# Aly Michalka: Before Birth

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IN THIS EPISODE

Actress and musician Aly Michalka — half of the pop duo Aly & AJ — is about to take on a brand-new role: mom. She joins Dr. Elliot Berlin, DC to talk about her career, her pregnancy, and preparing for the arrival of her first baby. Part 1: before birth.

***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 important Pregnancy and Parenting Podcast. I'm your host, pregnancy-focused chiropractor Dr. Elliot Pervin. My guest today is an actress and musician who landed her first role at age 13 on the Disney Channel. Since then, she's not only graced our screens with memorable performances in hit shows and films, but also enchanted us with her musical talents as one-half of the pop duo Ally and AJ. As she embarks on the beautiful journey of motherhood, she continues to inspire with her dedication to her craft, all while preparing for the arrival of her first child, Ally Mashaka. Welcome to the podcast.

**ALY MICHALKA:** Hi, how are you?

**DR. ELLIOT BERLIN, DC:** Oh my gosh, I'm excited to talk to you. You're kind of amazing on a million different levels, and I'm going to try to draw them all out and ask what people are thinking, but let's start at the beginning. Where are you from originally?

**ALY MICHALKA:** I was born in Torrance, California, and then I soon moved to a place called Woodinville, Washington, in Washington State, around three, and I lived there for most of my young childhood, and then we ended up getting kind of brought back to LA. My dad was commuting to and from Washington State to Los Angeles for like seven years, and I think it just started to kind of wear on him, and we figured, you know, we would go out to California and be with him there instead of him kind of commuting back and forth weekly. So then once we were out here, I guess I was about 10, and AJ was like eight. We moved into a place out in like Newbury Park, Deep Valley. We went to school

**ALY MICHALKA:** out there for a year, then we got into homeschooling, which is kind of when we started to get into the business. It was like this big thing that we begged our parents to be a part of, and then next thing we knew, we, you know, had agents. We were auditioning and, you know, on TV shows and in acting class and the whole thing. Boom. Yeah.

**DR. ELLIOT BERLIN, DC:** Okay. So many questions. First of all, why homeschool?

**ALY MICHALKA:** Well, I think, you know, we were always very outgoing kids in school, and we enjoyed school, but we always were the children that had like three or four extracurricular activities that we did after school, whether that was like horseback riding or taking piano lessons or vocal lessons or sewing class or dance company. And I think trying to juggle those extracurriculars along with auditions just became impossible. So my mom kind of brought up the idea of, you know, maybe you guys want to be homeschooled. I think at this point, homeschooling wasn't necessarily as talked about as it is now.

**DR. ELLIOT BERLIN, DC:** Yeah. That's why I was wondering.

**ALY MICHALKA:** Yeah. It was definitely like, whoa, you're weird for homeschooling, but we had a really lovely experience with it. And honestly, it worked great for us because of being on set and being on tour and all of those things. It was actually kind of ideal. So in a way, when we got into this whole homeschooling space, I was going into sixth grade and AJ was going into fourth grade. So we had had a lot of, you know, schooling still prior to that, which I think was helpful for us just on like a social level. And so I think

**DR. ELLIOT BERLIN, DC:** it was kind of a perfect mix of both for us. Did your mom do the teaching or did you have

**ALY MICHALKA:** like teachers? Yeah, my mom did the teaching. And then the one thing that she wasn't like quite strong enough at was math. So we had like a math tutor that would come in weekly and would help us with our assignments. But she like found our curriculum. Like she would go to this like convention every single year where other moms would go and pick out the curriculum for their kid that year. And this was all done through the state. You know, like you had to send in all your requirements and papers. And then we kind of pivoted to a charter school because it became slightly easier on my mom where she didn't have to find the curriculum herself. But we started those first couple of years where it was just

**ALY MICHALKA:** her finding all the assignments. And, you know, we were on this curriculum called like Sun Life Curriculum or something. I don't know. But we loved it. And we had school from like nine to two or something every day. And it was just AJ and I. And then there would be some like weekly get togethers with kids, you know, that were homeschooled in the area that you could go and like, you know, do a PE class with or something. So we weren't totally

