Amanda Seyfried - Part 1

Episode 31 · July 6, 2017 · with Amanda Seyfried with co-host Kacy Byxbee

IN THIS EPISODE

Actress, singer, and brand-new mom Amanda Seyfried joins Dr. Elliot Berlin, DC and co-host Kacy Byxbee for an unusually candid conversation about childhood, an exploding career, panic attacks, face blindness — and yes, taxidermy. Part 1 of 2.

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. LA Berlin. I'm joined by today's cohost, toddler mom and stylist, Casey Bixby.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Thanks.

DR. ELLIOT BERLIN, DC: Good to have you back. Our guest today is actress, model, singer, songwriter and brand new mom, Amanda Seyfried. Welcome to the podcast.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Hey, thanks.

DR. ELLIOT BERLIN, DC: I just met you a couple of weeks ago and I told you how I'm face blind and I don't recognize anybody by face and I don't know if we talked about this, but because of that, it's really annoying and hard for me to watch TV and movies. At a movie of like 90 minutes to get the whole thing, it takes me like 50 to figure out who's who and then usually if I run out of popcorn, I'm just sad because the rest of it, I don't get it. And TV series are also really hard. I have to watch them like three or four times. You know, Amazon has a thing called X-Ray on the Kindle and it overlays what you're watching and every time somebody pops up, it tells you who it is.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Really? What? Yeah. I love it. That's great for you.

DR. ELLIOT BERLIN, DC: It's perfect for me. It does other things like- It's great for you

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: and annoying to anybody else.

DR. ELLIOT BERLIN, DC: Right, I don't know why they have it, but I was like, that's so nice

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: that they were thinking that way. You have to figure out why that's a thing, why they developed that.

DR. ELLIOT BERLIN, DC: Because of trivia, I think you pop up like, the actor pops up and the character pops up and you can click on it to find out more about them, but every time a song plays, the song pops up and you can buy it.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Oh, so it's like pop-up video.

DR. ELLIOT BERLIN, DC: Yeah, kind of. But every time an actor comes up, the same headshot comes up and I get used to it and I could sort of watch stuff on Amazon Kindle that I can't watch on anything else.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Who knew?

DR. ELLIOT BERLIN, DC: But anyway, all this great talent is coming up through the pipeline and I'm like at a total loss. And so when I met you, you were super grounded and said really interesting things and I thought, wow, this is great. And then it turns out, you have a ginormous career in entertainment. First of all, this is really weird about you that you don't know. You look like somebody to me.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Really? Yeah. That's crazy.

DR. ELLIOT BERLIN, DC: Nobody looks like somebody to me. I know and I was trying to figure out

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: who do you look like.

DR. ELLIOT BERLIN, DC: So I Googled who do you look like and the two that came out of are, do you know who they are?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Who people think you look like? Dakota Fanning? Dakota Fanning. Really? Yes.

DR. ELLIOT BERLIN, DC: Rapunzel from the Twisted movie, from the Tingle movie.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I auditioned for that. That's a good one. You did? And rumor has it, it was between Mandy Moore and me.

DR. ELLIOT BERLIN, DC: No, so maybe they thought you were gonna get it.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Is that one of the people that you thought she was?

DR. ELLIOT BERLIN, DC: No, for some reason, what popped into my mind was, and you may not look at all like these people, I don't even know what they look like, like young Madonna.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Not at all?

DR. ELLIOT BERLIN, DC: Okay, not at all. Or maybe like Kate Hudson?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I would say that's much closer.

DR. ELLIOT BERLIN, DC: Than young Madonna? You can picture young Madonna?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I'll take both of them. Yeah, I guess those are both good.

DR. ELLIOT BERLIN, DC: It was like a smush between Kate Hudson and young Madonna.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Maybe actually, yeah, if you mix them together, yes, I could see that.

DR. ELLIOT BERLIN, DC: Yeah, if Kate Hudson and young Madonna had a baby and she grew up.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I swear some magazine article a long time ago smushed Madonna with some guy, I don't remember who it was, and they produced a picture of me. Really? Yeah. Seems like a not-for-all.

DR. ELLIOT BERLIN, DC: Very silly thing, yeah. I can't tell faces, but I can smush people together.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: There you go. That is crazy.

DR. ELLIOT BERLIN, DC: Is there somebody you think you look like?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: No. I thought when I was younger, I could possibly look like Heather Graham. I was obsessed with the spy who shagged me and the way her hair looked, because it was so luxurious. But I don't know, I guess I don't.

DR. ELLIOT BERLIN, DC: I don't know, I don't even know who I look like.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: You look like you. Yeah. Thank you.

DR. ELLIOT BERLIN, DC: That means a lot to me.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I have to think about it.

DR. ELLIOT BERLIN, DC: You have a lot of stuff, actor, model, singer, songwriter, and now mom. Are you an actor or an actress?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: A couple years ago, they decided to get rid of the term actress. Oh, really? It's officially done? The same as extras. They don't call them extras anymore. They call them background artists. And around the same time, they're like actresses and actors. They're all just actors. I forget why. Maybe just to make, it's tied to equality in some way. But you made a point last week about calling yourself an actress, right?

DR. ELLIOT BERLIN, DC: Yeah, because I think people still do call themselves that.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah, I guess I'm an actress. I am a girl and I'm proud of it.

DR. ELLIOT BERLIN, DC: Well, I guess you could be an actor and be a girl and be proud of it, but it's like if somebody had never met you and said, what do you do? What would you say?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I'm an actor. Yeah. Because my friend would be like, I'm a chef. She's a girl, but a chef is the same word.

DR. ELLIOT BERLIN, DC: But there's no chef-er-us.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: A chef-us. Most jobs don't have the female corresponding word. On Howard Stern, I forget who was saying it, but the other day, whoever was on was saying the difference between an actor and an actress is that an actress is much better looking.

DR. ELLIOT BERLIN, DC: I can't really argue with that.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Okay.

DR. ELLIOT BERLIN, DC: I wanna get into where you came from and your whole history, because I think it's really interesting. You were born in 1985 in Allentown, Pennsylvania. This is serious fact-checking from Wikipedia, so there's a chance some of it's not accurate.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: The source of all sources. Yeah, it is real.

DR. ELLIOT BERLIN, DC: Everything on there is right. Your mom was an occupational therapist, which is almost like a carp rocker.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Is it?

DR. ELLIOT BERLIN, DC: Sort of. We both do funky stuff to the body.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: She works, I mean she worked up until, up until seven, eight, nine weeks ago, she retired, she was working on a psych ward. So she does groups, music therapy, art therapy, mindfulness techniques. She's not the regarding Henry occupational therapist, because in the movie regarding Henry, Harrison Ford was seeing the occupational therapist. I'm like, mommy, do you do that? And she's like, no, not necessarily. So when you were growing up,

DR. ELLIOT BERLIN, DC: she was working in psych wards?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah, the whole time she's worked the same one.

DR. ELLIOT BERLIN, DC: Until just now.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Wow. I'm kidding. Yeah, I mean she still kind of works in a psych ward, but that's in quotes. She works in our house.

DR. ELLIOT BERLIN, DC: Oh, that's your psych ward. Oh, well she has a lot of experience.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: She really does. She's very patient because of her job, so that's good. That's helpful. Yes.

DR. ELLIOT BERLIN, DC: I feel like I wish I could be more patient with my family.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah, me too. Don't we all?

