Holiday Rebroadcast: Hilary Duff After Baby #3

Episode 320 · December 29, 2022 · with Hilary Duff

IN THIS EPISODE

Hilary Duff's third pregnancy ended the way so many do — with crazy insomnia, restless legs, and a baby on her own schedule. Then, four days before her due date, her water broke at midnight… and nothing happened. No contractions. All day. Dr. Elliot Berlin, DC talks with Hilary about the midwives brew she finally drank to get things moving, contractions that went from zero to three minutes apart, and a home water birth so fast she was quietly pushing before her midwives even realized — plus placenta capsules, breastfeeding the third time around, and the children's book that came out of her hardest postpartum nights. When labor goes from nothing to full speed in minutes, what happens when she realizes the baby is already coming — and nobody in the room knows but her?

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.*

HILARY DUFF: Hello informed pregnancy fans. It is Hillary Duff I am so honored that you voted to bring back my interviews with dr. Berlin for the holiday hiatus Listening to the podcast helped me during my own pregnancies And I hope my episode helps you feel informed and empowered and ready for your own great experience Thank you all for your support and for joining me in this crazy fun wild rewarding and absolutely exhausting club But that is parenthood best wishes to you guys and happy holidays. I hope you have an incredible new year

DR. ELLIOT BERLIN, DC: Come to the informed pregnancy and parenting podcast. I'm your host dr. Elliott Berlin my guest today needs no introduction at all She is a million well-earned accolades in television film and music She is an entrepreneur philanthropist and recently released her fourth book and her third baby This is the interview everybody's been asking for it literally people just love you Hillary Duff. Welcome back to the podcast

HILARY DUFF: I really like released my third baby. Didn't you?

DR. ELLIOT BERLIN, DC: It's an epic release So is stuff really your last name or did somebody make that up what of course it's my last name I don't know. It's just such a cool last name

HILARY DUFF: Really? Oh my god. I always like struggled with it. I got like made fun of because of deaf beer on The Simpsons and then I

DR. ELLIOT BERLIN, DC: Was gonna make a mistake you might come up with something a lot cooler than Duff

HILARY DUFF: I mean, I like Duff beer on the Simpsons. I

DR. ELLIOT BERLIN, DC: Thought it'd be cool. Okay, so it's a real name. Where are the Duff's from originally? Where do they date back to? I'm a Heinz 57. Oh, you're a little of everything

HILARY DUFF: German Irish Scottish

DR. ELLIOT BERLIN, DC: Yeah, a big a big max. I'm a hunts one. I know. Yeah, I'm just a hunts number one All right, a lot has changed since last time we spoke last time you were imminently do you had blue hair now You have three kids and blonde hair. It's hard to keep up with you. I don't know what's gonna be tomorrow Let's talk about the end of your pregnancy. How are the final days? Oh

HILARY DUFF: my god, um So I had like crazy insomnia and then I had restless leg syndrome, which was like driving me crazy I felt like an insane person only when you're trying to sleep Only when I was trying to sleep and then I feel like the anxiety of knowing that that was gonna like kick in When the soon as I laid down made me wildly miserable But honestly business as usual like just kids drop off like, you know

DR. ELLIOT BERLIN, DC: Busy yeah, the crazy thing is you weren't sleeping and I would see you and I was like I wish I had half as much energy as you have when you're not sleeping You know what? I mean, like you were still like the Energizer bunny. We drop so many brands now Heinz hunts Energizer Yeah, wait till later. I have one more brand in store for you later But you still had an incredible amounts of energy. Was it a hard game mentally? I

HILARY DUFF: Think that I mean it's funny cuz you and I talk about this all the time So now we have to talk about it publicly for the podcast I have a hard time not having any control over certain things and I'm really like a go-with-the-flow kind of person So I I don't believe myself to be like a control freak but when I have no control over something that's happening to my body and like timeframe and what's gonna work out for the rest of my family like that really sucks for me. And that's like a whole challenging game to get through. And then also the way that I decide to give birth is another major mental hurdle for me that stresses me out before it happens. What do you mean by that? The way you decide to give birth like at home and how

HILARY DUFF: it's going to unfold and wrapping my head around the pain and the anxiety of not knowing how, you know, like every birth is different and just not knowing. Um, I really like when someone can be like, we're going to do this. We're going to do this. This is how it's going to feel. This is how long it's going to take. And then I can be like, cool. Okay. I mean, I can do all those

DR. ELLIOT BERLIN, DC: things. Oh, so like if somebody just wrote a script for you. Yeah. Action. Yeah. I could show up and do it. You are not the like sit down and just close your eyes and do yoga type, but you tried it. Yeah. You got me to do yoga. And I feel accomplished in that with

HILARY DUFF: Natalie before I gave birth. And you didn't hate it. No, I liked it a lot. And in fact, I have three more sessions with her and I'll probably do more post-natal yoga is so good for you. I have a really big problem trying to make myself take a moment and like breathe or just take a moment for myself to do something where I'm not like doing busy work of some sort, whether it be something on my phone or something in my house that needs to be handled or like giving a dog attention, or I just feel like, you know, I'm pretty spread thin, but I like it that way. But when she came over, I was like, oh, this feels like I can relax. If someone forces me to guide you, I realized the benefits of it when I do it, you know,

DR. ELLIOT BERLIN, DC: yeah, eventually, you know, that just being energized, her bunny catches up with you, even though the bunny doesn't, he just walks around hitting the drum all the time, but eventually he's got to recharge that battery.

HILARY DUFF: Totally. Yeah. Honestly, I think maybe having this third child will send me over the edge of

DR. ELLIOT BERLIN, DC: like, I can't constantly beat the drum. Yeah, you got to shut it off and pause for a minute. Because I saw you posted on Instagram, you didn't want to be roommates anymore with your baby. I love that one. Did you do things to try to get the birth ball rolling?

HILARY DUFF: Yes, I did. What did you do? You mean pre going into labor? Yeah. Well, I saw you every Sunday, I was taking garage oil. Ooh, how do you take it? Two ways. Okay.

DR. ELLIOT BERLIN, DC: Two ways at the same time. There's a book that says every woman has two mounts. There you go. Nailed it. Okay. What does it taste like? It doesn't taste like anything. It's a pill. Oh, you take the little squishy pill. Oh, okay. Cool. And one dissolves. Okay.