**DR. ELLIOT BERLIN, DC:** isolated, you know. We homeschooled our kids for a couple of years and it was amazing. First of all, I think that homeschool is much more efficient than traditional school because if you're teaching 21 kids to read until they all get their books open for the right place and while each kid is reading for their two or three minutes, you know, my kid's probably counting ceiling tiles or I don't know if they're like me wondering what else you can stuff into an M&M besides all the

things they've already thought of. So at home, you'd have your kid read and then you move on, you know. And so it created a lot of available time for them to do extracurriculars without taking away from

**ALY MICHALKA:** their curriculars. Totally. And I think it also helps for certain kids that might be ahead in one subject matter or behind in another. You know, sometimes in school you can kind of feel that pressure of like, oh, I've got to get this assignment done or you've already finished the assignments and now you're kind of just sitting there twiddling your thumbs. So I do think in certain ways it was really good for us and we always had great teachers on set that were very hands on. And usually when it's you on set with a, you know, a school teacher, it's you and maybe two or three other kids at most. So it's very focused.

**DR. ELLIOT BERLIN, DC:** You said that at eight and 10, you and AJ were like pushing, we want to get into the biz. Did you have certain inspiration at that point? People who you were like modeling after because you'd kind of do it all. Were you already both musical? Were you acting?

**ALY MICHALKA:** So we took some acting classes in Seattle, Washington, which was about an hour away from where we lived in Washington state. And that was kind of the like can of worms that began everything. And it was basically due to like a flyer that had come in the mail that we saw like sitting on, you know, my mom's like desk in the kitchen. And we got all excited because AJ and I at that point had been a part of like school plays and choir. So we liked entertaining, but obviously we didn't have any like training in it. So we begged our parents like, please, you know, will you let us do this? Like, we'll pay for with our allowance. And they were like, no, no, it's fine. Like, you know, you guys can go to this thing in Seattle. Like

**ALY MICHALKA:** we live in Washington state. What is this going to do? It's just like a fun activity for the kids. And then funny enough, that ended up actually being like a legitimate, like acting class that agents from LA came and scouted children at to sign to bring out to LA. So we both kind of got scouted from that class. Nothing really came of it until, you know, we got to LA and we followed up with those agents and said, Hey, you know, we're here now. Like, are you maybe interested in taking a meeting with the girls? And that was all just because of us begging and pleading. So, you know, we were definitely kids that love to entertain at a young age and we were always singing. And I think that was probably our earliest form of

**ALY MICHALKA:** entertainment and creativity was singing. And then I think just role playing in general, it was always agent, I role playing like 24 seven. I mean, to the point where I think it was good because it kept us busy, whether we were at a dinner and we were out with our mom, dad, or we were at home. I mean, we could just entertain each other for hours in our room, you know, having this whole make believe world.

**DR. ELLIOT BERLIN, DC:** How was the business? You see a lot of people get into entertainment at a young age and sort of drift into bad areas of life, bad experiences. How was that for you? Did you avoid that? And if so, how did you avoid it? Otherwise, how did you deal with it?

**ALY MICHALKA:** I think somehow we avoided it. And I think it was due to a few things. I think it helped that AJ and I had each other and we were so close in age as sisters that we could really relate to what was going on, whether that was, you know, being rejected from a job or, you know, just

whatever it might have been, you know, having the public kind of, you know, watch you, whatever. And I think also on top of that, our parents were very involved in terms of, we were not left alone on set, unsupervised. It was very much like my kid is underage. I'm on set. I'm behind the monitor. You know, if they're at lunch, I'm sitting in a table next to them. You know, if they're in school, they're in the school room.

