Amanda Seyfried - Part 2

Episode 32 · July 13, 2017 · with Amanda Seyfried with co-host Kacy Byxbee

IN THIS EPISODE

Part 2 with Amanda Seyfried goes where the pregnancy books don't: telling her partner she's pregnant, OCD, back labor, epidural fears, and the sanitizing frenzy of life with a seven-week-old. Dr. Elliot Berlin, DC and co-host Kacy Byxbee keep up — barely.

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. Elliot Berlin here with Stylist Casey Bixby and part two of our discussion with the lovely and talented Amanda Cyphred Still spell it out in my head first. I look at the sigh Let's talk about you were recently had a baby. Yes. How old is your baby?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: About seven weeks Wow

DR. ELLIOT BERLIN, DC: Brand-new and so I would love to find out your brand new

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: But so old to me Yeah She's ten pounds. Wow, that's awesome. How big was she when she was born? six And a half six ten. It was it's incredible like amazing. She was tiny Yeah, I mean she was the perfect size for me to come out. Yeah. Yeah, I'm not I'm not I'm definitely not I know she's gonna be very petite But I just think I just saw what I just started modeling yet. No, I'm gonna wait until she's two. Oh sure

DR. ELLIOT BERLIN, DC: Yeah, okay fair enough Two is gonna seem so old. Oh my god. I know what about I mean, okay I would love to talk about your pregnancy and and Find out how it was for you. Were you expecting to have a baby? No, no accidental. Yeah Accidental is that okay?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: There was air quotes. Yeah. Oh, yeah, you can't you can't see you can't hear air quotes, right? You can't hear That was me Sounding air quotes. Yeah. No, it was I mean, it's sorry I certainly knew we knew that we wanted to be together and make a baby, but you know sometimes things happen and It's the biggest blessing in the world and we were

so excited

DR. ELLIOT BERLIN, DC: Did when how did you find out?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: test Because oh cuz I was late. Oh, you're right. I'm never late. This is so well, you're always right on time Yeah, it seems like you it's it's really like it's really Stress-free when you know to expect. I mean, I like to be in control of things and I was like Really excited when I was late, so I took a test and it was just you know You you you imagine these moments like being proposed to and marrying somebody walking down the aisle or Having your baby and taking a pregnancy test you imagine all these things and when they really happen. It's just You can't believe it's happening to you. I know you've imagined it your whole life. We're excited to take it. Oh, yeah

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: You're pumped. Oh, yeah. I mean, I was really tired that night, but I was really

DR. ELLIOT BERLIN, DC: Oh, yeah, it was like boom I'm pregnant totally and Was Tommy there? No. Oh, I didn't know you were taking it. No. Oh

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah Yeah, I I was the review. Why because we weren't together He's I was working and so I yeah, I got to tell him So, you know, I think it's it's really fun in that respect because usually the man proposes to you What does the woman get to do? How does the woman get to reveal something and There's all these new ways of revealing pregnancy and also revealing genders and all that stuff, but It was it was just like There's a really fun thing to be able to it's a tear I can't keep secrets and so that was the most impossible week of my life Isn't it so I didn't tell my husband for a few days either after after I found out But I forgot about how exciting that time is when you know, yeah

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Change your both of your life. Yeah something think the most important secret you ever you'll ever have Yeah, besides like murdering somebody right and better. I mean better case, right?

DR. ELLIOT BERLIN, DC: Way better. How did you tell him? I just

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: just I Wrote a little poem Very sweet and I was and I just said it to him Said the poem. Mm-hmm. I just read it out loud and didn't you know immediately? No, you didn't figure it out It was a little abstract but you know, I just I had so much time to think about how and it was driving me crazy because I the more time I had the more ideas I'd have and It's just I know what men go through. Well men, you know what people go through it's too traditional to propose to their their partners and God I was stressful. Did you have other thoughts on how you were gonna do it? I don't remember anymore, but I know I have you went through a lot. Oh, yeah I mean at one point I was like maybe I'll just send him a picture of it, but I didn't want I

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I I didn't want to take anything away from the experience I wanted to add to the experience and I felt like I would have been taking away The moment that we could have shared right moment. He found out You know cuz you don't get many chances in life to have these kinds of moments. I'm kind of curious what the poem was I'll stay

curious. Top secret. Stay curious. I'll stay curious, but I just want to see I need you would have been able to figure it out. Well now it's too late because I know

DR. ELLIOT BERLIN, DC: I'm not super perceptive like that. So I feel like I would have missed it too, especially wasn't expecting it at all

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: You're a man. No kidding. Yeah, I'm totally not a man

DR. ELLIOT BERLIN, DC: So then pregnancy did I mean had you thought about pregnancy? Did you do it? Yeah, I was terrified

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah, I was working oh man, whoo, that's rough when you can't tell people on a show or on a movie And I just kept filling out I mean my um Thing that nobody told me it there a lot of things that nobody told me like of course you I'm sure you're like Whoa, this happens My boobs grew right away. So I was I was oh no, you need a girdle He was really uncomfortable

DR. ELLIOT BERLIN, DC: You were oh you were

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Physically because I was wearing all this tight stuff and it wasn't like closing And I couldn't tell people but um, but but I was always scared of pregnancy So I was afraid of getting sick because I have this big big fear of throwing up So cuz you're a control freak. I'm a control freak Yeah, and I have OCD so the throwing up fear is very common with people with OCD It's also that feeling before you throw up. It's the worst but nausea and oh just and did you get sick? Threw up once actually I did get very nauseous for like a good two to three weeks, which is not a very long time No, that's not bad, but I was miserable. I was miserable was throwing up like acting on stage No relation sort of there is a there is a