DR. ELLIOT BERLIN, DC: Yeah, we should all work in a psych ward.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I know, I mean it just. It's good, it's good training, I would imagine. It's incredible.

DR. ELLIOT BERLIN, DC: It's like when you're in medical school and you do all these residencies and different kind of, you know, you have to do OB-GYN, you should have, as a parent, before you become a parent, I think you should have to do some psych ward training.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Do you remember her seeming really patient when you were younger, when growing up? Yeah, it seemed like nothing affected her. Now I know that was just a survival method that she used, but.

DR. ELLIOT BERLIN, DC: I mean, I don't want to be affected, but sometimes you just can't control it.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: But I think it's nice that you're affected because you're connected to what's happening.

DR. ELLIOT BERLIN, DC: Well, so you wish you was more reactive.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I think I could have had a little bit more of a reactive kind of give and take with my mom. I think I just, I saw her as a very strong rock, and that's great, but also kind of almost, you couldn't really puncture her. Like access? Yeah, there was a lot that you couldn't access.

DR. ELLIOT BERLIN, DC: Oh, so to be neutral, she, or to stay.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: She went a little too far.

DR. ELLIOT BERLIN, DC: She went too far and just didn't have any.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah, she repressed. Numb. Right, which, and then also, I guess, to work in that job you have to, right? To like survive. Yeah.

DR. ELLIOT BERLIN, DC: I guess so. Like I was a parent, I worked in ambulances

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: and growing up. Really?

DR. ELLIOT BERLIN, DC: Yeah, and you were just like, sometimes people are on that edge, you know? And you can't freak out. You have to stay calm.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Right.

DR. ELLIOT BERLIN, DC: And when I was 19, 20, 21, it's easy because you're so far away from death, but it does make you kind of a little bit less reactive to things going on around you.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah, when you get used to something.

DR. ELLIOT BERLIN, DC: Yeah, just, I don't know. I do think I bring that into parenting, like when my kids are hit something and they're gushing blood, I don't freak out about it.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Well, it's probably good. Yeah, that's better. That's better for the kid.

DR. ELLIOT BERLIN, DC: But when they're emotionally freaking out, then I get involved. Yeah. Where's Seifried from, that, it's...

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I think it's German. I think it used to be Siegfried. Oh, really? I think. Seifried. You should Wikipedia that.

DR. ELLIOT BERLIN, DC: Do you know any other Seifrieds? Besides your family?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah, because of social media. There are, I have found people that are not related to me, I mean, as much as I know, you know, with the same last name in England, random places in America, it's really weird.

DR. ELLIOT BERLIN, DC: I found an Elliott Berlin who made a Holocaust movie called Paper Clips.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Whoa.

DR. ELLIOT BERLIN, DC: Yeah, and the way I found him is, a year and a half after I moved here, my mother called me and said, did you make a documentary about the Holocaust? And I was like, what are you talking about? I'm a chiropractor. And she's like, oh, okay, because I went and we did the screening for all my friends that I set up, and then the screen went black and it said directed by Elliott Berlin.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Oh, she was just randomly screening that movie.

DR. ELLIOT BERLIN, DC: She saw this Holocaust movie, so she set up a screening and they were sitting with her friends and said, Elliott Berlin, and they said, Becky, you should have told us. And she's like, I didn't know.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: That's nuts.

DR. ELLIOT BERLIN, DC: And she called me and she's like, yeah, I'm like, I think, you know, she's like, you don't tell me everything. And I'm like, I don't tell you what I had for lunch yesterday because I don't remember, but I would have told you if I filmed this movie and premiered it all over town.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Did it end up being a good movie?

DR. ELLIOT BERLIN, DC: I thought it was really powerful. It's this teacher who did a project. She was teaching about the Holocaust and how six million Jews died and they couldn't really, the kids had a hard time understanding the number of the impact of six million. And so she had them collect six million paperclips from all sorts. They wrote to different companies getting paperclip donations. And then they sort of looked at that giant amount of paperclips and thought about that number of people. It was a powerful movie.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I recommend it. Documentary? Yeah, paperclips.

DR. ELLIOT BERLIN, DC: I started getting emails for him all the time.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Have you ever met him? Yeah, where is he?

DR. ELLIOT BERLIN, DC: I almost met him. Unfortunately, he died young. He got cancer and died, but I called him one time because somebody offered me a job directing a movie. And I was like, I think you have the wrong guy, but I would love to take that offer.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Anyway. Oh my God.

DR. ELLIOT BERLIN, DC: So there's other Seyfrieds. Do people pronounce it wrong?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah, yeah.

DR. ELLIOT BERLIN, DC: Really bad?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah.

DR. ELLIOT BERLIN, DC: Because there's a lot of ways to go with it.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah, there are. My sister pronounces it wrong.

DR. ELLIOT BERLIN, DC: Oh, really?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah, we have this.

DR. ELLIOT BERLIN, DC: Does she say the same about you?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah, exactly. She's like, it's Seyfried. And I'm like, it's Seyfried. Everybody says it like that. And then I was thinking, well. I totally got it wrong. It's fine. Like it's fine. I don't mind when I go on talk shows, I have to write it out phonetically, but I was thinking of taking my husband's last name. I mean, I will down the line at some point before I have to travel because of the global entry thing. But people pronounce his name wrong too. And it's actually spelled phonetically.

DR. ELLIOT BERLIN, DC: How's it pronounced?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Sadosky, the way it's spelled. There's no W.

DR. ELLIOT BERLIN, DC: Oh, people say dosky?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: They say Sadowsky. Oh, Dowsky. Or they make up something completely different. And it's just as bad as my name. And you'd think that if something's spelled phonetically, it would be easier to pronounce.

DR. ELLIOT BERLIN, DC: I got really lucky because I was going to say Seyfried.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: But yeah, Berlin, I'm Bixby, so I know what you're making.

DR. ELLIOT BERLIN, DC: Oh, do you get a hard time?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Isn't it spelled out like how is it spelled? How do people say Bixby? It's just spelled so weird, that's why.

DR. ELLIOT BERLIN, DC: What would they?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: They don't, they say, how do you say that? No way. There's Ys, there's Xs, it's very confusing.

DR. ELLIOT BERLIN, DC: I found a YouTube video where you said it yourself and I'm like, and then I spelled it out phonetically. But I could see how dosky, dosky, and dowsky can get confused.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah, but there's no W. Like, there's no W, people.

DR. ELLIOT BERLIN, DC: But it hits you when you look at it. It's a name, it's not a word.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah.

DR. ELLIOT BERLIN, DC: All right. So then you start modeling at age 11, which is already fascinating. I have an 11-year-old daughter. She, I'm trying to think if I would ask her to go get a job, no chance. What happened to you at 11 years old?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Oh, modeling is not a job. When you're 11, it's this glamorous.

DR. ELLIOT BERLIN, DC: Were you seeking it out, or did it seek? You wanted a model at 11.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Because I wanted to be a supermodel because it was glamorous and paid you lots of money from my 11-year-old viewpoint. It just seemed like the coolest thing ever. But it was, it was really fun. But you're shy.

DR. ELLIOT BERLIN, DC: You were shy, you were not shy.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Actually, yes, I was shy. I was shy at that point.