**ALY MICHALKA:** But like it was not just a dropping my kid off and I'll see you in, you know, nine hours. So I think that helped. And then I think we just happened to be like good kids that didn't want to go looking for trouble. So I think it was kind of a mix of those three things. You know, I think my parents were always weary of us being taken advantage of from really anyone, you know, so I think they looked at it like, this is a place that people can take advantage of kids, whether that's financially, emotionally, physically, sexually. And so I'm just going to always try to stay hypervigilant about being a parent and taking care of them and letting them be like, you know, my first priority. I think sometimes parents get caught up in the fame aspect

**ALY MICHALKA:** and then that puts the kid in jeopardy, sadly. Yes. I kind of want to interview your parents. That sounds pretty amazing. They are, they're great. They did a really good job. Okay. Do you have a preference for acting or music singing? I think they both come with different rewards, but personally music will always be kind of my first love. And I think that's because it's something that I share with my sister and that's very unique. And I think on top of that, it's something that we're able to cultivate on our own without, I mean, obviously, you know, you need a producer and you need someone to distribute the music, but it's different than like a film or a TV show. There's a lot more moving parts

**ALY MICHALKA:** and you're at the whim of a studio, a production company, all of these things working together to make sure that the project gets made and gets put out. Whereas with music, it's a lot more insular. So, you know, we can kind of hammer away at an album and work on that with our collective group of collaborators. And then we can decide to put out a song and we can decide what the theme of the album will be and how we'll dress and what the music video will look like and what the font of the album is. And you don't really have that kind of creative control when you're coming in as an actor. You know, you're kind of a very small puzzle piece unless you're, you know, wearing multiple hats and you're also the producer and you're

**ALY MICHALKA:** also the writer and you're also the director or something in that sense. So I think that's maybe why music will always kind of draw me in a bit more than acting. And I think that's only because it's just more personal in terms of the kind of hands on creative control I get to

**DR. ELLIOT BERLIN, DC:** have with it. Yeah. I mean, that also seems to come with, you know, an acting, you could just get your script, read it, go on set and go. Whereas, you know, it seems like with writing music and performing music, it's almost like farm to table. Like from the very early stages, you create something from nothing and put all the little pieces together, sort of like a restaurateur who also is a farmer. Yeah. That's a great analogy. Well, thank you very much once in a while. I like farm to table. Farm to table. Okay. We should take a little break. When we come back, I do have a couple of more curious questions about career. And then we're going to jump into what's going on in your immediate

**DR. ELLIOT BERLIN, DC:** Welcome back. We are talking to Ali Mashaka. Plus one, a little baby in your belly. But before we get to that, live performances. I mean, you talked a little bit about acting versus music, but also live performances must be a million times different than recorded performances like TV and movies. The feel of the crowd, the interaction with the crowd on one hand. And then also the fact that there's no like, ah, what's my line? Or cut, let's do that again. I mean, I used to be a theater kid. Are there like really cool, embarrassing behind the scenes stories that you've experienced at live shows or places where you've just had a, the show must go on?

**ALY MICHALKA:** I mean, we've definitely said the wrong city and that has happened more than once. You know, when you roll into a new town, sometimes your mind is still in that last one that you were in. So I would say that's probably happened the most, but you know, still maybe like half a dozen times. I wonder if that's the opposite.

**DR. ELLIOT BERLIN, DC:** Cause usually when you say the right town, they go nuts.

**ALY MICHALKA:** Right. Exactly. Oh, we've done it where we've said like New Jersey and New York type of thing. And that was not great. Yeah. But yeah, I mean, you know, there's so many like moving parts to a tour and you know, you have these really special connections with the people that you tour with. You're kind of like a moving circus in a way. And you know, the band and crew and then us as well, you know, we get into this really great groove after, you know, about two or three weeks of playing the shows, which is why I do see why there are people out there that are like addicted to being on the road. You know, I mean, you look at like Dylan, he's still touring and it's like, obviously he loves it.