DR. ELLIOT BERLIN, DC: Correlation there. I mean you had to give up control that that thing for both of them. Yeah Well, you said you had OCD Were you diagnosed with OCD? Yeah, when how old were you? I was 19, but I had all my life How did what led you to get a diagnosis?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: um, oh I had a panic attack and I'd never had one before I was driving to work and work we shot big love up in like Valencia where that six flies is yeah, and I was driving to work and I just had a panic attack and I was I Was beside myself I didn't know what was happening. I called my mom She talked me down and I drove to work and from that day on I started I got a doctor I saw a neurosurgeon or a neurologist. He took an MRI I thought I was you know, because I'd had serious a lot of headaches that week anyway, and so I I Like to get MRIs And then I like vanilla ice cream Yeah, yeah, yeah, but they all leave it the same place

DR. ELLIOT BERLIN, DC: You like to get MRIs because you like to make sure you're not dying of a cancer something all the time Is that part of your anxiety is that go with OCD? health anxiety Hmm How do because OCD affects people in different ways. How does it affect you? I did a lot

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I had a lot of rituals I mean like it would take me a really long time to put my clothes away and then in the drawers and It's all about

organization and if it doesn't feel right you have to You have to keep moving until it feels right to move things around till they feel right I think with numbers which is very common with the volume level in the car. They had to be certain numbers. I Don't even remember the numbers anymore because I abandoned all those rituals through

DR. ELLIOT BERLIN, DC: It couldn't be on a certain number it had to be on a certain number

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: It had to be on a certain number and it also couldn't be on a certain number. So it depends on the day And you have this your whole life. Yeah stepping on certain tiles in the kitchen when I was younger I never showed my parents afraid I was gonna hurt somebody Even though I didn't rationally want to hurt anybody I was afraid I was gonna lose control of my body which doesn't happen But when you're young and you don't know what OCD is you Crazy, it's horrifying. It's a horrible

DR. ELLIOT BERLIN, DC: Was it really like refreshing to be like, oh I have OCD. Yes when I was 19

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: It was one of the best moments of my life. I read this No, you know the thing is about OCD, I just want to like talk about it always I

DR. ELLIOT BERLIN, DC: Think that's my next thing is how does it affect parenthood? But it it's Most people are like, oh my god I hope nobody ever finds out that I have anxiety or depression or OCD and because of that the stigma around mental health is is really makes it hard for people to Admit or find out that they have diagnosis and then they treat them It's like if somebody doesn't have a leg then you're like, oh, yeah, let me help you with your Stuff, but if somebody has mental health Handicap or issue then it's we'd like we get weirded out and back away from that. Yeah, it's it's a it's a

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: people are protecting the stigma by not Being open about it and being honest about it. And the truth is I can function I function Really? Well, you do so much stuff. I know and I'm Social I'm I'm not afraid to do very many things

DR. ELLIOT BERLIN, DC: I mean I don't but I almost like I like I want to be no CD like I'm a slob I just throw my stuff in the closet. I know I don't but I'm just saying parts of it. So I'm like, hmm

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: They're they can be helpful. I think I think part of it is actually good in terms of acting I think I use some of my anxiety and some of my OCD tendencies certainly

DR. ELLIOT BERLIN, DC: You know, but you don't get to know that everything when you're acting you're you're a moving part. Yeah, that's true

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: So is that sometimes it's not about controlling everything though. It's about controlling certain things and Sometimes I'm not even aware that I'm I'm doing something that I'm behaving in an OCD way Has it do you feel like since you've had your daughter has it been more challenging to control? Like certain impulses or like no, it's funny. I started cognitive behavioral therapy again Because you don't have to do it all the time it's like you you kind of check in with yourself and see how well you're doing and how where you are of your OCD and your tendencies and how it's affecting other people and and in your life and I checked in because I

was done working and

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Pregnant and you know felt just really wanted to figure out what I could do to prevent certain Behaviors that I don't want to pass down to my daughter So I've been going since October and it's been really great. I'm like my OCD is pretty low right now and I think it also has to do with the fact that there are real things going on I have real stuff to do I have to wake up at certain times I have my child to take care of right I have You know my husband and my mom and and people around me to you know and then to and Finn yeah, then to Connect with and communicate with in a healthy way, and it's just I Pregnancy this is the thing I thought I was gonna fall apart being pregnant and postpartum very very scared about postpartum depression

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: My whole life yeah, and I found it during pregnancy my hormones worked for me Sometimes they work against you sometimes you feel sick and out of control and everybody has a different story for with pregnancy I was I Was really good my whatever the hormones were doing I was really coasting And I felt pretty great after the first couple months I felt really incredible and like I had a hold on a lot of things I felt really healthy and after had the baby. I felt really healthy when your first trimester

DR. ELLIOT BERLIN, DC: You said you threw up one time. Mm-hmm Was that cuz you didn't let yourself throw up. No didn't feel like you had to I didn't have to throw up

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: It was just the nausea. Yeah, and I would just eat Mata and dip it in cream cheese, and I know that's

DR. ELLIOT BERLIN, DC: Love Passover. I love Passover food. You should come one time to us. I thank you. I will Sorry that you know, I'll be sorry. That's our centers are kind of we need a little what's that Apple stuff that you make?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I roast it. Yeah, it's so good. It's the bomb and you just dip your Mata in it. No, it's really good

DR. ELLIOT BERLIN, DC: So then You feel good during

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Pregnancy everything I'm looking back even my delivery. I Had all these fears everything worked out so well, I Can't believe that I put I projected so much

DR. ELLIOT BERLIN, DC: But I think you're not the only one every I mean most people have tremendous fear about pregnancy childbirth

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah, cuz you're out of control of your body yeah, there's yeah, and also there is so much fear in society about it You never like somebody America. Yeah, like that's in Europe. I feel like oh They're they don't care. They're so much more laid-back having a good time It's much more. Yeah, there's it's like much more like a Celebration and this journey and it's like that's the focus then here I think I told you I remember saying to you I opened what to expect when you're expecting, right? Isn't that the general text right and I was like I am read