HILARY DUFF: Yeah. And, um, what else did I do? Walked a lot of walking. Yeah. Sex really was like not interesting for me at all this time around. So towards the end, where like with banks, that felt like a really helpful slash fun tool. This time I was like, Nope, not for me. So, and it like annoyed me majorly, you know, what really, you know, gets things started. I'm like, Nope. Yeah. For Matt, but, but maybe not. Maybe he was like, this is the better right now. Do you know why the difference? No, I don't. And honestly, I thought I was having a boy because with banks, I was like totally down. And with this baby, I was like, I don't know if it was maybe having, you know, more kids and trying to keep up with everybody

HILARY DUFF: that just made it kind of like at night feeling exhausted and just really not like a ton of time. And I felt like a little more protective of my body this time around. Oh, that's interesting. But when I'm trying to think if I did anything else, I mean, when my water broke, I did the castor oil shake and I went for a walk and I was doing like curb hops and trying to do everything I could to go into labor. Cause I wasn't having any contractions.

DR. ELLIOT BERLIN, DC: All right. So labor started four days before your due date. Yep. And it started with your water breaking. What time of day? Midnight. Oh, really? Yeah. You're so specific. And were you sleeping or trying to sleep? Was it a question? Like, is that

HILARY DUFF: my water or like, yeah, it was a question because it was not like a full break. So I got up to use the restroom and kind of felt like a, you know, I kind of felt like I peed my pants a little and I haven't done that during this pregnancy. So I was like, whoa. Oh, I stood up out of bed and I felt like a gush or whatever. And I was like, oh, I went to the bathroom and then I was like, without a question, that's water. Oh, cool. And then

DR. ELLIOT BERLIN, DC: Did you wake up, Matt?

HILARY DUFF: Yes, because I was kind of excited. I thought it was gonna be like go time, you know, from everything I've, not everything, but from what I imagined was like your water breaks, you start getting contractions.

DR. ELLIOT BERLIN, DC: Not for you. So in the other two pregnancies, your water never broke.

HILARY DUFF: No.

DR. ELLIOT BERLIN, DC: It was broken for you.

HILARY DUFF: Oh my God. By the way, Beth, my midwife, my amazing midwife listened to our podcast and she was like, Hillary, I would never break your bag. I didn't do that. I think the way that I like phrased it when I was talking to you made it seem like she broke my bag. But she didn't. My bag broke after she checked me.

DR. ELLIOT BERLIN, DC: Oh, right.

HILARY DUFF: Yeah, it was like, I don't know if it was just a perfect storm of her like checking me or it just would have happened anyway that way, but she was so funny. She was like, I would have never done that unless you asked me to. I was like, no, no, I didn't mean it. Like a bad thing. Like she felt like a relief when my bag was broken right before I gave birth with Banks. But yeah, this time, okay, it happened on its own and I was super excited because I was like, oh, it's go time. I woke up Matt and then nothing, nothing happened. Water all day long. It was all night, all day. Leaky, leaky duff.

DR. ELLIOT BERLIN, DC: Did you call Beth?

HILARY DUFF: I texted her, yeah.

DR. ELLIOT BERLIN, DC: And she have any advice?

HILARY DUFF: She was like, okay, cool. Well, let me know if you start getting contractions or whatever.

DR. ELLIOT BERLIN, DC: So midnight water break. And then I guess it's in the morning you got up and started doing all that walking and stuff.

HILARY DUFF: Everything kind of slowed down. Like I guess when I would stand up and walk around, like there was definitely like water, but it wasn't concerning because I knew it wasn't enough water that like the baby was not in water anymore. And I was checking Beth like updates and stuff. So it was just kind of business as usual. Luca was so pissed because I made him go to school. That's always the deal. He gets to skip school when I'm in labor. So he had to go to school and banks went to school. And when Matt came home from dropping them off is when I was like, I wanna go for a walk up the hill. We live in a really hilly area. And so we took a long walk, nothing. And I've been having contractions since I was 20 weeks pregnant, like major.

HILARY DUFF: And so nothing's happening. And I made it up the hill. Didn't have to stop one time. So then I was like curb stepping. Is that what they call it? Yeah. Well, you just wouldn't put up on the. Yep. And nothing. And I came home and I was so pissed that I was like, make the shake. I'm gonna drink the castor oil shake. And I've never done that before either.

DR. ELLIOT BERLIN, DC: What'd you put in it?

HILARY DUFF: I made the witches. What is it called? Oh, midwives brew. The witches brew. I call my midwives the witches. They're a little bit.

DR. ELLIOT BERLIN, DC: So what is it?

HILARY DUFF: It's apricot juice, castor oil, and almond butter. And I'm kind of tea that I couldn't get my hands on like lemon verbena or something like that. So I ended up using lemon balm oil. Oh. And ice. It made like a smoothie. It might've worked. I only drank half of it because I was kind of scared to have like crazy diarrhea or something.

DR. ELLIOT BERLIN, DC: Yeah, I mean, that's the downside of castor oil.

HILARY DUFF: But it never did that to me. But maybe I only drink half of it or something.

DR. ELLIOT BERLIN, DC: Maybe it's because of lemon balm.

HILARY DUFF: The lemon balm?

DR. ELLIOT BERLIN, DC: You changed the recipe. You think the lemon verbena tea really would have been the difference? I don't know. I have no idea. I mean, it's the castor oil that usually irritates me. I think it worked, but. What time was it when you drank that?

HILARY DUFF: I wanna say it was around 1.40.

DR. ELLIOT BERLIN, DC: Oh, so it's like 13 hours later. After your water broke, okay. And up until then still no contractions.

HILARY DUFF: Nothing.

DR. ELLIOT BERLIN, DC: And then afterwards?

HILARY DUFF: Then afterwards I drank half of the shake. And then I was like, I'm gonna chill on this because I'm just a little nervous. And one of my friends was like, this is no joke. So be careful,

approach with caution. And I was like, but it's actually a joke in my family that I have like a steel stomach and I can eat like the spiciest things and things don't affect me that much. So anyway, then you know how.

DR. ELLIOT BERLIN, DC: I got queasy just when you said spicy things.

HILARY DUFF: Really?

DR. ELLIOT BERLIN, DC: Yeah, I have like a Jewish stomach, I don't know.

HILARY DUFF: So does my husband. He can like look at jalapeno and he's ill for days. It's, I have to call him sick.

DR. ELLIOT BERLIN, DC: Well, if we ever get to have Shabbat together

HILARY DUFF: I'll eat all the spicy things. If there's spicy things.

DR. ELLIOT BERLIN, DC: Oh yeah, I'll eat all the bland stuff. We'll sit next to each other. So it's perfect.

HILARY DUFF: Yeah.

DR. ELLIOT BERLIN, DC: Did you start having contractions?