**ALY MICHALKA:** And there is this kind of like, I don't know, you don't have any personal errands that you need to run. Everything is so immediate in the moment. It's like, what do I need today for prepping for the show? You know, I mean, AJ and I sleep in, so we get a lot of great sleep on tour, actually, which you would be surprised, I guess, sometimes to know, since we get to bed quite late, but we don't really need to be up for anything. Obviously with a baby on the tour bus, it's going to change, but it's just, yeah, it's a very unique experience. And I think the fact that, like you said, you can't just start the show over. I think that's why people love live music because it is so, I don't know, it's just, it's so unique and in the moment and

**ALY MICHALKA:** you can't have a redo. So I think that's why people are drawn to it, which I think is why people are drawn to live theater as well. I think it's a very similar experience.

**DR. ELLIOT BERLIN, DC:** Yeah, there's still the suspension of disbelief, but you also are aware that the acting is happening right in front of you. And the show must go on. I think I talked about this once in the past, but I was once playing a drunk in a play called, I Hate Hamlet and I kind of fall to my bum and then I hear a loud noise and I clutch my chest and bump down all the steps and land at the bottom terrified. And the guy in the sound booth missed a cue right before that happens. Somebody leaves and there's, there's not a real door, but you hear the clicking of the door close. He forgot to do that one. So I'm standing stage and then all of a sudden the lightning effect comes on and I clutch my chest as if

**DR. ELLIOT BERLIN, DC:** I'm terrified and all you hear is a door click and I fall onto my bum and bounce down the steps in fear. And then I'm lying at the bottom and the thunder comes and I have to like outdo myself from how I reacted to the door click. And it's moments like that. There are a bunch of them that just stick out of my head is like, how do you even get through that?

**ALY MICHALKA:** Like from, yeah, I mean, we've had like technical difficulties on stage where, you know, our in-ear system goes out, which is like how we all hear each other as a band. I mean, or our pack goes out, which is the battery pack to our in-ear system. I mean, a bunch of funny stuff that, you know, you can't prepare for, but I think the more you tour, the more you become comfortable with those things happening and the more you kind of laugh it off. I think when we were younger, we would take it more seriously or would make us upset. Like the show got ruined. You know, we'd come backstage and everybody was thinking,

**DR. ELLIOT BERLIN, DC:** that's the thing. They don't even know. They don't even know. Yeah. Makes it fun on the other side for the ones who do know. All right. So you are currently producing an album and your first baby. Correct. Interesting to do them together. Let's talk about the baby first. Was motherhood something you always had your eye on?

**ALY MICHALKA:** You know, I always thought that I would be a mom, but I think as I got older and, you know, just realized that I had, you know, found a partner that was a really great match for me. The more I realized like, okay, yes, I do want to be a mom, but it's not like my sole purpose in life, I think, is to only be, you know, a mother to a child, which I think is beautiful. That is the story for some people. For me, it always felt like I'll do that eventually. I don't know when, but I have a great life with my husband and we have been able to be on so many adventures together and he comes on tour with us. And so I feel very fulfilled in that way. I didn't feel like, oh, I have this like something's missing in life, you know,

**ALY MICHALKA:** but I think as I got older and realized like, okay, like, if we're going to do this, we should maybe really start talking about it seriously because I don't have forever and, you know, there is never going to be a right time to get pregnant, but now felt like a good moment, I guess, other than maybe trying during COVID, but, Oh, that seems almost like a good time. I mean, it feels like that would have probably been the ideal time to have probably gotten pregnant. Although I also feel like it would have been kind of stressful with the mask wearing and everything, hospitals, you know, like that and stressful person cons. I assume you weren't doing live shows, so at least. Yeah, exactly. I would have had nothing on

**ALY MICHALKA:** my plate. There would have been probably no record that would have been getting made, but although, you know, we made one album during COVID, so I guess it could have been done, but basically, yeah, I have always thought that I would be a mom. And I think only in the last few years has it become a conversation with my husband and I, where we're like, okay, let's make this actually a real thing. And if it's meant to be, we'll be parents. If it's not meant to be, then we won't. We tried to put as little pressure on it as possible just because I've seen so many people struggle with infertility that are friends of mine. And it's just something that, you know, I think is bound to come up as we get older. So