Sentence and I like closing gave it away and you said don't give it away. It is good for something You can use it as a high chair

DR. ELLIOT BERLIN, DC: Your kids not quite tall enough to sit at the table. It's so fear-based There's so much and there are people who actually that book is really good for who need to know every possible thing

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: That can go wrong and I think that's good for anybody I've noticed that some things are good and and then the rest, you know You just you can't you don't know who your kids gonna be You don't know how things are gonna go for you I the more I talked to the moms in my life my friends I grew up with the especially we have a group chat the better I feel because I actually every time something happens that is alarming. I check in with them, right and the support That we give each other is so it's so It's so important for me and information is so important for me and like when we have a question Tommy Google something and and or I ask my mom is this normal because my mom of course is coming from a really calm

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Place and she's like don't worry. Don't worry, but and I am a worrier and I have to understand what's happening at all times and You know, that's not it's not great. It's not great for me. It's not great for him It's not great for our daughter but I Mean and that's what those these books have have provided for me. It's like when I need to know something I can It's not necessary. Yeah, like like Michelle Hacocca's. Oh, yeah 411 it's great and and and we just got a sleep sleep poop It's sleep poop. It's got going. Yes got going and it's They're great because then I can check something but I don't need to go cover to cover

DR. ELLIOT BERLIN, DC: I actually really enjoyed Dr. Hacocca's book reading it from beginning to end because she has such a nice way of writing What book is that? Expecting 411. It's I think it's meant to be more reference-based But or you know while you're going through something right read on that paragraph But she actually writes things in such a in such a pleasant way that even scary things don't sound that scary

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: That's so great. I know that's when I called Dr. Cohen's office the other day about something they're like, that's pretty normal and honestly, I wouldn't worry about it she seems to be doing really well and that's all I needed to hear but There's just so much information out there and it's it's great, but it's sometimes not I Mean the information I would rather have the information coming from people now That I'm actually speaking to that are going through it, right? Mm-hmm

DR. ELLIOT BERLIN, DC: Yeah, when we did our breastfeeding with a breastfeeding awareness family festival that used to travel around called boobie palooza part of our thing was we would take people who are successfully breastfeeding and Connecting with people who are about to have a baby who want a breastfeed and the feedback we got from that people they

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Stayed friends for years. Oh my god. It's such a big deal breastfeeding. Yeah, so Stressful and it's frustrating and even if it's working Perfectly it's stressful. Yeah, you're you're tied. You're you're weighed weighed down physically and emotionally and You can't really leave the house without Providing Something, you know a little extra

you you can't leave your baby for too long. You it's just You can't travel without extra garments It's a lot. It's a lie. I did not know What now? Yeah, no, okay neither. I did work one day a couple weeks ago and I Was too much it was a really hard. I was like I it's been three hours She's still sleeping. So I'm gonna try to wait till five. Did you take her with you? Yeah

DR. ELLIOT BERLIN, DC: Yeah, cuz you're the your breakfast lunch and dinner and every and snacks in your craft services Well, I want to go just a little back because when you were pregnant you you were working a job You couldn't tell people right away What how long did that go into your pregnancy? Oh, I was done week 12. Okay, that's a good time I'm gonna we already you're not really showing. No, I didn't show till 20 weeks and then did you Continue to work. Mm-hmm. I was done. So you took 20 weeks off until the end. No, I did work in January

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I played a Pregnant woman. Okay, so it was great Man, I had never been treated so well in my life. Really? That's I was treated like a queen. I I Used to look young. I think I'm I still kind of could pass. I think you're looking maybe thanks I mean, I you know, it's changing but people Definitely take advantage of me on sets. Like I'm really nice and I never put it like I never put up a fight for anything I'm super passive and You know, you'll never get any gripes from me and people take advantage of that very easily and so I'll I End up getting pretty resentful. But um, and then passive aggressive sometimes Usually it's just resentful and this movie. They treated me like they treated me like I was I was a queen and They were like

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: We're gonna do this scene. We don't really need you for this Like no, I can I can stay I'll do off-camera, of course, I'll do off-camera, but they're like really though Please go get some rest And Me all the time they'd make sure I was cozy and it just not like that. Usually, you know, I'm I'm young. I'm I'm nice Amanda's cool. She'll be cool. She'll be cool. But now it was like Can't what can we get you?

DR. ELLIOT BERLIN, DC: I mean cuz I have a lot of patients who act and it's not always like that

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Oh my god, sometimes I just pretend like nothing's out, you know, that is as usual because pregnancy is a It's a beast and I'm and my pregnancy was was pretty great and it was still at times excruciating

DR. ELLIOT BERLIN, DC: Painful like the symptoms of pregnancy. Would you get pain? No, I had back labor too

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: So that was I got that epidural like we need to talk about that in a second

DR. ELLIOT BERLIN, DC: What what how did you feel growing

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: It was a slow growth it was just it was a very slow process Aren't you happy when you're finally showing I finally had a belly. What is this gas? And I kept sending pictures to my mom. She's like still gas Finally I had a bump I was so excited

DR. ELLIOT BERLIN, DC: All 20 weeks. Yeah, do you have pictures all the way through? Yeah sure do do you string them together? No

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I want to do that. Can I string them together for you? Yeah, actually, I think yeah, I probably have enough. I Erased a lot of them because I just took so many Yeah, I mean I didn't think I don't I mean taking a lot of pictures super excited about though. You were happy to grow Yeah, I was really happy. Do you know how much weight you gained? I gained 35. Oh my god

DR. ELLIOT BERLIN, DC: Yeah, that's I mean that's normal, right? It's on the outside. It's average It's at the top of average, but you're small. So it was a lot putting

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah

DR. ELLIOT BERLIN, DC: Putting 35 on a small frame is different than putting 35 on a big frame. Yeah, that's true

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I mean it's almost no wonder you had back pain. Oh so much so much. Oh my god. Oh, I couldn't even I Had this lay on my side at all times and I think that's partly why I had that I mean it could partly be the carpal tunnel stuff because I Was I had to be on my side all the time no matter what?

