go. Thank you. There you go. So yeah, I did another one. Same thing happened.

DR. ELLIOT BERLIN, DC: What? Oh, you did both again?

RICHELLE MONAE: Yeah. Wow. Yeah, yeah, so then I sent the picture to Ari. I was like, Ari, like, this is so confusing. And then she was like, it literally looks like there's a faded line in there. Like a second one. Then I looked closer and I was like, oh, it was a little bit faded. But you could barely see it. So I still wasn't convinced. So I was like, okay, let's do this, but let's wait a week. So then I bought another set. It had three in it. So then, you know, the digital came out, yes. And then the other two with the lines, they both had a second line, but it was so, so, so faded still. So anyways, so I ended up taking nine pregnancy tests. And then finally I was brave enough to go get checked because I was afraid to go to the hospital

RICHELLE MONAE: or the doctor's office to get checked.

DR. ELLIOT BERLIN, DC: Because of the virus?

RICHELLE MONAE: COVID, yeah. I didn't want to get it.

DR. ELLIOT BERLIN, DC: Yeah, there was that time period where people were like terrified to leave the house. Now they're like itching to go to bars or whatever. Let me out. Especially if you have like little kids that don't, I gotta get out of the house. People are so stressed out. It's almost over. It's gotta be almost over.

RICHELLE MONAE: Hopefully after the election, right?

DR. ELLIOT BERLIN, DC: That's my skepticism, but who knows? I think right after November. Oh, we're good now.

RICHELLE MONAE: Fingers crossed.

DR. ELLIOT BERLIN, DC: I do have this question. How was your first, second, and third trimester?

RICHELLE MONAE: So my first trimester was really rough. And I think it was rough maybe also because of having to be quarantined and not being able to go to classes and stuff. And I'm very active. I always do yoga. I always do spin classes. I'm just very active. So not being able to go to classes and then having zero energy and zero motivation to like work out by myself. So I think the first trimester was kind of depressed. I was depressed. I was sleeping a lot.

DR. ELLIOT BERLIN, DC: I can't even picture that. You're like the model of high energy, like glass three quarters full.

RICHELLE MONAE: Well, I was sleeping a lot and I wasn't working and I just kind of felt like useless. And then nauseous. I was very nauseous. I only got sick once though.

DR. ELLIOT BERLIN, DC: Where were you?

RICHELLE MONAE: I was at home because normally I drink 32 ounces of lemon water in the morning and I did that and it just came out.

DR. ELLIOT BERLIN, DC: That's a lot of ounces of sickness.

RICHELLE MONAE: Yeah, it was crazy. So then I just started to do lemon water again because I was afraid. Wow. Yeah, I've been afraid. That scared me. It came out of my nose and everything.

DR. ELLIOT BERLIN, DC: Oh, you know what? My kids, for like a year and a half, they started a company called PJ Lemonade where they made all sorts of lemonade, really cool ones. They had really cool flavors and they made a mojito lemonade, like a blueberry habanero pepper lemonade. They're all really good with a little vodka. But anyway, so the-

RICHELLE MONAE: You said they're good with a little bit of vodka?

DR. ELLIOT BERLIN, DC: Yeah, they're something more to the parents than to the kids. And so, and then they would take all their money and buy pajamas for kids who didn't have a warm, comfortable pair of pajamas. So they called it PJ Lemonade. And then people, when they would set up their little lemonades and they bottled it, it was very professional. They would just give them money and they wouldn't want the lemonades, a lot of the people. So they're like, how come you don't take lemonade? Like they were offended and like, oh, we're trying to cut down on sugar. So they made a spiced lemon water. That's kind of amazing. It has like nine different spices in there. And cold pressed lemons. And they shut it down for COVID, but we might make you a batch.

RICHELLE MONAE: Okay, yeah. I'm definitely into lemon water, yeah.

DR. ELLIOT BERLIN, DC: So second trimester, more energy. Do you feel better?

RICHELLE MONAE: Yeah, second trimester. Well, cause first trimester I was in Colorado. Second trimester, I went back to LA and I set up my studio as a little gym. So that was pretty cool. Cause I had all my stuff there. So I was able to work out. And then I was able to see Ariani. Oh. They missed her. Yeah, it was a lot better. Second trimester was way better. And I also did a road trip in Mexico.