**ALY MICHALKA:** I was a little worried and nervous and trying to manage my expectations, you know, when it came to us conceiving, just because I knew that that could be a possible uphill battle for us. We didn't know. How did you guys meet? We met on a indie movie that he was the cinematographer of, and I was the lead actress, and it was in Sequoia National Park. And we met when I was really young, like I was 23, I think, when I met Stephen. And he was like 26, 27. And we just kind of clicked on that set and just knew there was something really special there. It started obviously as a friendship that then, you know, technically turned inappropriate because you're like, I wouldn't

**ALY MICHALKA:** just be acting like this with someone who's just my best friend, but we just started dating almost immediately after the movie wrapped. And then we've been together ever since. So I'm 35 now. Ah, advanced maternal age. Exactly. Just by a hair. Just by a hair. Although no one would ever know. I mean, is that why you felt the pressure mounting like now? A tiny bit. I mean, again, like I know there's people that are having kids in their mid 40s and, you know, are totally fine. But I just wanted to be realistic that there could be something coming up that we didn't really prepare for. And we wanted to be as low pressure about it as possible. Because I do believe that stress is linked to conceiving.

**ALY MICHALKA:** Like, you know, I mean, I've done enough research to believe that that is true. I don't think it's everything, but I think that it is linked. And I feel like when you're in a relaxed state, your body will be like, okay, let's do this. Like we're in a good place. It's safe to conceive. And I think that was a big part of us getting pregnant back in August. That you brought yourself to a safe feeling space? Yeah, I think that. And we randomly were at a wellness retreat that was like all about, you know, doing massages and pole plunges and, you know, laying on like granite stone. It's funny, I've never gone to a place like that specifically for a vacation. So it was a first for me and

**ALY MICHALKA:** my husband. And then my sister also was there with us and her boyfriend. And it was in Costa Rica and it was really beautiful. And we just happened to be there during a time when I knew, you know, that we could maybe try and it might happen. And then I think I was just so relaxed and I had had so much great food and been in nature. And Costa Rica is like so fertile in terms of its like nature, which I think is also really interesting. So I think that kind of, yeah. So I don't know. I just felt like, of course, we got pregnant there. Like it makes total sense now looking back at it, even though we did not plan that at all. It just happened to land during our trip that we,

**ALY MICHALKA:** you know, were able to conceive. Well, it's great. Cause I mean, it was on your radar. Yeah. I mean, and it was one of those things where AJ had actually planned the trip. She was like dying to go to this resort. It's called Alta Gracia and it's an auberg hotel. That's really beautiful. And it's very much like up in the hills, in the mountain. You're not down by the ocean. So you're kind of really off on your own. And we were there for like five or six days. And yeah. And then I ended up finding out that I was pregnant the morning of the Greek show when we played the Greek here in Los Angeles, which was about three-ish weeks later, a little bit more. And it's funny because I'm like,

**ALY MICHALKA:** what propelled me to take the test that morning? I don't really know. I mean, I knew that I was like eight days late, which was abnormal for me. Like I kind of knew my window, but I was like eight days. I was like, that's a lot now. And I was like, I guess I could wait tomorrow. And I

was just like, I'll just take it. Whatever. Like I already had a pregnancy test like under my sink. And then I just took it and I was like, I mean, it was like almost immediate, that it was like, you're pregnant. And like, I just was like, babe, you can come in here. Yeah. And then literally like, I don't know, 10 hours after that, we were on stage playing like our biggest show to date as a band.

**ALY MICHALKA:** But I chose not to tell AJ because I really wanted her to be in the moment that evening. I mean, it was hard for me to be in the moment in a way because I was thinking of that while I was on stage. But I also was like wanting to focus on our show and what was going on that evening. So I didn't say anything to anybody. And then we took AJ out to dinner to a place called Pache in LA. I think it was like a night or two later. And we told her at dinner and she was really excited, but it was cool to find out, you know, in retrospect, because that was such a big deal for us as a band to play that show and to be from LA and to have seen so many shows at the Greek. So it was cool to be like, oh, there's a baby with us here on stage. This is crazy.