DR. ELLIOT BERLIN, DC: Even what you had to be for comfort or because medical comfort Oh, did what about semi reclining like putting your back up?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Didn't help you feeling very bad for you that you didn't meet dr. Berlin during your I'm sort of feeling bad I want to go back in time and oh my god Oh, it was so bad. I can't even that last month was We did everything we needed to do to get that baby out because Up until like I see Susan Minnick for acupuncture who just is a blessing and Two weeks before my due date. She I she started doing some induction points and I did everything the books tell you to do in order to get to go into labor. Were you late at that point? No, she just oh two weeks before I just didn't want to go over And I know people usually say you're gonna be late for your your first baby is gonna be late. Was yours late four days

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Okay, that's not bad. No, I was no my husband's gonna have to leave for work. So I was like starting to get stressed So he he had to leave for when she was ten days old for like two weeks He must have been I was like girl you got to come out Oh

DR. ELLIOT BERLIN, DC: Like athletes hockey players that get off. Yeah two days for my turn, you know

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Oh, yeah, just to be home and then oh that is not no way to live. That's why I don't play No, I know I have a friend too that she her husband's in the military And so she to schedule a c-section and I think her husband left the next day for his deployment for like six months

DR. ELLIOT BERLIN, DC: I have a lot of people who do that actually not a lot, but a good number I mean I could think in my mind For Forces for sport professional sports and also for entertainment They just got a schedule and go it's crazy either inductions or cesarean having a baby. I mean

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: For me it was it's a three-person job Mm-hmm, you know, it's the two of us and our daughter and if we lost one of it's like a tripod you can't I couldn't imagine Losing him Yeah, the day later or whatever. I just even now it's still hard We're thinking about work in the summer and it's just how did you prepare for birth? How did I prepare? I swam every day and I just prepared I tried to prepare my body as much as I could and I tried to stay as fit as I could be

DR. ELLIOT BERLIN, DC: Yeah, were you during the pregnancy excited about birth?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Fearful that was really fearful until I Met with Beth Kelly the nurse at Cedars. Uh-huh. She did a home birthing class and I was after that home birthing class. I

DR. ELLIOT BERLIN, DC: Thought what is a home? It's just where she comes to the house. Oh, yeah. She did a birthing class at your home

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah, not for a home birth. No. Oh, sorry. Yeah. No, I am I am Definitely not suitable for a home birth Too many fears but she Four hours she was there and as soon as she left I was like, whoa, this is gonna be really cool And ever since then I was excited about it really excited even though the hospital I was so excited I got the epidural. I labored at home for 10 hours 11 hours Just the two of you three of you the two of us for like eight hours Then the doula came over and then my mom came over and so I just labeled their emotions around your birth

DR. ELLIOT BERLIN, DC: What did you have emotions around your mom? Yeah, I mean as much as she

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah Did she cry? Did she cry? I don't think she cried. Maybe a little bit maybe by herself. She cried. She is So in love you can tell like she is wonderful. Is it her first grandchild? Mm-hmm. Yeah, what made you go to the hospital? I was like this is I need an epidural. That was intense. It was on your back too That's the worst I was crawling on all fours between contractions between Contractions. Wow, it was so bad And then during because I knew if I sat down the contractions would stop or they would slow down You don't want them to know because Hakaka said when there's three minutes apart three minutes apart that we should head to the hospital if I want an epidural and

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I was like it was three minutes apart and once there were three minutes apart I knew that if I sat down they would become five minutes apart again, right? What is that? Didn't know that either. So I had to I couldn't sit down and lay down which helped me on my side so I had to just crawl around and stand back up during the contractions and these like it was it was a really it was really quiet and really beautiful and really nice and it was our only like Cloudy day and finally around 1130. I was like I need an epidural Now that's at 1130 in the afternoon. Yeah, I've been laboring since one in the morning Yeah, did it wake you up out of your sleep? Yeah, it always does it always Braxton Hicks always woke me up

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Okay, but then this time it was different this time. I was like nothing. This is not labor And cuz it was too early. It was a day early. It was two days

before I was due and I was just thinking Oh, so your acupuncture worked and I had spicy Indian food that night Works Among so many other things. I mean I was bobbing in the pool that afternoon before anyway, that's a busy day It was an incredible day. We were sitting out in the Sun. We took a picture of how big I was I was ready to go I was really really ready and Susan had done my acupuncture the day before so I Got in the car. I was the worst car out of my life And you can't

DR. ELLIOT BERLIN, DC: That's right down you can't even that time I had Chinese food and Mexican food together

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: They were both a little older than they should know. No, that's not the same. I did wake up in the morning having contractions

DR. ELLIOT BERLIN, DC: Three minutes apart lasting about a minute. You don't know I called my doula. That's the closest I can probably ever come

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: They were fighting the Chinese in the Mexican. Okay, so 1130 at least traffic's not insane. Traffic was incredible. Thank God So weird, it was so weird. I was like, this is fine. I was so excited And we get to the hospital and I'm so excited and we get the epidural and it doesn't hurt and I'm again so excited Because I I beat the fear I got the epidural and right and the pain started going away and I was so excited and then They broke my water and all this fun stuff was happening And then they tell you how many centimeters you were or how dilated you were when you got there four Okay, and because you're afraid of the upper drill did you ever think about not getting it? Yeah, I was like, what would it be like if I didn't get it right and