HILARY DUFF: Yes. So I went upstairs and you know how they say that most women go into labor at night? Like when you're not quiet and it's dark and you feel safe and like your kids are tucked away. So I tried to. recreate that lines in here. I got in bed, I was like trying to trick my body. And then nothing was freaking happening. I was so annoyed that I sent Matt I had this craving for this rainbow roll from this place called raw junkies that I go to a lot. So I sent Matt out to get me a rainbow roll, which is like a Vietnamese summer roll kind of like it has like cabbage and it's really good like a peanut sauce. And he's like, okay, so he went, and then on his way out, I was like, Can you

HILARY DUFF: go get me strawberries? I wanted like strawberries. I wanted some really specific random things from the grocery store. So he's like, Okay, he went and got himself a coffee. And during that time, my assistant slash angel of my whole entire life, I love her so much came into my room, and she was talking to me about some work stuff. And all of a sudden, I get slammed with a big fat contraction. And I'm talking to her and have to stop and breathe through it, right. And I'm like, Oh, sweet. Like, I'm like, it's happening. But I don't want to get my hopes up. Because I also heard that like third babies can be your wild card, where your contractions are like come in, and then they'll go away. And then they'll come in and then they'll go away. But

HILARY DUFF: not like with any kind of consistency. So I was like already annoyed that nothing was happening all day. So I was trying not to get my hopes up. And then I'm talking to her. And every four minutes, I'm getting a contraction. I don't even notice. And she's like, Hey, friend, you want to get that timer counter thing out? Because like, this is happening often. And are you like not aware?

DR. ELLIOT BERLIN, DC: And you're the only two there, right? That's not there. The kids are at school. Wow, that's an excellent time to take a little break.

HILARY DUFF: And so I get the contraction timer out, and I'm timing them and they're rolling in every three minutes and like 20 seconds. And I'm like, Oh, my god, I call Matt. I'm like, you need to get home now. Like, I'm three minutes apart. Like I'm having contractions. He thought I was messing with him. He's like, you wait for me to leave for this to happen. And thank God Beth was on her way to the house in like 15 or 20 minutes because my water had broke.

DR. ELLIOT BERLIN, DC: Oh, because there's only like a certain amount of time. Yeah. Okay. I have a million questions for right now. But I'm gonna take a quick break, and we'll come back and I'm gonna ask away. Okay. four times and brand D four times. Welcome back to the informed pregnancy podcast. We are talking to Hilary Duff. She's having contractions every three to four minutes. This is what I want to know. So many things. Where are you feeling your contractions?

HILARY DUFF: All in the front of my stomach.

DR. ELLIOT BERLIN, DC: Is that your typical pattern?

HILARY DUFF: No, last time with banks, I was feeling them a lot more in my back. And not really like some of my friends have had back labor. So I don't think it was like that. It was just like crazy wrapping sensation, where like that counter pressure really felt good. And I felt it so much in my like lower pelvic area with this baby.

DR. ELLIOT BERLIN, DC: Would you say it's similar to menstrual cramps?

HILARY DUFF: Yes, except for I'm one of those lucky weirdos who don't get menstrual cramps. But that's what a menstrual cramp feels like. Yes, that nauseous. And I felt everything all in front. So

DR. ELLIOT BERLIN, DC: what about intensity like on a scale of one to 10?

HILARY DUFF: Well, I went from no contractions to contractions that were three minutes apart, you know, fast. They were lasting for like about 40 seconds.

DR. ELLIOT BERLIN, DC: Oh, okay. And for you, did they feel overwhelmingly intense or you could breathe through it?

HILARY DUFF: I could breathe through them until well I don't know when I should like share with you how long this all took. Oh I'll let you tell the story you guide it. Okay so Beth was like on her way because my water broke and so she was like I'm just gonna come up and check you I know you don't have any contractions but I just want to like see where you're at and blah blah blah so they didn't pack any of their food or snacks or like whatever they personally needed for the birth because they thought they were gonna leave and I text her and I'm like my contractions are three minutes apart and they're super intense and I think you need to get here like soon like

HILARY DUFF: this is moving so fast and right now I'm just with Lauren and Matt got there about 15 minutes later with strawberries with strawberries and I fully was like hands up against the walls swaying back and forth like growling at that point and the things that felt good were like really leaning on the ball like hugging the ball where before with banks I wanted to be like really leaned back like I labored on the toilet a lot with banks I didn't at all with this baby that felt horrible to be in that position I like wanted to be squatting a lot with banks I did not with this baby at all what's it called where they

hang the scarf

DR. ELLIOT BERLIN, DC: over there were a bozo yeah and you like traction yourself yes and that felt very good but in three hours I was like pushing I mean that's pretty fast when labor goes that quickly people sometimes describe it like a train moving through your body like all of labor concentrated over a short period of time which is because I felt like every

HILARY DUFF: time I'm telling this story to people they're like oh my god what a dream I'm like

DR. ELLIOT BERLIN, DC: kind of but it was so hard yeah I mean that's the thing there's a balance I think from what I've seen and what people say where it's like fast is nice but not if it's so intense like if you could spread that intensity out over another hour or two like four or five hours then it might be more tolerable where was your mind because with banks we talked about your mind like how we're going to do this how we're going to do this and all of a sudden that part of your mind shut down and you felt more able to do things how was your mind during

HILARY DUFF: this rush job I think at first when the contractions literally came out of nowhere and then were so close together and lasting for a substantial amount of time for a contraction I was just like really excited and felt like I was leaning in and accepting it you know and I was kind of like laughing at the way it was going down because people were having like scramble to get home kind of and I thought that was funny and I love to play tricks on people so I do so I thought it was like I don't know there was like humor in it and I felt really ready and then it was probably about an hour and a half to two hours in where they started to get super heavy and I was struggling to keep up you know but my head was in the

HILARY DUFF: game and I felt a lot more confident in the way that I was birthing than I did before so I was really trying to be present and relaxed and make every contraction work for me did you have the sense that it was moving that quickly I did and I have a couple of things that happened to me when I get really shivery like I get like um when a dog like is shaking I got it when I had my epidural too and I felt like maybe it was the drugs that were doing it to me but then it happened to me right before I I think it's happened to me in transition from the hormones yeah and your whole body just shakes yeah the first time I saw it look like convulsions I was like does anybody else see what I'm seeing and they're like oh that's

HILARY DUFF: normal yeah like my jaw is like doing that and I'm just like shaking and so when that happened to me I was like oh my god I need to start pushing soon you know and I remember looking at Beth and being like this is flying like I can't keep up with this and she'd be like you are amazing you have to keep letting these contractions work for you you know and there was times where I was doing these like really weird things with my hands where I was like a contraction would come and I was like trying to like climb out of my body but like trying to keep my jaw relaxed and my palms open and I was like I don't know how to explain it it was so big and so fast that I was like just trying to keep up

HILARY DUFF: did you because sometimes in an unmedicated birth in a home birth especially people talk about

DR. ELLIOT BERLIN, DC: some of the intensity feeling pleasurable together with the pain not you who on earth

HILARY DUFF: could think that that was like when you hear about orgasmic like births give me a break

DR. ELLIOT BERLIN, DC: yeah I'm not talking about like the movie where they're you know it just looks like they're out for four hours, but I mean, I've been to those first where people feel like a combination and they feel intensity that's pain, but then there's also some pleasurable element to it.