DR. ELLIOT BERLIN, DC: A road trip?

RICHELLE MONAE: Yeah.

DR. ELLIOT BERLIN, DC: Through Mexico?

RICHELLE MONAE: Yeah, with some family friends. We started off in Playa del Carmen, so then we went to Tulum. Ooh. And then I think it's called Baclava. Is that like a Greek dessert?

DR. ELLIOT BERLIN, DC: No, it's a city in Mexico. That's Baclava. Okay. Do you speak Spanish?

RICHELLE MONAE: In Chiapas. No, but I'm learning.

DR. ELLIOT BERLIN, DC: You are? Okay. I'm fluent, so if you need any help. Okay. I'm just fluent with the colors, though. I only speak colors.

RICHELLE MONAE: Okay.

DR. ELLIOT BERLIN, DC: Amarillo, you know?

RICHELLE MONAE: Amarillo, absolutely.

DR. ELLIOT BERLIN, DC: Amarillo. Yeah. Rojo. Exactly. You're speaking my language. Verde. Rosa. Rojo. So we were, I hired somebody and I was like, oh yeah, I speak fluent Spanish. And I was like, just the colors. And she was testing me on all the colors. And then she was like purple. And I was like And she's like, what? It's Morada. I'm like, no, it's purple. So the way I learned the colors, somebody gave my kid a little teddy bear that when he squeezes different paws, he says, red is Rojo. And then he's got a purple paw and you squeeze the purple and it goes purple is purple. But I didn't realize purple is more of like a medical illness kind of purple. Like when your skin turns blue, it's purple. I was like, where is this bear from?

RICHELLE MONAE: That's awesome.

DR. ELLIOT BERLIN, DC: And now your third trimester now?

RICHELLE MONAE: Third trimester. So third trimester is good, a little less energy, not as much. And I've been doing a lot of organizing. And I also feel, I don't know if you feel the same way, Ariani, but I feel like third trimester, I've been really like hormonal. I don't know. Like I've been a little bit more hormonal.

ARIANNY CELESTE: In what way?

RICHELLE MONAE: Just more sensitive, I guess. But maybe it's just because I'm a Pisces and Pisces are sensitive. I don't know.

DR. ELLIOT BERLIN, DC: So I mean, I'm a little nervous for what happens after you have the baby. That's when my wife really sensitive. Me too. I don't want to date myself, but after we had the baby, she would open up her email and it would be like, you've got mail. And she would be weepy because she was so touched by that. Yeah, we had AOL. Some people still have AOL. I don't think it comes same day. I think you got to wait a few days for it to get there. Anyway, I think we've got to take a break. Let's take a break and come back and find out what y'all are planning for labor and delivery. We'll be right back. Welcome back to the Informed Pregnancy Podcast. We are talking to Rochelle and Ariani and both of you are in your third trimester getting

DR. ELLIOT BERLIN, DC: ready for birth. Rochelle, when did you start thinking about what kind of birth you want to have?

RICHELLE MONAE: Probably like in my 20s.

DR. ELLIOT BERLIN, DC: Oh, you've been thinking about it for a long time. People do. Sometimes it's like the wedding where you're like nine years old dreaming about your wedding.

RICHELLE MONAE: Right. Well, I was inspired. I was inspired by a friend, a really close friend of mine. Her name is Chandice. I've always looked up to her. She's amazing. She's this amazing human. And I've always looked up to her. She has two boys now, both natural births, and then they're both home births. And she's actually also pregnant. Oh, wow. Yeah, she's a week before Ariani. So

she's hoping to give birth this Sunday. That's a very specific target. So, you know, she told me about it and I was really fascinated about it. So then I watched the documentary, The Business of Being Born.

DR. ELLIOT BERLIN, DC: Rikki got you?

RICHELLE MONAE: Yeah, she got me. And I decided that I definitely wanted to do a natural birth. But at first I was thinking of a birthing center. But then I decided to go with a home birth because I guess at a birthing center, they release you three hours after you have the baby. So I wouldn't want to like leave three hours later with a three hour old baby. So then I chose Nina as my doula. So Nina was explaining to me like how, you know, the midwives who do at home births, they take everything that they have at the birthing center to your house.