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: A lot of people do it. My best friend did it. She was she's superwoman though and Another friend of mine who is superwoman was like get the epidural like why wouldn't you and now I that's I agree with Her why won't you but people have back labor. So I mean, it's

DR. ELLIOT BERLIN, DC: Like out of normal labor is a lot different. Oh my god. It's like you're having it's like your baby's coming home

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: It's like your baby's coming from your spine Wait, can I ask a question about back labor that is it always speak is back labor boys because they're posterior

DR. ELLIOT BERLIN, DC: Five times None of her babies were posterior and she is back later every time It's just her anatomy most common cause of back labor is the baby's skull is against your spine So every time you have a contraction forces that Base of your spine like all the way back and you feel like you're gonna break in half Yeah, and and so like Anytime I always tell people you're suffering in childbirth. You get an epidural no matter what but it's kind of yeah interesting because if you had more normal contractions, right and They're intense, but you don't feel like you're breaking in half you start to make these natural drugs and dwarfins and

DR. ELLIOT BERLIN, DC: You start to feel kind of high and we just filmed a documentary where I was her doula and ours doing body work with her and she's in this tiny apartment Downtown and who is this? It's just a woman who came through the office with her husband he's a filmmaker and they

documented their entire pregnancy and everything that they did during pregnancy and Like he filmed the birthday cameras everywhere just but no people like he would go set them from time to time and We get to that moment that almost everybody gets to where there's a big Dose of fear like I don't think I can do this I don't you know, she looked me right in the face She's like, I don't think I can do this and I explained to her about why you make all this adrenaline

DR. ELLIOT BERLIN, DC: And it makes you feel fearful and your body wants you to prove that you're not in danger And then the adrenaline goes away and then it's uninhibited Because adrenaline inhibits labor and I don't know maybe an hour and a half later She had no fear all those endorphins kicked in the oxytocin kicked in She was high as a kite and she's tells these crazy funny stories and she says I think I'm so high right now And you see it. I'm like so glad they caught it except for Part of me was wondering how the balding spot looks from all four angles But other than that, I was so happy they caught it and I can't wait to see this footage of her Because you can see like what it could be like and I may not be like that for everybody

DR. ELLIOT BERLIN, DC: If you're in pain and suffering and you don't want to take it anymore, of course you get an epidural

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: That's what's bizarre too. It's so different for

DR. ELLIOT BERLIN, DC: Everyone totally and every time right one person can like be screaming for an epidural one time and just Wait it out and see what happens and end up in that high

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Ecstatic state and the truth is every our bodies are made to do this. So right there's pain, but it's not pain That's gonna kill you It's just that we have the tools to keep it from getting

DR. ELLIOT BERLIN, DC: We shouldn't suffer. Yeah suffer like why would anybody suffer if you don't have to endure the pain. That's a different story What do people claim on Everest sure that's really? Intense physically challenging and painful, but they have a Challenge that they want to overcome and I think nature gives you that challenge I think there are benefits to that challenge why nature does it that way But you know then when things go out of the ordinary, especially It's I'm like so in love with the fact that we have ways to just shut that off Yes, let you enjoy your labor and take a nap

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Pushing is the thing telling about pushing

DR. ELLIOT BERLIN, DC: I pushed for half hour. Oh, that's amazing. No first baby. I know could you feel what was going on? Did they turn down the epidural a bit?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: It wasn't I didn't I never put it up. It was wasn't that strong than the normal dose Which I felt was almost too much because I couldn't feel any contractions, but boy I could feel the pressure and I just I you know, I have pretty strong ab muscles, even though they were I

DR. ELLIOT BERLIN, DC: Stretched out. Oh, they separated too, but I just feel like it was

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: You know, I it it I was they kept telling me I was pushing like it was my second kid and I felt Really empowered by that But you know, she's a great coach. Oh my god. She really it was wonderful. It was just a really nice quiet Quiet Time moment it was I mean I was scared at one point because I did get nauseous and I did throw up and I was told that that is something that happens And I don't like throwing up. So I was midway through pushing. I was like I I'm scared and And of course Michelle was like you gotta throw up

DR. ELLIOT BERLIN, DC: She's also practical. Yeah, and

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: It was of course, you're right you can't if you feel nauseous and you sick you can't do your best and you just got It kind of right. You you have to push a human out of it It's a it's a job. I remember the one one of the nurses said to me Rest up. You're gonna need it. You need the energy later. You need to take a nap because I was so excited I couldn't take a nap. I

DR. ELLIOT BERLIN, DC: Was I mean I was at a birth just recently We talked about on the podcast but she couldn't relax because she was too excited it was a home birth and she's so giddy

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Cuz you're gonna meet your child

DR. ELLIOT BERLIN, DC: But it was like we just there is she needs to settle down and just get into later You know what I mean? She was like in sort of out sort of right and we put on

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Allie Wong did you oh my god. Have you seen I don't know. Oh, you got a Hilarious it's a network the comedian and she has a Netflix special called baby Cobra and she's super pregnant and she's Hysterical

DR. ELLIOT BERLIN, DC: Newish like 30 minutes later. She was in transition because we're all laughing so hard Everybody some laughter no joke. I mean she was we were laughing so hard. In fact, there was a point where There was a point where she just all she had transitioned from nothing and She was having this giant surge go through and I was squeezing her hips behind her and her husband was in front of her coach like looking at her and holding her and he and I were like face-to-face and Allie's in the background talking about the difference between Sleeping with Jewish men and sleeping with Asian men and they're Asian and he and I were face-to-face