HILARY DUFF: No, I don't feel that at all. I think that I can keep my focus and feel gratitude and maybe a little bit of combination of like bliss of like my baby and I working together. Every time I feel like I take a big step towards the next phase of the labor, I feel like a little bit of that bliss, but I don't feel any of that pleasure pain balance. Maybe on the next one. Too soon. After I had her, I think I looked at them and I was like, I'm never doing that again, like still in the water. I don't even know if I looked at my baby yet and I was like, I'm never doing that again. I think it's most common right after you give birth thing. Um, this was really different for me when it was finally, I started begging to get in the water

HILARY DUFF: and they were having a little bit of trouble getting the water pressure to like fill the tub up fast enough. And I'm like hanging onto the wall, like, please, I have to get in the water. I have to get in the water. And they're like, it's like soon, soon. And I was like, now, now I have to get in now. And I get in the water and then that slowed my contractions down a little bit, which is normal. And was it welcome? Oh, yes. Yes. I hadn't had a break. Like with banks, I was laboring all over my house. This time I literally couldn't take more than five steps without having a contraction and then being like really major. So when I finally got in the tub and I didn't want anyone near me, which was really weird,

HILARY DUFF: like last time I really had like a lot of like touch and a lot of massage and a lot of counter pressure. And this time I didn't want anyone near me. So everyone was just kind of like in the room and it was really quiet and we had a little bit of music going.

DR. ELLIOT BERLIN, DC: Who's everyone? I had Beth, Julie, and Lindsay, who are my midwives.

HILARY DUFF: And I had Lauren, who was my doula and birth photographer. And I had Matt and I had my mother and I had my dear, dear friend, Molly. The gardener didn't come in. Nope. He was just looking through the window and the kids still weren't home yet. They were home. Oh, the kids were home, but not around you. No. So Lauren, who was the one who was like, are you going to start timing these contractions? I was with Luca and banks downstairs. And also our nanny who has been with me for 12 plus years was downstairs with the kids. And they wanted to come up like towards the end. Do you say 12 plus years? Yeah. Isn't Luca nine? Yes, but she worked for me. She was like my housekeeper for a long time. And then,

DR. ELLIOT BERLIN, DC: Oh, okay. Yeah. I mean, it's a little excessive. You get a nanny three years

HILARY DUFF: before you have your first baby. Yeah. But I was going to say that the midwives were like, you were silent for most of it. And you were super cheeky because we had no idea that you were pushing. And I think that I told everyone, I was like, I don't want anyone behind me. And I was just feeling very like, I wanted to be alone. And I was a little more like wanting just to create like a lot of space around me this time. And so Beth went behind me to check me for a second. And the baby was

like fully crowding. She was like, are you going to say anything? Like the head was out. And I just looked up and I was like, the head's out. Wow. And I think I gave one big growling push and the baby was out.

DR. ELLIOT BERLIN, DC: Wow. So you knew, but you were just like kind of inside your own mind and just didn't

HILARY DUFF: tell anybody. I didn't know I needed to tell anyone. It was just kind of just all happening. Then all of a sudden I see them all slowly start to put their gloves on. I mean, that's kind of crazy because if nobody was there, you just literally would have just done it yourself. And I mean, I pulled her out, which was really cool. I can't believe I did that. I felt so weak with banks, but I think that was because I labored all day. Yeah, much longer. I didn't have the energy. Like Matt was literally holding me up for that birth. And this time around my friend, Molly was so funny. She's like, Hillary, like later when I had had the baby, she came in and she was like, you were like an animal,

HILARY DUFF: like you were my friend, but you were like an animal. And you just hunched over and you pulled your leg up. I was like, I'm pretty sure I was bearing down. There's like a term, like a bear, a bear. And she was like, and you were silent. And then you just,

DR. ELLIOT BERLIN, DC: baby Simba. That's funny. That's exactly what the gardener told me. Yeah. When the baby. was coming out of you. Is there more intensity? Do you feel more intensity?

HILARY DUFF: Oh, one thing that I felt different this time was the reprieve that you get. It only lasts for literally a nanosecond, but the relief you get from when your body switches into like pushing, you get such a relief from the contractions and I never felt that before. I always never understood what people were talking about, but that was pretty cool to be like, Oh my God, yes, I just want to push, you know?

DR. ELLIOT BERLIN, DC: But sometimes people, I think, especially before they have the first baby, just think about giving birth and they feel like that moment of the baby coming through is what they're not going to be able to handle, and that's why they get an epidural. Whereas in reality, most people say it's all the contractions leading up to that moment that are harder to handle, and that moment is just a moment. But for you, do you feel more physical intensity as the baby's coming out?

HILARY DUFF: I think it's super hard work to push the baby out, but it happened for me fast. And once I wrap my head around doing that, it usually is easier than getting through some of those last contractions.

DR. ELLIOT BERLIN, DC: So not like the ring of fire moment.

HILARY DUFF: I felt a little bit of the ring of fire, but it's so fast. As she was coming through.

DR. ELLIOT BERLIN, DC: Mm hmm. Cause you didn't know what you're having. How did the gender reveal go down?

HILARY DUFF: I don't know if it was as big of a deal as I thought it was going to be. You know, does that sound really lame and uneventful? I think I just done so much work. I didn't really care. I never really cared. We thought it was going to be a boy, but this whole pregnancy, I thought, Oh my God, all

I'm going to want to do is look at the gender, you know, to get to see what it is, because I've been so curious about the surprise, but instead I think since I pulled her out, I was more nervous about pulling her out the right way and getting the water out of her, you know?

DR. ELLIOT BERLIN, DC: Did she stay under for a little bit, or you just pulled her straight out?

HILARY DUFF: Well, her head obviously came out first and was under, and then I pulled her right out.