DR. ELLIOT BERLIN, DC: Like duffel bags of equipment.

RICHELLE MONAE: Yeah. So then I ended up talking to a few different midwives. And then I decided to go with my midwife, Abby. And she made me feel so comfortable. She made me feel like, OK, this is the right choice. I'm really excited about doing a home birth.

DR. ELLIOT BERLIN, DC: By the way, who's due with her third kid like today or something like that?

RICHELLE MONAE: Oh, she is.

DR. ELLIOT BERLIN, DC: I mean, she's due like in the next week, I think.

ARIANNY CELESTE: Yeah.

DR. ELLIOT BERLIN, DC: So she's going to have her kid recover and then come catch her kid.

RICHELLE MONAE: Yeah, isn't that crazy? But I don't know, I guess because of the fact that she's pregnant. And then like when I talked to her, we let her. talked for over an hour on the phone and I just loved her and then I was like she's gonna have just gone through this so she's gonna probably be really like compassionate and gentle with me or just really hormonal so yeah I'm definitely excited about this so I'm really happy with the choice I made

DR. ELLIOT BERLIN, DC: and I've been honored to attend birth with both of them not together but at separate births and I think they're both really fantastic so well you might be going to one with both of them. Might be the first one! I gotta watch out a room full of very hormonal people scares me but I'll do my best I'll wear my mouth guard in case I get touched. Are there parts that you're excited about parts that you're

RICHELLE MONAE: nervous about who else is coming? So I'm gonna have Carson come Carson Meyer there. She's taking pictures? Yeah she's gonna take pictures she's gonna do the video and she's going to be taking photographs. I'll be sketching things

DR. ELLIOT BERLIN, DC: with my pen it's cuz you're like the master shooter so it's kind of a lot of pressure on her like when I adjust a car director who's been doing it for 30 years so it's like whoa I'll break a sweat. No no no pressure and

RICHELLE MONAE: then possibly you and Abby and Nina so that will be the like that's such an amazing team and then my partner obviously and then my sister I would love to have my sister there if I could get her there I just don't know she's not in LA or no she lives in New Mexico so I guess yeah breaking

DR. ELLIOT BERLIN, DC: back. I remember her. Who? Your sister cuz I watched the whole Breaking Bad. I'm

RICHELLE MONAE: actually watching it right now not right now but yeah I just watched the

DR. ELLIOT BERLIN, DC: Better Call Saul. Oh Better Call Saul the spin-off. It's so good it's so good it's really good. I just love that whole series. Yeah all right so you got a great team. I have an amazing team. Which one of these is not like the other. I feel like a fly on the wall with that incredible team of woman power

RICHELLE MONAE: you surrounded yourself with. I mean I don't even know how I like I'm just really grateful that I found all of them. Carson told me she just saw you

DR. ELLIOT BERLIN, DC: singing and been bouncing around and she's like I got to take pictures at her birth. Are there parts you're nervous about and also are you gonna be in water are you gonna be on land? I mean obviously we don't know

RICHELLE MONAE: until you get there but. Well I'm wanting to do water I want to do a water birth but then my friend Chandice told me her two boys her home birth she planned for water the water birth but then she ended up not wanting to get into water so we'll see what happens and yeah I'm really excited but I am nervous I'm nervous because it's huge you know you're having a baby and he's coming through your portal I call my vagina my

DR. ELLIOT BERLIN, DC: portal now. We have the octagon curls and the portals. You guys have your own terminology. Nobody can say that actual anatomical word with a straight face I don't know

RICHELLE MONAE: why it's such a weird word. Wait which word? Vagina? Yeah everybody's got their

DR. ELLIOT BERLIN, DC: name for it. So your portal you're worried about your portal? Yeah but

RICHELLE MONAE: I'm reading this book called Hypno-Birthing it's really good so it's taken off a lot of anxiety about it and it's made me feel a lot more comfortable and I'm working with Neenon Hypno-Birthing as well so you know I'm ready to breathe the baby out maybe even own the baby out you know