DR. ELLIOT BERLIN, DC: Dying trying to hold it in because she was in the middle of this monster surge and when she finally finished we were you know The people say rolling on the floor laughing. We were rolling on the floor laughing. Oh my god I had to shut it off because she was like that kind of energy is There's nothing beats that especially during labor. Yeah, and it's cuz it really helps get she didn't have fear she's a giddiness, but I now I recommend to everybody because like If your mind is laughing your body knows you're not being chased by a tiger And if you don't feel afraid the energy rushing through you is much more tolerable than if you're afraid of it

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Oh my god, that is so right. Hmm Comedy for birth. So you got the epidural. You got to take a nap. Yeah, and then you woke up from I woke up it was you know, there's some plateau action, right? You know, she was I just it was just dark quiet my sister and her husband came to visit And what time is it at this point? Probably like 9 10 o'clock at

night. What? Yeah, I Mean, it's it was a 24-hour birth a 24-hour Wow, but it didn't feel that long. I just felt safe. Yeah felt It's just you know Hospitals are weird hospitals are scary hospitals are Boring but I just felt really excited and really safe and really lucky that things were that I was healthy and she was healthy and I

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Don't know. I remember the moment you saw her face. God. Yeah. Yeah, I do. I also have it on video Yeah It's I do I love watching it's really dark but um, who shot it my doula yeah, she was amazing she was incredible and It's just perfect. It was just Quiet and beautiful. It was the best moment of my life for sure and I would do it again a heartbeat. I mean she was just she's she was a wonderful. She opened her eyes and Right away and you know, we just Connected she connected with Tommy. That was the first person she looked at and They still have this I mean father-daughter connection It beats it trumps everything. It's amazing. I can't I will never be able to connect to her that way and that's okay

DR. ELLIOT BERLIN, DC: I'll have one baby where I remember that moment so clearly Partially I think because of faces like I can't picture that little faces. I'm partially because I'm usually crying like a baby, but I our home birth where it was a water birth and He came out in the tub the for your first kid our fourth fourth kid was a water birth yeah, and the midwife just kind of put the baby still under water in my wife's hands and She brought him up to the surface and to just see his little face come right up to the water surface of the water and then come out he didn't cry it wasn't like panic he was just Eyes open and he was looking at me and he was looking at her. I'll never forget that

DR. ELLIOT BERLIN, DC: Moment and I didn't I didn't cry I was like sort of crying tears of joy inside But it was like it was like too beautiful to cry at that moment I just didn't want to lose it and that is so strongly burned in my head. That's amazing It's an amazing memory and I don't know always I still cry I've been to so many births and when those babies come out, it's like I don't know why it's like I break down

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: They're like dr. B. Come take a picture and I was like, I was watching a lot of birth videos before I had her to get ready, especially when I was scared in the beginning the early days of pregnancy and Every time the baby came out. I was just a mess alone watching these videos a mess Because it is even that commercial. I don't know what the commercial Johnson and Johnson I don't know what it is But this woman is giving birth and they give her her child and it's just it kills me and now it's just that Boss it just will never turn off. That's it. I'm a parent now and yeah I appreciate things in a way that I never have and I know Everybody's told me that that that was what was gonna happen. But now I'm finally experiencing it. Mm-hmm. So

DR. ELLIOT BERLIN, DC: You I'm mixed on you on breastfeeding because he's oh

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Breastfeeding You know, I was ready to quit about five days in Because it was the searing pain and I couldn't get a good latch. Yeah, she'd have her tongue tongue was a little bit shorter and It's seen Linda the Linda Hannah. Mm-hmm a couple times She's a good lactation coach my nursing coach. Oh god, that's her company, right? Yeah and Mobile mobile amazing. It's just amazing. So she gives me so much confidence But it was hurting so much and I was over producing and I know I I hate to be that girl. I Make too much milk There are people that make no milk some milk a lot of milk I am that person and I got my status very

early on it was really bad. I kind of knew I was gonna get it because I'd heard about it and

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I am just I'm I have a good sized chest to begin with and This is not fun, but it's it's regulated a little bit I've really got it's a it's like the biggest puzzle. I could never figure out every day I'd wake up and I'd be like, how do I so so Now what now what should I try now? What should I try? Should I try pumping four ounces every three hours and and try to store for the trip that I'm taking soon or should I? Should I stop pumping for a little while and only nursed? Maybe she's like how do I know what she's getting and how do I stop producing so much? What is the cabbage leaf gonna do? Can I use a nipple shield? Will she get to use to the bottle and it's just all these questions and it just figures itself out and you just have

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: To be patient with yourself because seven weeks down the line. I Have mastered it in a way for me. I have mastered it. I Use a nipple shield and I have no guilt for it No, and she's getting milk. She's gaining weight like a champ and I'm It keeps the pain It's for the pain because for whatever reason I do sometimes feed her without the nipple shield just Test it out to test it out. Yeah, maybe I don't need the shield anymore and It It's a different experience. Mm-hmm, and I don't want to not look forward to breastfeeding here Sure. I want to look forward to it in a way that it's you look forward to it Now I'm more indifferent. You I used to be fearful of it

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Evolving now that you have it kind of down. I have it down. Well, then why do you think you were feeling guilty about using? That shield because they make you sign a waiver when you pick it up at the pump station That says it says it's not for long-term use well that we're not Is that medically or I don't know I didn't understand it either It's so strange and so it's like a release form. Like I understand that, you know, you're not liable for anything Maybe nipple confusion or I don't know but she doesn't seem to have any of that I'm really lucky in that way. I give her a couple bottles a day. I gave her my breasts great a lot And my milk is coming in and it's fantastic and I sleep

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Then I take a break at night and that was the best advice I ever got yeah Scott Cohen Take a break at night your boobs will Regularly figured out figured out that you're taking a break at the same time right and you can sleep It's like you get to sleep like a normal chunk of time. Yeah, and also I have no guilt about having my mom being our night nurse

DR. ELLIOT BERLIN, DC: Yeah, why would that?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: because so many people and so many of my friends who aren't judging me, but I Am that I mean, they don't have a night nurse. They choose to do it. Just the two of them

DR. ELLIOT BERLIN, DC: And you know what choice I mean, how?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Do you function when you don't have someone doing the night, you know the nighttime like I I Need sleep. I don't know how but most people do it and I'm just I'm in awe

DR. ELLIOT BERLIN, DC: I am total of my wife and everybody else who does it but I was fairly useless especially on the later kids when I was working more and You know think about that should be up two or three times even more three or four times Feeding the newborn and then wake up in the morning and there's a two-year-old and a four-year-old

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: That's what I can wear in the gout. Did you not have a nanny?