DR. ELLIOT BERLIN, DC: So that's what doesn't add up for me. How do you wanna be a supermodel where everybody's looking at? Because of face blindness, I was totally shy. But big, so you can't hide. And how do you then say I wanna be a model, but I'm shy? You don't know, they just work for you.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah, it's weird. I went in and out of that. Sometimes I was an introvert, and then a lot of times I was the absolute opposite. And I just, I mean,

the older I got, I kind of went inward a little bit. But I'm also an actor, and I was also auditioning all the time in New York when I was shy. So it's a completely different part of me.

DR. ELLIOT BERLIN, DC: But does part of you become an actor to be somebody else?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah.

DR. ELLIOT BERLIN, DC: So then it's not you.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah, there are no consequences when I'm acting. I can cry and not have any, I have a weird shame with crying that I'm trying to work out. And-

DR. ELLIOT BERLIN, DC: What makes you cry?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Being yelled at or feeling like I've done something wrong or hurting someone's feelings makes me cry. And it just feels so wrong to do in front of people. To cry? Yeah.

DR. ELLIOT BERLIN, DC: Does that, you think, go back to your mom who had no emotions?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Maybe.

DR. ELLIOT BERLIN, DC: Maybe you feel like you're not supposed to emote.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah, like it's dangerous.

DR. ELLIOT BERLIN, DC: I wonder what it would have been if you grew up with emojis.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Oh my God. If I had just texted you. If I had just texted you. It just would have been- Exactly.

DR. ELLIOT BERLIN, DC: Everyone would have been meh.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Are you this one or this one today, mommy? Please.

DR. ELLIOT BERLIN, DC: Please be an emoji. And every time it would just be meh.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah, straight line for a mouth.

DR. ELLIOT BERLIN, DC: You grew up in a meh house. So how did you get a modeling job at 11?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I don't, oh God, I don't know. I went to New York and I signed with Wilhelmina Models. At 11? At 11, or maybe I was 12 at that point. But I was, but I, I did get a local job for this place called Lenco when I was 11. Maybe I was even 10. With the local modeling agency, Allentown. And it was really exciting because I got to miss half of science class.

DR. ELLIOT BERLIN, DC: Oh, I see. My daughter might do a modeling job for that.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah, it's great. And especially when you come to school and you think about doing something and finding success at that early age because success in quotes. Because you're doing what you sought out to do. What you wanted to do. But I was modeling pajamas. It doesn't matter though. I guess it was still a big deal to me. Sure.

DR. ELLIOT BERLIN, DC: It's a gig.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah. You're doing it. Yeah, I'm sure it paid.

DR. ELLIOT BERLIN, DC: Wikipedia says you had an obsession with Leonardo DiCaprio.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah, I watched Gilbert, I was obsessed with Gilbert Grape and Romeo and Juliet. And Titanic was around that time. How many times do you think you went to see it? I went to see it six times, I remember. And I saved all the tickets. I was obsessed with that movie. I was obsessed with, it ended up just that I was always obsessed with all of his movies. Up until a certain point, like This Boy's Life, Basketball Diaries.

DR. ELLIOT BERLIN, DC: I actually watched Titanic and followed it through. Yeah. There's very few movies like that in TV shows that I can watch all of it through. For me, I think the music really.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: James Horner.

DR. ELLIOT BERLIN, DC: Oh, I can't picture what she looks like

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: but I can hear her. No, Celine Dion.

DR. ELLIOT BERLIN, DC: Yeah, that's what I'm saying. I can't picture what she looks like but in my head, that music is so strong.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Do you remember when Titanic, when you bought the DVDs, it was two DVDs. Yes. You just switched them? Yeah.

DR. ELLIOT BERLIN, DC: Oh, for the, because it was too long?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah.

DR. ELLIOT BERLIN, DC: For a DVD, back when they had DVDs?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yep. And I remember calling the local radio station to request them to play My Heart Will Go On. Oh yeah. Oh. A million times. Where are you from? Arizona. Yeah, yeah. We had a, we have B104, it was local. I mean, small enough town, right? Yeah. Yeah, it's really funny. Casey Kasem did his show on all the radio stations all across the country on Sunday nights, right? Yeah. Something like that and yeah, that would play, God.

DR. ELLIOT BERLIN, DC: Your early acting gigs were, started at age 15.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yep, yeah, yeah, yeah. Silk puppers. My first real job. My first paying acting job was 15. Wayne, so then when you went to New York, you went at 11, did you guys move there? No. How's that work? I was, it was a bus ride away. It was like two

hours. Oh, from Manhattan. Really close.

DR. ELLIOT BERLIN, DC: Did somebody come with you?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: My mom. Nah. Yeah. She was just like, yeah, you wanna do that? Okay, but if it's, you know, if I can't come with you, you're gonna have to either not go or you're gonna have to go with your dad.

DR. ELLIOT BERLIN, DC: Is that bad?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Well, it was just, I, my mom's like super savvy and city smart and my dad's like, duh. Oh.

DR. ELLIOT BERLIN, DC: That's a totally different emoji.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah, yeah. Yeah, but he did actually come with me the second day of that first job.

DR. ELLIOT BERLIN, DC: We are gonna take a quick commercial break. Don't go anywhere. We'll be right back.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: The day that they decided I was so bad that they couldn't have me back. Really? Mm-hmm.

DR. ELLIOT BERLIN, DC: You got fired from your first job?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah. And I found out-

DR. ELLIOT BERLIN, DC: That's for-

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: On set.

DR. ELLIOT BERLIN, DC: Wow, how does that? Cause you're 15, you're 15.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah, and I was devastated. I knew it was hard. Like the first day I was, you know, I just remember wearing a lot of pink and feeling really scared and the lights were too bright. Did you have training in acting? No, not really. I did some classes at the local modeling agency.

DR. ELLIOT BERLIN, DC: You just went into audition, did a read and so you're just born with acting in you.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: There is, I do believe there's instinct but in order to build on that instinct or like be able to recognize that instinct and utilize it, you have to have confidence. Not, you know, some level of confidence in order to perform.

DR. ELLIOT BERLIN, DC: So there's instinct and confidence but then there's training after that.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: There's also training, there's also knowledge, education. Yeah. Wow. Which you don't have a lot of, I didn't have a lot of at that point. Now I do cause it's, I consider on the job training just as important as schooling.

DR. ELLIOT BERLIN, DC: As formal training, yeah. That's how I felt about science class.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Really?

DR. ELLIOT BERLIN, DC: I never went to do modeling.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Oh yeah, yeah. Yeah, I get it.

DR. ELLIOT BERLIN, DC: But I'm great at Trivial Pursuit when those science questions come up.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Because you weren't a little late to class.

DR. ELLIOT BERLIN, DC: Yeah, I stuck around school. I probably kick your...

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Oh, in so many ways.

DR. ELLIOT BERLIN, DC: Just, no, just on that green wedge

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: on the Trivial Pursuit. That's your section.

DR. ELLIOT BERLIN, DC: That's me, that's my wedge. Oh, is it a, you call it a section?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Isn't it a section of cars? It's a wedge.

DR. ELLIOT BERLIN, DC: No, it's the little, yeah, but the little wedge that goes in the pie.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Oh, got you. I don't know where, I don't know this. Trivial Pursuit? I haven't played Trivial Pursuit for some time. I haven't played Trivial Pursuit since it was, since my junior Trivial Pursuit box.