DR. ELLIOT BERLIN, DC: Did you see her take the first breath?

HILARY DUFF: No.

DR. ELLIOT BERLIN, DC: Oh, that's the best thing. You definitely have to have one more. You got to get that moment.

HILARY DUFF: No, I think I was so nervous about her clearing the water, you know, and bringing her up with her hips first. So she was kind of like folded in half like that. And her legs were down and crossed and her cord was, Oh, I had a true knot in my cord. Oh, really? That's rare. It is. That's what I've said. I was like, I'm more freaked out by a knot. Why are you guys so excited about this? Yeah, but everything was good. Yeah, everything was fine, but I pulled her out and then, you know, they're kind of like, okay, you know, like I'm like, she looks good. She looks good. And then I'm like, everything okay. Is everything okay? And they were like rubbing her back a little bit. I'm still holding her. And then I'm like, can I flip it over?

HILARY DUFF: I think I called it an it because he didn't know what she was no idea. And then I just like opened her little legs. I'm like, Oh my God, it's a girl. And everyone started laughing.

DR. ELLIOT BERLIN, DC: Oh, but that's such a cute moment, even though it wasn't like the biggest moment, it's very cute. Cause you know, when we talk last time, you said you were a little nervous about having a girl because banks was such a toughie, but then you said, well, maybe I'll have another girl. I have another girl. We made predictions for the two teenage daughters. I think you have time. I mean, by that point, your nanny will have been with you for 30 years.

HILARY DUFF: She never says no to the kids.

DR. ELLIOT BERLIN, DC: Are you kidding?

HILARY DUFF: She's not helping me.

DR. ELLIOT BERLIN, DC: Uh, let me think about this. Okay. We made predictions about this. Do you remember when you predicted the baby will come in relation to your due date?

HILARY DUFF: Did I say the 24th?

DR. ELLIOT BERLIN, DC: You said four days before your due date on the money. I said three days, uh, before you said four days before you were on the money. I'm a little bit of a witch too. Yeah. I could tell. I could tell you got the brew. And then we didn't even talk about the weight. How much did she weigh?

HILARY DUFF: She weighed seven, eight.

DR. ELLIOT BERLIN, DC: And you said between 7.4 and eight pounds. Wow. I said seven. I was close, but not like you. I got to drink more lemon pop or whatever. And then labor length. We're both way off. You said 13 hours. I said nine hours and you totaled like three hours, three and a half.

HILARY DUFF: Three hours and nine minutes.

DR. ELLIOT BERLIN, DC: Yeah. Three hours and nine minutes. That's crazy. Maybe that's what I was tapping into the nine minutes. I said nine hours and then we both said, boy. So there you go. But I noticed as soon as it wasn't a boy, you'd change your hair.

HILARY DUFF: I know, which honestly, I didn't do it because I had a girl, but when my roots start to grow out, it's impossible to keep up the blue hair. Oh yeah. Bleaching. So I was like, well, I'm sitting in nursing a baby all day anyway, I might as well take eight hours. and change my hair back to normal.

DR. ELLIOT BERLIN, DC: Oh, that's such a multitasking mommy thought. All right, I'm going to take one more break. I want to know all about the postpartum stuff. We'll be right back. Welcome back to the Informed Pregnancy Podcast. We're talking to Hilary Duff. So you released your third kid and then the name, where does this name come from?

HILARY DUFF: Both of our moms are born in May. So we thought that was a cute little homage to our mothers and we obviously spelled it different than the month of May. But that's just because we like the spelling better.

DR. ELLIOT BERLIN, DC: I don't know if you noticed your chiropractor was born in May.

HILARY DUFF: And we did it for you.

DR. ELLIOT BERLIN, DC: That's what I thought. Thank you. And then there's a middle name, May James.

HILARY DUFF: And that doesn't have any just like it. All of our kids just have names we like. So it's our right as parents to just name them things we like.

DR. ELLIOT BERLIN, DC: Yeah, totally. That's why my second is Snickers. And yeah.

HILARY DUFF: You know, May has a girly middle name, Violet. If she ever grows up and thinks her name's a little too different, you know, she can have Violet as her name and it's a little more femme. And we thought with May, she has the same thing with James. Like there's that like masculine feminine kind of vibe going on.

DR. ELLIOT BERLIN, DC: Yeah, that's pretty cool. And you could do that with a girl. You can sort of give her more of a boy's name. It doesn't work like this is my son, Katie. Not as well, but I do know an Ashley. Actually is definitely. Yeah, that can go either way. There's a lot of people in my kids world that are just like Marty is a girl and Lenny is a girl, a female in their lives. And I'm with you. Did you have different names in mind? If she would have been a boy. Yes, you're saving them just in case. Maybe was it still going to be James? That's my real question.

HILARY DUFF: No, no. James was only for a girl.

DR. ELLIOT BERLIN, DC: Yeah. OK, I'll leave it there.

HILARY DUFF: I will say that a couple of days after giving birth, I texted Matt and I was like, maybe just one more. And he was like, the first words out of your mouth after you gave birth to May was, I'm never doing this again. He was like, I'm screen grabbing this conversation. And now I'm back to the never again.

DR. ELLIOT BERLIN, DC: Oh, you are. It's but it's still kind of soon. Maybe we can wait a couple of months. Where is he on it? Does he have a preference?

HILARY DUFF: I think he totally would be down. But he realizes that I have to do all the work. And he also thinks three kids is insane as well. Already. But he loves babies. He really does love babies. I never would have pegged him for someone who, like, loves a newborn. And he really does. That's sweet. It is sweet. He's a great dad. Super sweet. Yeah. Honestly, he's a great partner. And he is so complimentary of women and what we go through to make this happen. And his favorite line is, it's so unfair, the workload. He's like, I did one thing one time. It could have been more times, but you weren't in the mood this time.

DR. ELLIOT BERLIN, DC: Poor guy.

HILARY DUFF: It wasn't the whole time that I wasn't in the mood.

DR. ELLIOT BERLIN, DC: Oh, OK. Just at the end with the restless legs. After banks, you said you were eating placenta.

HILARY DUFF: I mean, I was not eating it like that.

DR. ELLIOT BERLIN, DC: Well, you said you put it in ice cubes and threw it into a smoothie.

HILARY DUFF: I mean, I did the day that I gave birth to banks. The midwives did it for me, but this time I encapsulated it.

DR. ELLIOT BERLIN, DC: Oh, you're not doing the ice cube. No. Do you take the capsules no matter what or just want to have them on board just in case you need them for some?

HILARY DUFF: I've taken them a few times already, and I do actually like them. I feel like they give you energy and I feel like they do make me a little emotional.