DR. ELLIOT BERLIN, DC: You know as we had more and more kids we would have a night nurse come from like 10 p.m Till 7 a.m. Right just so Alyssa would still feed the baby because she wanted to and then But the nanny or the postpartum doula, I guess would be Sleeping in the room with them or hang out in the room with them with the baby so that When the baby is ready to eat they'd come right to my wife She'd feed the baby for 25 minutes and then all the burping and diaper changing and if the baby didn't settle right back down Was happening in a different part of the house so that she could sleep so that we could sleep But with the first one we did it on her own You know we did on her own but I wasn't working nearly as much she she I

DR. ELLIOT BERLIN, DC: Would wake up in the morning early and take him for a long walk so she can sleep later Wow like we're able to figure it out, and she loved loved loved to do it I mean she really didn't want anybody else to do it, and that's that's Choice and amazing I other people don't have to feel that way like if you don't do well with not sleeping Then if you're gonna be a you know rotten shape the next day, then what are you giving your baby?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: A healthy kid yeah, I agree with that for sure, and that's another thing like I didn't get off my antidepressant it's really for anti-anxiety for me, but I've been taking lexapro for years and years and years and I didn't get off of it. Yeah I was on an extremely low dose all pregnancy long yeah

DR. ELLIOT BERLIN, DC: Oh, yeah, and then out and you still are yeah, and you didn't have any postpartum issues Mental health issues

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Better Better Yeah, like postpartum high yeah, I kind of my very small group on Facebook by the way really yeah

DR. ELLIOT BERLIN, DC: I'm postpartum elation

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Is that what it's called no? I'm just making it up. I'm just saying oh my god Yeah, and my my that lucky you're the one it's pretty awesome No, some a lot of people feel great after they have a baby, but I felt like that after I did encapsulate my placenta Same oh you ate the placenta heaven. Yeah, those pills like happy are they I never noticed a difference

DR. ELLIOT BERLIN, DC: But but you didn't we weren't feeling bad. I wasn't feeling bad exactly, so I don't know

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I don't know. I don't know that I was feeling bad I was definitely feeling very depleted and I felt like in very bad shape like it Amazed me that when

you're charged with the greatest responsible of your life You feel like a truck just ran into your vagina. Oh my god, and now you have to it's like

DR. ELLIOT BERLIN, DC: Yeah, but then you have to work full-time like the whole baby taking care of the baby and feeding a baby

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah, and I remember feeling depleted, but and I remember taking those and I would they were like happy pills to me You're so lucky It's got happening. Are you kidding me? I guarded those things I think they're really creeped out by it. Yeah Mom who's done this is

DR. ELLIOT BERLIN, DC: Not a lot, you know a lot of the very earthy guys try the milk

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yep. No, um, I mean I

DR. ELLIOT BERLIN, DC: Wouldn't try it. You're not gonna drink it. You didn't try your milk. No, you didn't

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: No, I just had it. I'll tell you about it. Okay. Later. It's about it later You know, it's not about me. I would tell the story that was about me, but it's not Okay, so I know a guy who in his office women are always pregnant or nursing and

DR. ELLIOT BERLIN, DC: They'll

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: We almost put it in our mac and cheese last night we thought about it because we'd have any well when you taste it You're not are you serious? I'm not interested in the least Yeah, my sister tasted it. It was your milk sort of sweet. Yeah, I'm sure I tasted at some point

DR. ELLIOT BERLIN, DC: Because we put it on stuff like if you have an infection, yeah, I put on my face

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I put on her face. Yeah, if she has some kind of breakout, which she doesn't anymore. It's weird They go through so many phases. Yeah, and it's only been seven weeks

DR. ELLIOT BERLIN, DC: Never stop every week. There's something new. I have a few questions for you from our audience Did people say weird things to you during pregnancy? No

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Not all no one wanted to touch my stomach really

DR. ELLIOT BERLIN, DC: Nobody wants to really ever. Yeah, really? Yeah, I don't even want to touch my stomach

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: But it's different. Yeah, I guess nobody wanted to do you want them to be touching your I didn't mind. I said that nobody wanted to touch your stomach. I was a little Confused Yeah, because people tell you that everybody's gonna want to touch your stomach

DR. ELLIOT BERLIN, DC: Did you feel your baby a lot in your belly like with your hands?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Could you tell the different parts no, no, I would pretend I could yeah definitely You know, it's so funny

DR. ELLIOT BERLIN, DC: When I moved to Los Angeles We thought we were gonna see celebrities all over the place, right? And this is before I knew I was face-blind. I would just and we we had my wife isn't face-blind

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: We hadn't seen anybody like you still can't see a celebrity. I still can't but she can

DR. ELLIOT BERLIN, DC: But after four months of not spotting anybody We would just stop at a red light and make up celebrities

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Can I interject a question is there anything that you know now that you wish you had known When you were pregnant or before you had before you went into labor so many things and I can't remember right now That's a great question anything that surprised you I mean any of that kind of stuff

DR. ELLIOT BERLIN, DC: Either way or things people told you were gonna happen, but they didn't happen. I mean everything enough. I mean

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Or maybe what's something if

DR. ELLIOT BERLIN, DC: How about this? What is a great piece of advice somebody gave you? Was that the question and I just rephrased it well sort of I was gonna say or if you were giving advice to someone

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Like what would you give that stand out the most to you about like labor delivery newborn? Labor delivery newborn epidural get an epidural. Yeah Also

DR. ELLIOT BERLIN, DC: Would you say get an epidural no matter what or get an epidural if you feel like you want an epidural?