DR. ELLIOT BERLIN, DC: Since movies came out on DVD.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah. Yeah, basically. Since our two, our two just Titanic.

DR. ELLIOT BERLIN, DC: What happened, so if you're that rejected and devastated, I mean, how do you get back up and do it again?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Your mom comes up to your room and says, you know, sweetie, when one door closes, another door opens, and you just have to trust.

DR. ELLIOT BERLIN, DC: And that spoke to you. You did it.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah.

DR. ELLIOT BERLIN, DC: Well, that's really cool.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: You know, she was, that's all she had to say. It was amazing. I also had boys to distract me, and tennis, and, you know, bad grades. Right. So it's not like it was my whole life, that show or acting.

DR. ELLIOT BERLIN, DC: I can see how when you get rejected at work, bad grades help you feel better.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah. Or at least trying to get them up. You had a lot going on. Yeah, I had a lot going on. I was 15 years old. Yeah. I was a freshman in high school.

DR. ELLIOT BERLIN, DC: That's crazy still to me. And so at 15, you, but you went back in and you got another job.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I did, a year later. Soaps. Yeah, another soap.

DR. ELLIOT BERLIN, DC: How was that?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: It was great. They didn't fire me until I stuck around for 10 months. So that's a, it was a difference.

DR. ELLIOT BERLIN, DC: What character are you playing at 15? Are you playing a teenager?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I was playing a teenager who was really religious and her parents were really freaked out because she started dating this African-American kid who is now, who is Michael B. Jordan, the actor. Oh. Do you know that guy? That's amazing. We started out together. It's amazing. He was younger than me.

DR. ELLIOT BERLIN, DC: He probably still is.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I think he might still be younger than me. Yeah.

DR. ELLIOT BERLIN, DC: But I don't know.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: It's Hollywood.

DR. ELLIOT BERLIN, DC: Nothing stays the same. One door closes, not the door opens.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: That's awesome.

DR. ELLIOT BERLIN, DC: Okay. Did you like acting or modeling better?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Oh, acting.

DR. ELLIOT BERLIN, DC: You liked acting better?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah. Oh yeah, modeling was boring. So, so boring. Really? Photoshoots are so boring.

DR. ELLIOT BERLIN, DC: But that was the original dream, supermodel.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah. And then I learned quick. Super actor. Yeah. I actually was shooting a campaign last year with a bunch of supermodels and like really

well-known ones. I was kind of starstruck. And one of them was a Victoria's Secret model and she was telling me about what her life is like. Right. And when they shoot on the beach, it's 38, 45 degrees. Or with the wind, it's just so bad. And we were shooting up north of London outside and I was the only one that they took out because it got so cold and we were all wearing dresses. I was the only one that they pulled because I was the actor involved with all these models and I felt really terrible that they were treating me better than the rest. Wow. You're getting warmth. Yeah, I was getting warmth.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I was freezing and they were all freezing and I felt really bad but I was like, I can't do it anymore. It's so painful. It is painful. Modeling is standing still and the freezing cold is painful and that's what it's all about.

DR. ELLIOT BERLIN, DC: But they look good somehow. That's even, they're really acting.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: They are.

DR. ELLIOT BERLIN, DC: They can turn.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: My mom could so easily have been a supermodel. Yep.

DR. ELLIOT BERLIN, DC: Just hold the face, hold the face.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Hold the face. Yep, keep the emotions in, sorry.

DR. ELLIOT BERLIN, DC: Before we get to one of your biggest breaks ever, I had another question. If you're in soap operas playing a teenager and you are a teenager, how does that affect your social life?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I didn't talk about it because I never wanted anybody to think I was bragging or that I thought I was better than them.

DR. ELLIOT BERLIN, DC: But they didn't know.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: They knew but I didn't talk about it. I really never talked about it. I was embarrassed. Just like elephant in the room.

DR. ELLIOT BERLIN, DC: That's Amanda. She's on, what are your only children as a woman?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah but nobody watched it because it was during school. Well you probably just want to be normal, right? Yeah and also it was just a, you know, I'd go in once or twice a week. It wasn't that big of a deal. And it was also, I was just, it started halfway through my senior year.

DR. ELLIOT BERLIN, DC: Were they filming in New York?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Mm-hmm. Oh. Yep.

DR. ELLIOT BERLIN, DC: That's before like all the housewives.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah.

DR. ELLIOT BERLIN, DC: Because now that's the new soap operas.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: That is exactly and they only have General Hospital.

DR. ELLIOT BERLIN, DC: That's the last of the Mohicans?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: No.

DR. ELLIOT BERLIN, DC: Okay. That's my favorite one.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah, me too. You're not a Days of Our Lives person. Not me, no. Really? No. That was on before General Hospital. But how did you love it so much if you were in school? General Hospital was at three. Yeah I don't know how we were watching it. VCR, did you tape it? Right, you'd probably tape it on VCR. Probably, yeah. Or in Days of Our Lives. Or maybe did it rerun later in the day? I don't know how I was watching that.

DR. ELLIOT BERLIN, DC: And on Sunday it was only Golf or Jesus. Worst TV ever.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I don't know. What's it called? Golf. Golf or Jesus?

DR. ELLIOT BERLIN, DC: Those are the only things on on Sunday when I was a kid.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah, yeah.

DR. ELLIOT BERLIN, DC: It was like you can watch some people in church or watch people play golf. Neither one very appealing.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: To me. Or you could have watched all your Days of Our Lives tapes.

DR. ELLIOT BERLIN, DC: Yeah, that's obviously what I would do.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: That's the old school binge. Five hours. So good.

DR. ELLIOT BERLIN, DC: Giant career break when you got a job as a waitress in a retirement community.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah.

DR. ELLIOT BERLIN, DC: Is that still as a teenager?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah, I thought I was gonna marry the sous chef. And live and stay and be a hostess.

DR. ELLIOT BERLIN, DC: At that community?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah. Did you like it? What brought you to the retirement center? It was the job that everybody was getting. It was the job that my sister had. Right. Oh, is she older? Yeah, three years. So, I was like, I'm gonna go do that and I'm gonna get minimum wage and it's better than nothing.

DR. ELLIOT BERLIN, DC: Did she have, cause if your little sister's like acting and modeling, did she think about doing that too?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: No. No, she was the opposite of me. She was.

DR. ELLIOT BERLIN, DC: What's the opposite of that?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Well, I mean, if I, let's put it in like mental health. If she's depression, I'm anxiety. So, it's like, I run high and she runs really low. And she's an artist. She'll stand through.

DR. ELLIOT BERLIN, DC: If you're an upper, she's a downer.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Exactly. But not in a bad way. If you're a drug, I'm speed and she's indica? Is it indica, the slow, the long? I get so confused. Yeah, me too.

DR. ELLIOT BERLIN, DC: I don't know.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Or, yeah. Sativa, indica. One of them's an upper, one of them's a downer.

DR. ELLIOT BERLIN, DC: The only drug I've ever had is xylitol, the sugar alcohol.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Oh, wow, yeah. Amazing. Missing out. You are. Little bit. Yeah. Ever since after pregnancy, alcohol affects me differently, even alcohol.

DR. ELLIOT BERLIN, DC: We can talk about that until part two.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Oh, sorry. You're so out of line. No, baby, yeah.