DR. ELLIOT BERLIN, DC: Hmm. Is that good?

HILARY DUFF: I mean, I'm very emotional right now anyway. Really? I think more for the energy. I like it.

DR. ELLIOT BERLIN, DC: What kind of emotions?

HILARY DUFF: Feelings of overwhelmedness.

DR. ELLIOT BERLIN, DC: Have you had that before after giving birth?

HILARY DUFF: Yes. Oh, it's typical for you. And more with a third child and two others to take care of. Yeah. My favorite thing that's happening or my whole family's favorite thing that's happening right now is we'll just be in a perfectly happy moment, but usually I have a baby on my boob and I'll just be like, I'm going to cry. Usually laughs to me and tells me I'm doing a great job. And then we just move on.

DR. ELLIOT BERLIN, DC: Oh, and the plasma capsules make that even more pronounced.

HILARY DUFF: I think they do, but I also think that they really help stabilize like mood and give you energy. Yeah, I think it's a bad thing to be emotional right now. I have a lot of shifts and things happening, you know?

DR. ELLIOT BERLIN, DC: I wonder if it's not long before we have impossible placenta. Instead of impossible burger.

HILARY DUFF: That's disgusting. Yeah.

DR. ELLIOT BERLIN, DC: It bleeds just like the real thing.

HILARY DUFF: Now it looks so disgusting placenta. Yeah, it's gross.

DR. ELLIOT BERLIN, DC: I mean, it looks disgusting if you're going to eat it, but it kind of looks cool if you just think about what it does, like how you make this disposable organ that does everything for your baby.

HILARY DUFF: Oh, I totally agree with you. And even when they hold it up and show you like the tree of life inside of it is so cool. But then I'm also a little bit like, how are you physically?

DR. ELLIOT BERLIN, DC: The fact that you don't just build one of those disposable organs. You keep pumping them out. It's crazy. As many as you need. How are you physically after birth postpartum?

HILARY DUFF: I feel great. I think this has been my easiest one, my easiest recovery. Afterwards, I really wanted to take a shower. So I got out of the tub and came into my bed, nursed the baby, hung out. We recapped the whole experience, which was really fun. My friend came over. We had a little toast, which was really fun. Had some dinner. I ate a turkey sandwich. So random. I was like, I just wanted cold things. I couldn't figure out what I wanted to eat. But after being nauseous and stuff, I was really hungry. And then I just wanted to take a shower. And I remember everyone being like, okay, when you stand up, you have to be like, to make sure your blood pressure is like, okay. And I just like cruised to the bathroom. I was like, I'm fine.

HILARY DUFF: And I got in the shower and they were all standing there watching me just to make sure I didn't like pass out or something. And I remember just standing in the shower and I wanted to like hang down like this. And then when I realized I could do that, I just went all the way down and touched my toes. And I was like, I can touch my toes. And everyone was like, he just started like laughing at me. It's just right away. You could touch your toes. Nice to not have the belly. Yes. So I was feeling great. And honestly, the bleeding, like everything was just a lot easier this time around.

DR. ELLIOT BERLIN, DC: Do you tear?

HILARY DUFF: I didn't tear either.

DR. ELLIOT BERLIN, DC: Oh, that's nice. Did you tear with the others?

HILARY DUFF: I did with Luca. I had about five stitches, I think. And then with Banks, I had an external tear, not an internal tear. So they gave me the option if I wanted to be sewn up and I wanted to. But this time, no stitching.

DR. ELLIOT BERLIN, DC: Three stitches or something, really minor. And this time, nothing. That's nice. Here's a question about home birth, birth in general. Something I think people are nervous about is the poo factor. Is that something that concerned you over?

HILARY DUFF: I think that the first time around was my most insecure about that.

DR. ELLIOT BERLIN, DC: At the hospital?

HILARY DUFF: Yeah, I was super freaked out. I was like, I don't want to poop on anybody. And I don't want anybody to see me pooping. Also, I was 24. So I think I was just, I was so down to have a C-section. I was like, if someone could just cut me open to take this baby out and nothing has to go through my vagina, that would be amazing. I'm not going to poop on anyone. And then I had such an easy pregnancy, I had a change of heart and ended up having, you know, a great natural labor at the hospital.

DR. ELLIOT BERLIN, DC: Did you poop on people?

HILARY DUFF: To be honest, my mom said that there was like a little bit of poop, but it wasn't like a big deal. I don't think I pooped on anybody. You don't remember it? No, because I had the drugs, so I couldn't feel it. Or, you know, they're pretty discreet. I think if there's anything, they're like constantly like cleaning and wiping and whatever. Wait, but how does that work in water birth? We're getting so personal here. Okay. So this time around, nothing that I saw, which was shocking because I drank that. All right. Drink that castor oil shake, which is brew that which is brew. Yeah. So I wonder if I think this is a lot of women, but usually when I go into labor, my body naturally, like I have to go to the bathroom a lot.

HILARY DUFF: I think that's like a natural occurring thing is for your body to like get rid of everything that's in there to get ready for birth. Thanks. Like I said, I labored on the toilet a lot. And with this baby, I didn't at all. And that was like super, super shocking to me. But I will say that with banks, this little tiny poop was like, and the midwife, she just like got rid of it. And I looked at Matt and I was like, cool. That was yeah. And he was like, it sure was all good. All good. And I was like, all good. I'm about to push a baby out. Yeah. But you know, it happens and poop happens when you're in labor and you're pushing. Sorry, I meant to tell you this. When I was pushing with Luca and my epidural,

HILARY DUFF: I was lucky because my epidural started to wear off, right as it was like go time. So I could kind of feel what I was like pushing into and I had a little bit more control. And the first time they told me to push, I was like, cool. So I'm going to, I feel like I'm going to poop everywhere. And she was like, that's the feeling that I want you to lean into. And if you keep doing that every time, you're

going to have a baby soon. And I was like, okay. So she just made me feel like really normal about it. And that is the feeling. I mean, you're pushing something out of your body. You can only come out one way, everything gets expanded, you know, and yeah, you feel like you're on a pineapple.

DR. ELLIOT BERLIN, DC: That's descriptive. Yes. Cause we talked about Heinz and we talked about hunts and we talked about the energizer bunny, but yeah, the pooper scooper makes a debut at every water birth because somebody's on pooper scooper duty, no pun intended word. As soon as there's something in there, they fish it out.

HILARY DUFF: You know, I think that a lot of people, I did see quite a bit of comments on my Instagram about like banks being in the water or what does the water look like after a water birth? And it's surprisingly pretty clean, like pretty clear. I'd say with banks, I was a little more like bloody and maybe the water was like clear.