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Oh if you want an epidural get it. Yeah, just go for it question it if it's if if I mean It's it's if you want to feel If you want to take some of the Some of the some of the stress away absolutely get an epidural There's no reason not to I I don't think Also, I don't I don't oh my god. I can't believe I'm blank right now. I'm also delirious It might be because you have a seven-week-old Take a boot break. Oh, yeah, and always I like all that advice

DR. ELLIOT BERLIN, DC: I feel like if you feel like you need one

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Take a boot break if you feel like you need one take a boot break feel like you need an epidural if you hate Breastfeeding or want one and it's only a weekend. Give it a shot. Okay, I feel like

DR. ELLIOT BERLIN, DC: 90% of our patients who breastfeed successfully Felt like they were gonna quit at least one time. Yeah, really felt like they were gonna quit at least one time I think that's a great piece of advice just keep

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Trying and I kept I have a bunch of friends My one of my friends has a ten and a half month old and she's like, I love it now that also Wear gloves when you do your dishes because you're never gonna wash so many things that you never gonna wash more It is Insane how much you have to sanitize stuff. I do not know about that. The bottle washing has killed my hands I have a screaming case of eczema that just will not go away. I feel like that's a first baby thing Really? Yes, it probably is get less clean. Like you don't care as much Yeah, you're like I'll just rinse it. We don't pre wash the clothing anymore

DR. ELLIOT BERLIN, DC: Rinse and go. Yeah, it's true. It's almost Mother's Day your first Is there anything you want for Mother's Day or on Mother's Day to be special I

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Would like no, I would just like a really nice breakfast. Mm-hmm Which is what I get almost every day. I don't know maybe some flowers

DR. ELLIOT BERLIN, DC: I mean, does it feel kind of a I mean, I would like her to feed herself

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Just give me a break she owes you Yeah, she can make you breakfast She'll be incredible. She'll be eight weeks. Yeah. Yeah, almost eight weeks. It's not too much to ask

DR. ELLIOT BERLIN, DC: Is there an interview question that you hope nobody asks? Yeah, I mean there are a lot of them. Yeah, what's one of them? That was that popped into my head on the way here. I'm not gonna find the question that makes you scorn

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: But you know, I just there's so many questions that I would be horrified if somebody asked me I mean Like having to do with everybody else because I'm such a big mouth I used to be I've had to like really filter myself down over the years a big mouth in what way? I would just say too much and I know I realize now I can't actually talk about other people in interviews because it's not mine. You sure too much for them Yeah To share too much about myself, which I am I'm not very I'm not embarrassed by much I've got like a good amount of humility. I can't I can't think of any question that I wouldn't you share so much Yeah, well, that's what's so weird

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Like I wouldn't want you to ask me what her name is because I wouldn't tell you because it's oh that's about her though It's about yeah us as a family sort of and the more people that know her name then nobody knows the man I mean our friends do and that's not what that caused a lot of embroidery Towels so many embroidered burp cloths. You can never have too many birth cloths A perfect swaddle is just the wombies That's the best now that you're saying that might be the best like thing

DR. ELLIOT BERLIN, DC: What was your favorite baby gift? Oh

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I think I gotta say it's probably This little rabbit that best friend Rachel got her and The dog ate the arm off of it and my mom got the arm and so did I It's so tiny and it's so cute and I think that's the best gift we got a lot of hand-me-downs You don't need that much clothing. No, you really don't know you're gonna wear the same five things that really work Yeah, and then I'll grow it. Yeah and t-shirt onesies What is the point for a newborn? Yeah T-shirts at all that aren't onesies that don't snap underneath. There's no point riding right on up. There's absolutely no Forget it

DR. ELLIOT BERLIN, DC: Gosh Amanda, thank you so much for joining us. It's late I want to let you get back to your I feel like I came with all this

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: I wanted to come with all this information and I was so excited to share all this information And I can't wait to like share my experience with expectant mothers like I love our friends who are pregnant because I get to just Share all the things that are important and that I found really in from like information that I felt was really like helpful and Remained true Throughout my experience. So this was really fun. I don't feel like I said enough, but I know like I'm also a talker So maybe I did you said you said you should have given them out

DR. ELLIOT BERLIN, DC: But if what you're saying is will we have you back on the podcast in a few months to see how it's great

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Yeah, absolutely. We're all we're always gonna be back wonderful. I can't wait. Maybe Tommy. I'll come back with you Tommy's really good at talking. Okay, Tommy's really good at talking nicely Sentences together that sounded great amazing

DR. ELLIOT BERLIN, DC: Thank you you shared amazing stuff I really appreciate you being here and I really do feel like glamour magazine had it right you're so down-to-earth like if You're like my down-to-earth role model. Oh, no, that is so nice

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: We're giving you an informal Pregnancy award

DR. ELLIOT BERLIN, DC: You're the first in for me we have to come up with a name for it

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Wouldn't it be funny if I showed up in three months and I'm like, I have five minutes Double we are taking back or in for me

DR. ELLIOT BERLIN, DC: All right, we'll be back with you guys in a couple months Thanks for listening to the informed pregnancy podcast share us with your friends and visit us online for access to our blog documentaries and other pregnancy and parenting resources at informed pregnancy

AMANDA SEYFRIED WITH CO-HOST KACY BYXBEE: Dr.

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