DR. ELLIOT BERLIN, DC: This is the other minute.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Wait, xylitol is something you drink? It's like a... I don't mean you're missing out. All I've done is smoke weed. Sure. No, I believe you. I'm like really putting on a different image here. Missing out. Don't do drugs, that's not what I'm saying. You can smoke a pot if that's what I'm saying. If you have a card. It's small, it's small enough amount, and you have a card.

DR. ELLIOT BERLIN, DC: I wanna do, because a friend of mine shot this video where they took random people and had them do a passionate kiss. Did you see that on YouTube?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Weird. He took what?

DR. ELLIOT BERLIN, DC: It was a social experiment. I don't know how they cast it, but they just took these random people and they cast them and they put them in front of a camera and they said, you know, have a passionate kiss with a total stranger.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Were they actors? Just random people? I'm not sure.

DR. ELLIOT BERLIN, DC: They might have been aspiring actors and they might have just been random people. They posted it. It's kind of amazing to watch. They posted it and went to dinner and they came back and they had 5,000 hits on YouTube and by the next morning it was in the millions.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Wow.

DR. ELLIOT BERLIN, DC: It's just, I'll find the link and I'll put it on informedpregnancy.com. But it's kind of amazing to watch and I sort of wanna take people in their 40s who have never smoked weed and just have them smoke weed and see what happens.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: That would be awesome. We should do that. That is such a good idea. It's a really great experiment.

DR. ELLIOT BERLIN, DC: Based on that reaction, we'll get started tomorrow.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: That would be great.

DR. ELLIOT BERLIN, DC: I might be, and my wife also, no drugs for her either, nothing. We're like, I wanna actually smoke pot.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: It should actually just be you and Alyssa.

DR. ELLIOT BERLIN, DC: I wanna smoke pot for one reason and one reason only because when my kids do it, I wanna know what's roughly going on in there.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah, and I also think you maybe built it up where it's this big deal and it's not gonna be that big of a deal.

DR. ELLIOT BERLIN, DC: For me, I just have no interest, no desire. All my classmates were smoking up around me. I had no, just, I like being in control. Again, I worked in ambulances when I was young. I like seeing things for what they are. But I think my kids probably will get into it and I just wanna have some awareness of what they're.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Well, if you do try it, just try one hit at a time. Yeah, and it's not like, you're not gonna go on like a psychedelic seeing things and stuff. Unless you buy the wrong stuff.

DR. ELLIOT BERLIN, DC: Yeah, maybe I'll get lucky and buy the wrong stuff. I would just rather have a cookie.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Don't eat, like, no, no, God, no.

DR. ELLIOT BERLIN, DC: Moving back to Amanda.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: That is the worst. Don't do that. Control, forget it. Yeah, don't do that. You lost it. Really, from edibles? Yes, there's no way of knowing how much you're getting. Oh. Not once you boil that down.

DR. ELLIOT BERLIN, DC: I've learned a lot here tonight on the Informed Pregnancy and Parenting podcast.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah, we're actually just giving you a drug education.

DR. ELLIOT BERLIN, DC: Was Mean Girls your first movie?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah. How was that? It was amazing. I also didn't have any expectations. I was just going to work every day. Where did you shoot? To know things. Toronto.

DR. ELLIOT BERLIN, DC: Oh, eh.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: And I was, eh, yeah. It's funny, I've done a lot of movies in Toronto. Toronto.

DR. ELLIOT BERLIN, DC: Toronto, and weed will be legal in the entire country. Where? The legalizing marijuana in all of Canada. Recreational.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Of course they are. Sure they are. I expect them to do these things. Quite progressive.

DR. ELLIOT BERLIN, DC: So sad that we're jealous of Canada in so many ways now.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah, I mean, it is really nice to be there. It's a wonderful country. In the two cities that I've spent a lot of time in.

DR. ELLIOT BERLIN, DC: Toronto and Vancouver.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Wonderful. Really?

DR. ELLIOT BERLIN, DC: Yeah.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Now check it out.

DR. ELLIOT BERLIN, DC: So Mean Girls, are you just out of high school?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I was, yeah, I was 17. Oh, almost out of high school? I had just graduated. You graduated early? No, I graduated, no, I just went to school when I was four. Oh. So for whatever. You started early. Yeah, I started early. I had a weird cut-off at the birthdays, so I was always the youngest one in the class. When's your birthday? December 3rd.

DR. ELLIOT BERLIN, DC: What does that make your sign?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Sagittarius. Oh.

DR. ELLIOT BERLIN, DC: I don't know anything about that.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Did you like being the youngest? I hated it. Yeah. I still have a...

DR. ELLIOT BERLIN, DC: The cut-off is in December?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: It doesn't make any sense. It's still, I was always the youngest and I was always getting in trouble in first, second grade for talking, and I just feel like I wasn't ready. Right. Socially.

DR. ELLIOT BERLIN, DC: And then you get yelled at and cry.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: So I feel bad about it. And feel really bad about it.

DR. ELLIOT BERLIN, DC: I sort of have like a broken heart emoji. Sad, a sad emoji.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: The emoji that goes like this.

DR. ELLIOT BERLIN, DC: That one, I wish it was an audio.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: So sweet. I wish there was a scent.

DR. ELLIOT BERLIN, DC: So Mean Girls was good. You said awesome.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah.

DR. ELLIOT BERLIN, DC: Awesome experience just shooting.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: So great. It was just, everybody was so nice and everybody was so happy to be there and there was so much free food and I had never been around that before. Oh, what a great first job. Yeah, I mean, I definitely, they had me in a girdle. Ooh, why? Because I was 17 and there was free food around.

DR. ELLIOT BERLIN, DC: Oh, so you had to look at the end as you looked at the beginning? How long did it take to film that?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Two months.

DR. ELLIOT BERLIN, DC: Oh, wow, that's a long time. Did somebody come with you from your family?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: My mom. She stayed with you? She had to. What about the people at the psych ward? I was emancipated. She's taken a lot of breaks. Her job's amazing. She took a sabbatical when I was 19 once to live out here with me and for a month and a half and she took a sabbatical for two months to be with me in Toronto.

DR. ELLIOT BERLIN, DC: She makes me want to be a better dad.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Oh, I'm sure you're a great dad.

DR. ELLIOT BERLIN, DC: I have a lot of emotions.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: That's okay.

DR. ELLIOT BERLIN, DC: But I don't know.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: It's wonderful to have a lot of emotions. I think the more vulnerable you are, the better chance you have to communicate and change if need be and respond to people.

DR. ELLIOT BERLIN, DC: We do table topics at dinner.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: That's great. I love that.

DR. ELLIOT BERLIN, DC: They have these little cards and they make the kids, all of us really, think about our emotions and kind of express them.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Especially in a safe place. You have to do it in a safe way. You're not gonna wanna, your kids aren't gonna want to talk to you about their emotions if you're angry with them. Right.

DR. ELLIOT BERLIN, DC: But at dinner, my son was like, I don't really think you're as cool as you used to be, but I still sort of think you're cool.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: What does that mean, though, cool to him?

DR. ELLIOT BERLIN, DC: We're close. I mean, I love my kids so much, but we're close, but it's sort of like, we homeschooled for two years. And during that time, a lot of his friends really cut the umbilical cord with their parents and just got too cool for being with their parents. But he was home with us and didn't get exposed to that. So he's still, now a few years later, he likes being home and he likes being around us. And that's neat. But I work an insane amount, and what he was trying to tell me is like, I still, I wanna be around you, but you're not home. So I come home more. And then I shut down, we had seven offices, I shut down six of them, and I stopped doing as many births.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Oh my God.