DR. ELLIOT BERLIN, DC: So yeah, I kind of feel like it's sort of like chocolate milk. When you put in those three drops of Hershey's, the whole thing turns chocolatey, the blood in the bathwater. This is not that much poop going on. Did you have to use chocolate?

HILARY DUFF: No, no, no.

DR. ELLIOT BERLIN, DC: I'm just kidding. Yeah. Not for the poop, for the blood. Uh, sometimes the water looks fairly bloody, but it's not that much blood. It's just, it colors the water. Yeah. When did they come? When did your kids come to the birth?

HILARY DUFF: Luca made it right as I was pulling the baby out.

DR. ELLIOT BERLIN, DC: Oh my goodness.

HILARY DUFF: And then banks came in after the fact. Did you prepare them at all during the labor and then I was like, someone get out of here because the contractions were like, I mean, like we talked about, they were just coming so fast and it was hard for me to like with Luca, when I was in labor with her, he was like in and out and I was hanging out with him and we were like cuddling and it wasn't as hard right away, you know? And with this one, I couldn't handle her not knowing what was going on and being like wanting me, you know?

DR. ELLIOT BERLIN, DC: Did you do anything specific to prepare them for what they might see?

HILARY DUFF: Um, Luca, but not banks because she wasn't in the room. So I did tell Luca and he wanted to be there for it, but it happened so fast.

DR. ELLIOT BERLIN, DC: He missed it. Oh, it sounds like he almost made it.

HILARY DUFF: Yeah. And you know what? It was kind of important for me because I'm really big on being open and honest with him about how strong women are and what childbirth looks like, and he knows all about periods and you know, it's important for me to like normalize that conversation with him for all the women that are going to be in his life, you know? And, um, I think that sometimes a nine-year-old boy is like, well, men have bigger muscles. I'm like, yeah, but we bring life into this world. Like we move a baby through our body. And so there's a big like topic of conversation in the

house right now. It was like equality and strengths coming from different places besides, you know, your muscles or whatever.

HILARY DUFF: So also I want him to someday, you know, when he's ready to have a child with his partner or wife or whatever, like I want him to be able to respect the way that she wants to be able to have a baby. And if that's at home, that can be at home or that's an hospital, it'd be a hospital. Like, you know, there's many different ways.

DR. ELLIOT BERLIN, DC: I love that. I mean, equal, but different really. I mean, I definitely could not out of pineapple. Because you weren't built to. I wasn't built to. I mean, look, I've been doing this for 20 years and it never gets old. It's insane what your bodies do in terms of, and what you do consciously to sacrifice really your bodies in a way that grows a human being inside. And then you bring the baby into the world through your body and then you use your body and make food for the baby. It's just insane. Like it's not, and that's right. Like our part is so minute when it comes to this whole thing. You bring life into the world. It's amazing. It's really phenomenal. Um, you are a breastfeeder. How's breastfeeding for you?

HILARY DUFF: Pressing is really hard for me.

DR. ELLIOT BERLIN, DC: Has it always been like for all three?

HILARY DUFF: I'd say it was the easiest with Luca and this baby, all of the babies latch really great. I'm just not a huge like milk producer. And so it's like emotional for me, but this is the first baby that I haven't supplemented with yet. So I've just exclusively been breastfeeding her. And I'm going to keep trying that for a couple of weeks and just like still painful and just hard. And it's even harder having the other two that I know need me so much. And this takes up such a huge portion of the day. You know, it seems like every. 20 minutes, I'm feeding the baby and I have to be, you know, sitting in one place and Banks is still kind of not quite old enough to understand, even though she's been amazing with the baby, it's just hard.

HILARY DUFF: I'm also a doer. I'm always like on my feet doing things, making things happen. And like, this forces me to like actually be stuck in one spot, you know, you said it's painful.

DR. ELLIOT BERLIN, DC: It's physically painful for you or emotionally painful.

HILARY DUFF: Well, both, but definitely physically painful, at least with my other experiences, like I finally start to not feel like my nipples are being chewed on by a shark when they're like five to six weeks old.

DR. ELLIOT BERLIN, DC: Oh, wow. How do you comfort that? It must be insane to have to go feed and knowing that you're going to feel that.

HILARY DUFF: Yeah. It's more the initial minute in the beginning, the latching and she's like latching totally normal to the books. It's just, I think I'm extra sensitive or something. And yeah, some days I can deal with it better than others. I obviously use creams and stuff like that. I just try to make myself comfortable. And I will say this time around, I've been using the heating pad a lot to try to help like my let down. And that's been really comforting.

DR. ELLIOT BERLIN, DC: You said you don't produce enough, even when you pump, do you, are you able to pump milk?

HILARY DUFF: Yeah, but I never pump more than like an ounce. Any ideas why anxiety about why and how much she's getting, but I think she's getting more than that, you know?

DR. ELLIOT BERLIN, DC: Oh, she's getting more than that when you just breastfeed.

HILARY DUFF: Yeah.

DR. ELLIOT BERLIN, DC: Does anybody have ideas on why you don't produce as much as you need?

HILARY DUFF: But right now I don't know that I'm not producing as much as I need, but I think since I haven't in the past, I have like tons of anxiety that I'm not and that she's like not getting enough and then I'm like in my head and then I don't feel like enough. And then, you know, the spiral continues from there.

DR. ELLIOT BERLIN, DC: Yeah, that's hard when you're already feeling so emotional.

HILARY DUFF: Yeah, I know I'm not even at week three yet, so I need to just sit back and chill and trust that my body is doing the right thing and she's gaining weight, you know, so great heating on demand, but all my girlfriends are like, rip the bandaid off, give her a formula bottle here and there. It's not a big deal. And of course I will eventually get to that point, but right now I'm not there yet.

DR. ELLIOT BERLIN, DC: The kids getting along well.

HILARY DUFF: Yes.

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

HILARY DUFF: It's really wild. I thought that banks was going to be a flipping nightmare, but she's great. She's not once been like, no, but you know, don't feed the baby or anything like that. She's not like sucking on a pacifier or she potty trained right before I gave birth, so I was like, God, she's gonna, you know, regress from that and she hasn't, she doesn't like when the baby cries, she'll be like scrambling, somebody do anything to make this baby not cry. It's so sweet.

DR. ELLIOT BERLIN, DC: All right. Regarding your birth, any final thoughts about it?