DR. ELLIOT BERLIN, DC: that's my goal. I love it you know what the first in my memory of you is the first time I met you had that mask that was like a big mouth yeah the pandemic lips yeah the lips and then when you're talking they were like moving around I was like oh my god this is surreal so I think you know the good news is your portal is meant to transmit people from one place to

RICHELLE MONAE: another so exactly so I think I'm nervous about the like okay so in my head I'm like okay maybe this won't be as painful as like I had imagined it before but there's definitely gonna

still be pressure because I've watched some home birth videos and I mean they're really beautiful I've cried a couple times but it also is making me feel like okay so I have this idea of like oming the baby out and being super like breathing and then if he's just gonna come through if I let my contractions like just letting him come through and not resisting but then when I watch these videos I'm just like oh it looks a little bit harder than what I'm imagining it now so you

DR. ELLIOT BERLIN, DC: might cuss it through you might cuss it right through your body through your portal but are you open-minded like if things come up that you have a plan B like a more medical environment

RICHELLE MONAE: Well, of course like I am definitely like if something was to come up like I had to be rushed to the doctors or to the Hospital, you know, I would have to go. I don't really have the plan B yet, though I haven't like sat down and like wrote down the whole plan I'm gonna do that with my next meeting with Abby. Okay, so at my next meeting Yeah, so I guess like the after like after giving birth like how sore I'm gonna be and how my body is gonna Feel I think that's also something that I'm a little concerned about like how long it's gonna take to bounce back

DR. ELLIOT BERLIN, DC: That's fair. I mean, I think Ariane said this that when you're Going to pregnancy and birth pretty fit and healthy your body usually recovers pretty quickly There's exceptions to every role, but that's a pretty good general rule from everything I've seen all that working out and exercise and eating. Well, it serves you really well in your recovery So, yeah, I think there's a good chance you'll be pleasantly surprised Speaking of Ariane back there, let's talk about your birth when when did you start thinking about what you want to do? And what's influenced you and where did you land? I don't know. I've just never seen myself

ARIANNY CELESTE: Doing a home birth. My mother used to work at a birthing center. So I don't know I'm very comfortable in like medical situations. I've had breast augmentation twice I just feel a little bit more comfortable with having the doctor at hand

DR. ELLIOT BERLIN, DC: I guess and I really is a word that I'm wondering why you would do it twice. Oh

ARIANNY CELESTE: Just different implants Yeah, I had a scar tissue around my first set so I had to get them in place

DR. ELLIOT BERLIN, DC: Oh, I see. Okay back to you

ARIANNY CELESTE: Yeah, and I also watched the business of being born and honestly it did the opposite for me It made me more nervous and like more scared and like I don't know I just feel more comfortable in a hospital setting I do have Nina as my doula and I have my partner who's super supportive and like Very Zen in his own way So I feel like I'm in good hands and I've been doing the hypno birthing stuff, too So I feel a lot more confident than I did before like before I was like super scared of the whole process But now I just feel like okay It's definitely gonna be a journey and it's definitely gonna have its ups and downs and a lot of surprises I'm sure but I think that no matter what happens

ARIANNY CELESTE: It's gonna be beautiful and I'm gonna be able to hold my baby and I'm just so excited for it as well

DR. ELLIOT BERLIN, DC: I mean, it's cool that you went from fearful to excited. Was that through the process of hip no birthing or hypnosis?

ARIANNY CELESTE: Yeah, it was the process of hypno birthing and just just facing the fact that you have to kind of like breathe through the waves of Everything that's going on instead of like resisting and in my life. I'm very like controlling I like control every aspect of my life. I'm very driven. I'm very like by the book kind of So for me birthing is just like it's so unknown But I've been able to embrace that like, okay, I don't know what's gonna happen but either way, it's gonna be beautiful no matter what happens and

RICHELLE MONAE: Yeah

ARIANNY CELESTE: Hypno birthing really did make me excited about it. That's very cool

DR. ELLIOT BERLIN, DC: I mean obviously your little bestie friends here and you're both pretty strong healthy fit and What's really cool is that you both have a different environment that makes you feel safe, right? So Rachel seems to feel safer in her home environment You feel safer in a more medical environment with a medical safety blanket behind you But it's also interesting that you're bringing the same Tools that you're both bringing in hypno birthing with the same doula You know the same thing that's working with you guys Nina And when you guys come back to share your individual birth stories, Nina said she'll join us, too So that's kind of awesome because a lot of times when I interview people about their birth story and we don't have another