DR. ELLIOT BERLIN, DC: I was still not home that much, but a lot more than I was.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: That's great. I didn't know you did that. Yeah.

DR. ELLIOT BERLIN, DC: Whoa. That's why everybody thinks I'm good at what I do, but it's not, because it's hard to get an appointment sometimes, but I'm just like, working less.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Good for you. Yeah, that's the way it should be. That's great. I hope you get cooler. Yeah, I know. Through his eyes. Yeah.

DR. ELLIOT BERLIN, DC: I'll work on it.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: What does cool mean, just being around?

DR. ELLIOT BERLIN, DC: Just like, really, I think he wants to be around me. That's what he means by cool.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: That is incredible.

DR. ELLIOT BERLIN, DC: And he's like, I used to really wanna be around you all the time, now I still wanna be around you, but I can see a time where I just wanna hang out with my friends more.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Well, that's healthy.

DR. ELLIOT BERLIN, DC: Yeah, it's also good.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: It's not bad.

DR. ELLIOT BERLIN, DC: He wasn't saying anything bad. He's just like, you're kind of running out of time where I'm here and wanna be here a lot, so maybe come hang out with me.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Oh my God.

DR. ELLIOT BERLIN, DC: So I do, and I love the table topics for that. I wish we started doing them much earlier.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: What will they be? What kind of stuff?

DR. ELLIOT BERLIN, DC: What do you wanna be known for, is a question we had the other day. So you start to think, you know, what are other people known for? We talk about our family friends and what do you know? One of the questions was, would you rather be seen as funny, friendly, or helpful? And we start thinking about people who we know and like, who's your immediate pops into your head when I say friendly? And somebody pops into your head. Do you wanna be more like that? Or who pops into your head when I say helpful? So they start to think about who they are. They're going to camp for the first time. Sleepaway camp.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Wow. Is that a week or like eight weeks?

DR. ELLIOT BERLIN, DC: It's four weeks. They can do four or eight.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: They're gonna do four weeks. They're all gonna go?

DR. ELLIOT BERLIN, DC: The older two. And so this was a great conversation. I'm like, it's in New York and you can meet people and have any impression you want to for the first time on these people, no matter what your other people think of you. How do you want when somebody meets you for the first time? What do you want their first impression to be?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Very mindful. That's such a good question. They're good.

DR. ELLIOT BERLIN, DC: Maybe they'll sponsor our podcast, Table Topics.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: With all your kids. How old are they? The older ones?

DR. ELLIOT BERLIN, DC: They're seven, nine, 11, and 13 right now. They're just, all their birthdays are right now.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Camp, that's exciting. German, we're German. That's a lot.

DR. ELLIOT BERLIN, DC: So you were religious growing up, religion in your home?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Nothing? I mean, we'd go to church every Sunday, but.

DR. ELLIOT BERLIN, DC: Might as well stay home and watch TV.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I mean, there was like confirmation class, but.

DR. ELLIOT BERLIN, DC: Nothing, but what about their parents? Your grandparents?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Same. Nothing. Just, we went to UCC, United Church of Christ, every Sunday. My grandma still goes.

DR. ELLIOT BERLIN, DC: Do you, did you ever get to a place where you wanted to explore more?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: When I was 18 and I came out here, I would go to Gower and Hollywood. To a Presbyterian church with my first boyfriend, because he was super like religious, his family was, and I would go to church with them in Wisconsin, and I really liked the singing and that's why I went. Oh, you're musical. We didn't even get into that. Yeah, it was okay.

DR. ELLIOT BERLIN, DC: What about that? When did that start? You write or wrote?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: No. You sing. I have written, but I don't prefer it. I prefer just singing.

DR. ELLIOT BERLIN, DC: Do you play an instrument?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I play the piano and guitar. Wow. And I'm like okay at the guitar. I'm pretty good at, I can read music and piano and guitar, but I don't, I haven't really done much of that for the last year. But I, the music, I started the music before the acting.

DR. ELLIOT BERLIN, DC: Oh, so like when you were 12?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Seven.

DR. ELLIOT BERLIN, DC: Oh, young, really young.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: So your parents started you in lessons when you were little. Yeah. On piano? Piano first. Yeah, seven to 11. And then I started singing like full time.

DR. ELLIOT BERLIN, DC: Do you still play at home?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah. Both? I have pianos in all of my houses. Really? I mean, that sounds really, really silly. I have pianos in my residences. Yeah. Can't live without it. But then when you get a piano, you don't want to play it.

DR. ELLIOT BERLIN, DC: Because.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: It's there. Right.

DR. ELLIOT BERLIN, DC: I mean, you don't want to play it because you don't want to ruin it or you just.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: No, you just like, you really want a piano and then you get one and then you don't play it. It's really weird.

DR. ELLIOT BERLIN, DC: Oh, I play piano, but only one song.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Which one?

DR. ELLIOT BERLIN, DC: Pachelbel's Canon. Oh yeah, of course. It's a really weird song to be the only one. Usually it's like Mary Had a Little Lamb.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: No, it's. Or Chopsticks. Do, do, do, do, do, do, do, do, do. No, it's, it's, it's. It's like a wedding song, right? It's pretty easy, but it sounds beautiful and you can, you can improv while you're doing it.

DR. ELLIOT BERLIN, DC: I like to, because I play by ear.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I play. Same. That's how I started.

DR. ELLIOT BERLIN, DC: Oh, by playing by ear.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I mean, I learned formally how to read music, but really I just, I heard songs and I would do my version.

DR. ELLIOT BERLIN, DC: Just sit down and yeah, do your version. So I can play, that's why I like Pachelbel's Canon. It sort of sounds like I know what I'm doing.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah.

DR. ELLIOT BERLIN, DC: I don't really know what I'm doing. But then people, sometimes when I play, they'll ask, they'll come with requests.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I'll be like, I gotta go, I gotta go hang out with my kid. Look at the time, play a version of it.

DR. ELLIOT BERLIN, DC: Maybe in a couple of years when I'm not cool. I wanna hear, did you ever record music?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: You have an album? No, no, no. I recorded it for like musicals, but I did once.

DR. ELLIOT BERLIN, DC: Oh, you were in a musical.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: A couple of them. Oh. Yeah. So we can. About, yeah. Yeah, I did that, but I also recorded a song for a soundtrack that I wrote and they like added strings to it and I was like, wow. All these people composed. They like, I wrote it with the music on guitar. So I just had a few chords and they made it into this huge song and then I had to record it.

DR. ELLIOT BERLIN, DC: We are gonna take a quick commercial break. Don't go anywhere. We'll be right back.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: And then I recorded another thing to go with a movie that I had done, another song that I hadn't written. That was fun. It's really fun. Oh, and then I did record another song that was in a movie, that was in a musical. And that was fun too.

DR. ELLIOT BERLIN, DC: Would you ever record an album?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: No. Why? I'm not, no.

DR. ELLIOT BERLIN, DC: You're not that kind of musician.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I would and give it to my friends and family. Like my mom loves when I sing, my husband loves when I sing.