HILARY DUFF: Um, I guess I would just say that as challenging as it was, because it was so different than the rest, again, so grateful that it went down the way that it did, and I would choose that way again and again,

DR. ELLIOT BERLIN, DC: I'm going to screen grab that conversation.

HILARY DUFF: When I dive in deep, I'm like, that was so hard. There was a few times I looked at Beth and I was like, I don't want to do this anymore. I don't want to do it anymore. And she'd be like, I know, I know you're so close. I feel like you're so close, but yeah, it's like the memories are really good. And it just makes me happy. When I look back, I'm like, it's so like, I love having it at the house.

There's something special about everyone buzzing around, preparing for the birth of a baby, you know, and having siblings here to welcome her home is lovely. So hard, hard work, but I feel like I got like another notch in my belt. And yeah, it was definitely all good memories.

DR. ELLIOT BERLIN, DC: All your symptoms go away from the, uh, like all those restless leg and difficulty sleeping.

HILARY DUFF: I'm sleeping like a baby. I need not for very long at a time. Cause I'm nursing her all night long, but when I do lay down, I'm so tired that I go into a very deep sleep and it's really nice. And the heating pad has been helping that too. I just lay it on my chest and I'm. Excited to get in bed at night and watch TV. He's like, Oh, it's our time. What show are we going to watch? I put the heating pad on. I'm like,

DR. ELLIOT BERLIN, DC: okay. Your career is insane. It's hard to keep up with it. I do know that you released a little book, my little brave girl, which encourages girls to reach higher, dream bigger and approach the world with their hearts wide open. That's so beautiful. What inspired that?

HILARY DUFF: Thanks. Inspired that book and. And it was when I was going back to work on Younger, the TV show that I've been on for the past seven years. I went through pregnancy with Banks on that show. And then when I was four months postpartum, I went back to work and I came home. It was probably my second week back to work and I was still breastfeeding her. And I remember being like, God, it's so hard to be trying to pump at work. No one understands that you pump on a schedule and that you don't always just have milk. Like there's a whole crew of people waiting. You can't just be like, I have to go pump. And so my supply was diminishing even more than I already have trouble with or whatever. And I got home in time for my midnight feeding with her.

HILARY DUFF: And I just remember feeling so emotional and I was having to be so brave and just really let go of a lot. And then I was like, she has to be brave. She was colic. And so I was the only person that comforted her for like the first four to six months of her life. And I remember being like, I have to just hand her off. You know, like a set is no place for a baby. My schedule is always unpredictable and I'm just gone from her all day long now. And so it just kind of sent me spiraling down the path of like all the different ways she's going to have to be brave throughout her life. And I just hold my phone out and started to write some notes down in my phone. And it started to like have a little bit of a rhythm to it.

HILARY DUFF: And when I put her down, I walked into our bedroom and I'm like, I think I just wrote a children's book. And I was like, what? And I was like, can I read it to you? And you promised to tell me if it sucks. And that's kind of where I was born. So it has a lot of like earth to it. And you know, I hope that it'll comfort parents just like how I needed to feel comfort in the fact that I was having to let go, you know? And from the second you have your baby, even though it takes a really long time, you're basically prepping them to be able to be without you, you know?

DR. ELLIOT BERLIN, DC: I feel like you're an inspiration in a lot of different ways to a lot of different people, but this book is really sweet and special and I think will be very helpful to new parents and to kids too. Do you think you'll write any more books? Like, is this the beginning of your children's book trilogy?

HILARY DUFF: I think I'll write another children's book. I would love to write a follow-up, you know, a boy version since I have a boy and that was my introduction to motherhood was my bond with my dude, Luca. But right now I don't have the capacity to.

DR. ELLIOT BERLIN, DC: Fair enough. It sounds like if I'm reading the picture, right? There's not at the moment gonna be a Lizzie McGuire revival, is that true? Yeah. I can get past that, but what I really want more than anything, I could, I mean, I hope maybe it'll resurface. I don't know. You never know is what I like to say, but you know what I'm secretly hoping for?

HILARY DUFF: What's that? A comeback of Casper meets Wendy.

DR. ELLIOT BERLIN, DC: How did I know you were gonna go there?

HILARY DUFF: My favorite. I hope it comes back.

DR. ELLIOT BERLIN, DC: Actually, I could see that. I could see that. I'm all in. I'll be the first one in line for a ticket. But seriously, what is next from Hilary Duff?

HILARY DUFF: There's a couple of things that are going on right now that are in my sphere that just happened that I can't really talk about yet.

DR. ELLIOT BERLIN, DC: Oh, okay.

HILARY DUFF: I'm gonna be the first person to call you up and tell you or tell you at Shabbat dinner.

DR. ELLIOT BERLIN, DC: Okay, amazing.

HILARY DUFF: So I think it's looking like I'm gonna have a job soon, which is pretty cool, but I can't quite spill the beans on it.

DR. ELLIOT BERLIN, DC: No, it's great. We'll end with a giant question mark. I can't eat the beans anyway, because my weak Jewish stomach.

HILARY DUFF: I'm actually not great with beans either, just please. Okay, I'll remember that when I make the menu. You know what? I have the summer off, which is great. So I mean, I'm always working and doing things, but I'm not filming anything. So, you know, I was shooting younger up until the month that I gave birth. So I've really missed being mom, carpool mom, packing lunch mom, making you do your homework mom, you know, doing all the things with my kids. And now I have a newborn. So I'm really going to try to take the summer to be present and be home and be just mom. And I'm really-

DR. ELLIOT BERLIN, DC: Sounds awesome.

HILARY DUFF: Yeah, I'm sure by the end, I'm gonna be desperate to get out of that.

DR. ELLIOT BERLIN, DC: You what? All right.

HILARY DUFF: But now I'm like panting it out and it feels really nice.

DR. ELLIOT BERLIN, DC: Amazing. Congratulations on all the new releases.

HILARY DUFF: Thank you.

DR. ELLIOT BERLIN, DC: And thanks as always for coming here and sharing. Like I said, you inspire a lot of people and whenever you come drop by the informed pregnancy podcast, we get the greatest feedback. Your fans absolutely love you.

HILARY DUFF: Well, you know, I love being on this podcast. I love listening to this podcast. I love you. And I have to thank you. You're always on my mind. And, you know, during birth, you always say certain things to me that help really prepare me when I'm spiraling. And I'm like, I don't know if I could do this again. And, you know, I have a lot of hangups before the actual show goes down. So, you know, I appreciate everything that you do for me to help me get ready for that.

DR. ELLIOT BERLIN, DC: It's an honor. All right, so if you'd like more pregnancy and parenting information, visit us online at informpregnancy.com.

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