DR. ELLIOT BERLIN, DC: Witness there There's a lot that's kind of like blurry for you because at some point your conscious mind sort of hopefully turns off And you just go into that hardwired Primal information part of your brain that just knows exactly how to give birth And so the consciousness doesn't really remember clear details sometimes But also you both work out I mean ariana you work out a lot and you push yourself through what must be intense workouts Physically challenging painful sometimes And so, you know labor also it's very intense Typically, I mean i've seen a whole lot of them and with rare exception, they never look relaxed and mellow It was a little bit more intense than that, but it's the same thing It's like mind over matter

DR. ELLIOT BERLIN, DC: I think for your workouts like when you push yourself and you feel the burn and you you push through that burn You keep going to you get to the goal that you're looking for I think that's like oh good way good preparation. You appreciate intensity for a good cause and you don't run away from it so I don't know I'm excited for both of you I think it'll probably be kind of amazing who else is coming with you you can only bring two people to the hospital now right so it's and Nina and you're doing happy about that because

ARIANNY CELESTE: I don't think I would want my mom there because I don't know how she's gonna react I've never had a baby but I feel like she would be like freaking out and like super protective and it's such a personal like thing for me that I feel good that I have like my partner and especially Nina you know I don't think Taylor's gonna freak out but just in case he did like at least Nina's there to like help him through it but I know he's gonna be

DR. ELLIOT BERLIN, DC: great so yeah my doula was amazing at the first birth with four kids my first one we're just getting into pregnancy care so I didn't really know that much and I wouldn't say I was freaking out but I didn't know how to be very helpful and my doula was so good at giving me things that I could do to support my wife while she was giving birth and I thought that was really helpful and then we had this episode where I was eating popcorn and one of the husks got into my gum and I was like freaking out she opened her little magic doula bag and she had a toothpick and she saved the birth for me so those doulas you never know they're like Boy Scouts I have everything they're totally prepared do you have anything like

DR. ELLIOT BERLIN, DC: going into it anything that you're nervous about or my nervousness just

ARIANNY CELESTE: comes with like that after care mostly of like the baby I'm super protective and I don't want to get into it but like vaccines and all that stuff like super protective over that and also like my body you know how it's gonna feel how I'm gonna feel being sleep deprived and not only that I'm gonna be in pain but I know that it's all worth it and I know that it's

DR. ELLIOT BERLIN, DC: gonna go away so that's why I try really hard to torture you guys with the deep tissue massage so that when you give birth you like oh this is

ARIANNY CELESTE: not a big deal yeah that's what I keep thinking just like breathe like

DR. ELLIOT BERLIN, DC: it's soccer Berlin's massages you guys are amazing a lot of fun a lot of energy and very inspiring to me both of you one day I hope to have half as much energy as either of you tell me where we can find you are you

ARIANNY CELESTE: anywhere can we find you in line on my Instagram at Ariani Celeste and

DR. ELLIOT BERLIN, DC: Rochelle where do you hang out online in the web in the sphere I have a

RICHELLE MONAE: Instagram too it's Rochelle Monet photo oh that's why I couldn't get that it

DR. ELLIOT BERLIN, DC: was already taken I have to be Rochelle Monet photo too I love the fact that both of you are committed to coming back separately and sharing your birth stories you know you never know how it goes I always say the birth plan is kind of like a flow chart on page one you put the most natural birth you can think that you might want to try having which Ariani for you is seems like not too introverted birth at the hospital and Rochelle I am not too introverted birth at home and then it's a flowchart like once the journey starts you're kind of like trying to steer a hot air balloon it's not very precise so the wind can blow one way or the other either way you get to your destination that you're looking for and hopefully you've left yourself some

DR. ELLIOT BERLIN, DC: flexibility in case you need to have it I really appreciate you both coming on and sharing your story and at home I appreciate you for tuning into our podcast for more pregnancy parenting media and information visit us on Instagram at Dr. Berlin that's D-O-C-T-O-R-B-E-R-L-I-N see you on Instagram at Dr. Berlin

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