DR. ELLIOT BERLIN, DC: You don't feel like you're on that level?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: No, I just, that's not the kind of lifestyle I want. It's not what you wanna do. No, I ask me to get- You wanna go on tour? Yeah, no. That's the worst. Going on tour? Being on stage every night.

DR. ELLIOT BERLIN, DC: Can we talk about shyness and not stage acting? Because you said as you grew older, you grew more shy.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah.

DR. ELLIOT BERLIN, DC: And had you thought about doing stage acting?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah, I did. And then I would just not do it. I would audition for stage and then just not do it. Either not get it or I would get offered something and I'd find something wrong with it. And I just wouldn't do it because I just, I wanted so badly to experience that because I know it can be life altering. But I didn't have the energy to go through something like that until I did. And I did end up doing a play. That's where I met my husband.

DR. ELLIOT BERLIN, DC: Oh, was he in the play as well?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: It was just the two of us. Really? And when did you end up doing it? 2015.

DR. ELLIOT BERLIN, DC: Oh, that was really recent.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: When did you do it? In New York, off Broadway.

DR. ELLIOT BERLIN, DC: Funny or serious?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Both.

DR. ELLIOT BERLIN, DC: Oh, dramedy.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah, really good twist. It was a Neil Abut play. Oh. But it was, I just didn't, up until that point, I didn't have the energy to fight my fears because it's just too much. The fear is just too much.

DR. ELLIOT BERLIN, DC: But now that you've done both, do you like one better, screen or stage?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I mean, if you're asking me from a fearful, the fearful part of me, I'd say film, so much better, so safe. Right. Take two. Yeah, and you go to your trailer and you like crochet and listen to a book on tape and you go out again. You crochet? I do. I do.

DR. ELLIOT BERLIN, DC: Is that why you, mm-hmm?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: But I'm having a hard time.

DR. ELLIOT BERLIN, DC: Yeah, I know, I know.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: It's ruining my life. I'm sorry. But if I'm talking from a very empowered, the empowered part of me, the mother of me, I'd say stages beyond anything you could imagine. When you ended up doing it, were you, when you were going through, was it when you were going through previews or after it had opened? Did you get to a point where you felt like, all right, I'm good now? Oh, yeah. Oh, my God. When did that happen or when did that shift? It happened halfway through previews, like the second week, and I was like, oh, my God, I know my lines so well. Yeah. We're so connected. I'm so happy. I'm so in love with this feeling. Right. And I just felt so safe. Yeah. And then it kind of fell apart again.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I started having panic attacks every six or seven shows. And I was like, oh, that's.

DR. ELLIOT BERLIN, DC: What does the panic attack feel like?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Oh, it feels like you're gonna die. It feels like you need to leave the stage. It feels like you need to. You would have them during the play. In the middle? And I would act through them and I would just connect with Tommy. And he would always be aware of it. He would recognize that 1,000-yard stare. And then he would bring me back and we would get back. The lines would keep flowing, but my whole body would be cold and I'd be sweating at the same time. And it would only last like 60 seconds and then it would get through.

DR. ELLIOT BERLIN, DC: It would pass, really?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Oh, yeah, I would pass on stage in front of everybody. Wow. While I'm singing my lines. Do they know?

DR. ELLIOT BERLIN, DC: They're oblivious.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Just you and Tommy. There's no way they would know. Just Tommy and my mom. If she was watching this, she would know. Would you react? No. No. I mean, meh. Hey, you'll be all right. Just a panic attack. I'm not scolding you. Did you imagine? Yeah. It'll pass. You got it, girl.

DR. ELLIOT BERLIN, DC: Another door will open. God, okay, then you did a million movies and broke through and got all these awards like.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Didn't get any awards.

DR. ELLIOT BERLIN, DC: Well, you got all these, on all these lists. Breakthrough, performance, female.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I don't know what that was. You need to go pick up your award.

DR. ELLIOT BERLIN, DC: Favorite cast. 50 Most Glamorous Women of 2010. That wasn't even that long ago. But here's my favorite one.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: A few years ago.

DR. ELLIOT BERLIN, DC: Out of all the ones you got, this is the one I relate to the most. You got Glamour Magazine's April 2010. They issued you as the most down to earth.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Oh, that's nice.

DR. ELLIOT BERLIN, DC: I agree with that.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: You're very down to earth. What year is that?

DR. ELLIOT BERLIN, DC: 2010, when you were still down to earth. But actually, that's a question I have. How do you, cause you went from just being like a girl in Allentown in high school to being recognized by people everywhere. What does that feel like and how is it like when you're in public and people just recognize you?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: You adapt. It happens slowly. My career is, I was not, I didn't become recognizable overnight. It was a very slow process and it's gone through its ups and downs and I just kind of feel like I'm coasting now. I've experienced different levels of recognition and different levels of privacy and lack of privacy and I think I just was lucky and I was able to adjust as it happened.

DR. ELLIOT BERLIN, DC: Cause you're down to earth.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Maybe. I also have values.

DR. ELLIOT BERLIN, DC: I imagine it's hard to stay grounded when you're, when you wanted, you kind of had a dream and you went for it and you're living it.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: But also my expectations were always very low. I don't, I think it was a, it was a survival mechanism inside and it's just something that I told me, a voice that told me like, you just got lucky. You just plan for the worst and maybe you'll get, maybe, you know, things will be great but they probably won't be.

DR. ELLIOT BERLIN, DC: When you buy a lottery ticket, I probably won't win.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah, exactly. I probably won't get this role. I probably.

DR. ELLIOT BERLIN, DC: But if I did win, it would change me a lot, I think.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Do you think you still think about it that way? Yeah. I mean, I, I don't let things devastate me anymore. Like I found out last week that I'm gonna be, most likely gonna be too old to play Glinda in the Wicked Movie musical and I've been studying for that for years. Yeah, I've been working on that. Too old? Yeah, cause they probably won't make it for a while and someone said that like offhand from the studio and you know, okay, I'm not gonna do it. I'm just not gonna mean it and I'm okay with it. That's why I think I try to keep my expectations low. I don't know if I'm okay with it.

DR. ELLIOT BERLIN, DC: I'm having a hard time with it.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: You can say something to somebody. You can pull some strings. Yeah, Wayne is so cute.

DR. ELLIOT BERLIN, DC: I just don't recognize anybody so it's sort of hard to do that.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I know, I know.

DR. ELLIOT BERLIN, DC: Are you the guy?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I'll point the map.

DR. ELLIOT BERLIN, DC: You know, I have the opposite problem. I mean, we must have also, there's gotta be a similarity to it. Like if I go out in public, which I don't like to do and I'm at the Grove and somebody will wave to me like, hi, how you doing? And then so I wave back cause I don't want them to feel bad like I don't know who they are but then they look at me funny and I realize they're waving to the person behind me. That happens like every time I go out in public.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: You know, I was wondering, cause I was thinking like you knew both of us were coming. Amanda has blonde hair and I have brown hair so like when I was walking up, were you thinking, oh, I know it's Kasey cause she has brown hair.

DR. ELLIOT BERLIN, DC: I know there's two people coming, two different hair cause it doesn't affect hair. Yeah, but otherwise, like if you took away the hair, it would be really hard for me. Just face, that's how all the face blind tests work.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Does it happen every time you look away?

DR. ELLIOT BERLIN, DC: If I close my eyes, I cannot picture what you look like at all. Now I just sort of see the, you know what I see actually is now that it's in my head is the tangled princess because she's not human.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah, it's blurry. It's like, there's less features, there's less detail.

DR. ELLIOT BERLIN, DC: I can picture characters, like cartoon characters. So when I close my eyes from now and you're gonna be Rapunzel.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: That's okay. That's a good one.

DR. ELLIOT BERLIN, DC: Yeah, I'm not sure who you are yet. I'll find a character for you.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Thanks.

DR. ELLIOT BERLIN, DC: All right, what was your favorite acting job?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: The play. Really?

DR. ELLIOT BERLIN, DC: I mean, it obviously changed your entire life.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: It changed my entire life. I didn't even know it was happening when it was happening, but it was incredible. It just made me feel like I could do anything. Someone with anxiety, being able to overcome that kind of, that level of fear and succeeding. It's a really big deal. It does a lot, yeah. It's like the way you would feel if you went skydiving and lived. Yeah, that's quite an accomplishment. Yeah, I mean, for some people, for him, it's like nothing. It's no big deal. Getting on stage, that's where he was born. But for me, it's like, I can't possibly survive this. I will fall apart and my reputation will get ruined because people won't be able to trust that I'm sane enough to carry out a project. Why did you decide to do it finally?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Was it just that you felt like you had to overcome it? Yeah, I felt like I had to do it and the right project came and I was like, I don't think I can turn this down. It's opportunity anyway.

DR. ELLIOT BERLIN, DC: You finally got to act with, wait, maybe he produced it. Red Riding Hood was produced by-

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Oh, Leo, he produced it. Yeah, he wasn't there.

DR. ELLIOT BERLIN, DC: Oh, he wasn't there?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: It was a CGI wolf.

DR. ELLIOT BERLIN, DC: No question there then. But I do have one other question for you. You like taxidermy.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah.

DR. ELLIOT BERLIN, DC: Is that true?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I have a lot of taxidermy. You do? Yeah, I mean, I would say I have a fair amount of taxidermy. How does that work?

DR. ELLIOT BERLIN, DC: First of all, how'd you get into it?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I love animals and-

DR. ELLIOT BERLIN, DC: That sounds backwards.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah, I love it, I know. I know and the truth is you don't, you can't possibly know why they were killed.

DR. ELLIOT BERLIN, DC: I don't wanna cut you off at all, but have you seen Ellen DeGeneres talk about taxidermy?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: No. No.

DR. ELLIOT BERLIN, DC: I gotta get that clip for you.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Why?

DR. ELLIOT BERLIN, DC: Because she, it's not, I don't have it in my head right now, but she said basically that's what people who like taxidermy say, I love animals. And she's like, well, I love grandma.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I know, exactly, it's so true. But I don't really wanna hang her

DR. ELLIOT BERLIN, DC: on my bedroom wall. Really good point.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I know, I would never taxidermy my own animal. Right. I did think about having my goat stuffed because she died and her body was still intact and she was so wonderful and young and-

DR. ELLIOT BERLIN, DC: Where did you have a goat? In Pennsylvania?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I have a farm upstate in New York. Oh. But it was really, I just, I think it's an amazing art as well. I'm probably finished collecting. You're maxed out. Yeah, I think it's also, it's really expensive. Oh, really? I got it from Paris, which is where I- You got it from Paris? Yeah.

DR. ELLIOT BERLIN, DC: How do you even find your next thing?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Every time I go to Paris, I go to Paris twice a year. So I go to D'Aurel and I look at what they have.

DR. ELLIOT BERLIN, DC: And how do you get it back? Like in your suitcase? Shipped.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Oh, they ship it because it's that- It's really expensive to ship them.

DR. ELLIOT BERLIN, DC: It's as much as- Is it in your house?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: They're all over my house. Are they here and in New York? I'm kind of curious to see them. They're here, they're in LA. I wanna see them. They're awesome. Some of them are like, I have a baby zebra and a baby horse. But the truth is, there's responsible taxidermy and there's when you don't know why they're, if they're being killed for the sake of taxidermy, fuck that. I'm not gonna support that.

DR. ELLIOT BERLIN, DC: That's French right there.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Oh, crap.

DR. ELLIOT BERLIN, DC: No, no, it's okay.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I speak French. Okay, good. We can say swear words, can't we? Yeah, totally. I hope so. I have been for months. Please not. Not realizing it.

DR. ELLIOT BERLIN, DC: You know, iTunes has a little section, you just click it if there's any of those words in there so that they don't play it for kids.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Oh. Yeah.

DR. ELLIOT BERLIN, DC: As long as we don't forget that. iTunes likes us.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Great.

DR. ELLIOT BERLIN, DC: What was your first one?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: A horse, a miniature horse. Baby miniature horse, so.

DR. ELLIOT BERLIN, DC: You were just in Paris and you saw-

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I was in Paris and I was with my friend Antoine and I bought the horse and named him Antoine.

DR. ELLIOT BERLIN, DC: Is it heavy?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: No. They're light. Oh, yeah.

DR. ELLIOT BERLIN, DC: I mean, what are they stuck on?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Some of them are wood. I don't know.

DR. ELLIOT BERLIN, DC: What do you mean wood?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Some of them are actually just sculpted wood.

DR. ELLIOT BERLIN, DC: There's no animal?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: No, it's just the skin. Oh. It's just the outside. Like instead of stuffing.

DR. ELLIOT BERLIN, DC: They put it over wood?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: No, they actually sculpt in the body. They sculpt the body and they put the hair back, the fur back on it, the skin.

DR. ELLIOT BERLIN, DC: Oh, I got it. They make a sculpture out of wood and then they put back on the fur.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Oh, wow. And then what is responsible taxidermy? Well, you don't kill the animals in order to stuff it. Right. There has to be- So how do they find their animals? Well, a lot of young animals like day old, two day old, three day old, like horses and stuff, die from heart problems.

DR. ELLIOT BERLIN, DC: They just die naturally.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah. And then they sell them to taxidermy.

DR. ELLIOT BERLIN, DC: Then you're preserving the beauty of the animal.

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: That's what I would like to think. That's what you're doing. Because I really think that when it's well done, it's amazing. Then there's taxidermy like raccoons and stuff that are really cheap that you can buy around here because they can find a dead raccoon in here.

DR. ELLIOT BERLIN, DC: Yeah, I can only afford a taxidermy mouse, but-

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I have that too. That would be kind of awesome. You have a taxidermy mouse? Mm-hmm.

DR. ELLIOT BERLIN, DC: From Paris?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: No, that was from here. It was a gift that somebody gave me. Do you have a favorite? Kevin. Who's he? He's a fox and he was a little cheaper because they did his neck wrong. So his neck is a little longer and his eyes are a little bit funky, like the eyes that they put in. His little cross-eyed? The little cross-eyed.

DR. ELLIOT BERLIN, DC: All right, let's take a break and when we come back, we will talk with Amanda about pregnancy, childbirth, and early motherhood. In the meantime, visit us at informedpregnancy.com, share us with your friends, and don't forget to check out part two of our discussion with the lovely and talented Amanda Seyfried.

Enjoying the Informed Pregnancy Podcast?

Visit us at **informedpregnancy.com** for episodes, articles, and resources for pregnancy, birth, and beyond.

Want more? Subscribe to **Informed Pregnancy+** at **informedpregnancy.tv** for films, series, and exclusive content.