**DR. ELLIOT BERLIN, DC:** Yeah. I mean, that is probably the youngest artist ever to perform right at the Greek. Exactly. Like three weeks old. Yeah. How have the various stages of pregnancy been for you?

**ALY MICHALKA:** I am really lucky that I've had like a very easygoing pregnancy. The first trimester, I was really tired and I was playing shows. So we had really hard. Yeah, it was funny because like now I'm looking back on it and I'm like, I can't believe that I was like up on stage and playing like a two hour show. And I did that for a couple of weeks, you know, in September. And then we got back from that and I just like crashed. I was like just exhausted. I was sleeping. My appetite was really up. So I was eating a lot, but I didn't have any nausea, no aversions to food, nothing. Second trimester rolled around. Everything was pretty good as well. I mean, I started getting a little bit of back pain, which is why I then,

**ALY MICHALKA:** you know, called you up and was like, I got to come in and see you. And I wouldn't know about your podcast or you if it wasn't for my dear friend, Alessandra Torsani, because she was the one that was like, you got to go to Dr. Berlin. So I booked like an appointment. I feel like in December, I think I saw you for the first time. And then I would say in a way, the third trimester has probably been my toughest, but that's just because I have just more weight than I'm carrying around. My ankles are officially swollen up, you know, the pubic symphysis started to kick in in February, which you've been helping with. But like, yeah, really, it's been an easy pregnancy relatively when you look at it all around. How are your fans reacting?

**ALY MICHALKA:** I think they're excited. I think they're like excited to know that there'll be like another little member, you know, out on tour with us. I think they're like anxious for new music, which, you know, we're in the middle of making. So that hasn't stopped anything, which is nice. But yeah, I think it's one of those things where, you know, it's even hard for me to like wrap my head around the idea of like, oh, wow, my life is going to change so dramatically in just the course of like a month. And I've just always been someone who's independent and not needing to, you know, really take care of another little human being. I mean, obviously I have dogs and they need to be looked after,

**ALY MICHALKA:** but that's definitely different than a child. So I think the shock of it all is like setting in where my husband and I keep looking at each other, like, this is really happening. It's like, yep, like

we have the bassinet and it's right next to the bed. And like, I just folded a bunch of like baby laundry. And I mean, it's real.

**DR. ELLIOT BERLIN, DC:** It's about to get a lot more real. And I mean, birth is upcoming. You have a lot going on in the last weeks of your pregnancy. Let's take a little break. And when we come back, we'll find out what you're planning for birth and what this new album is going to be like. We'll be right back. Welcome back. We are talking to Ali Mashaka plus one. How many weeks are you now?

**ALY MICHALKA:** I'm exactly 35 weeks right now. Yeah.

**DR. ELLIOT BERLIN, DC:** Wow. You don't look a week over 33.

**ALY MICHALKA:** Oh, thank you.

**DR. ELLIOT BERLIN, DC:** You're welcome.

**ALY MICHALKA:** I feel so much like just slower. I'm like waddling around kind of in the house. Like it's funny. I mean, I would say in the last two or three weeks, my body really shifted where I'm like, okay, yeah. Yep. Definitely feeling that I'm like carrying a full on human because for a while, like, I mean, I did feel pregnant and I definitely looked pregnant, but like in certain ways, I could kind of maybe conceal it or hide it. If, you know, I was wearing something that was like a, you know, large sweater or shirt or something, but now it's like, oh, it's, it's obvious.

**DR. ELLIOT BERLIN, DC:** Yeah. There's no hiding it now. I mean, you wear it really well, but still at 35 weeks, it's a lot, a lot of energy that you're constantly putting in 24 seven. And then when you move around, it's a lot on your joints, a lot in your frame and your spatial awareness is probably a little different.

**ALY MICHALKA:** Totally. Spatial awareness is weird. My girlfriend told me actually that she like became kind of clumsier and I was like, really? And she was like, yeah, she's like, I think it'll happen to you. And like it did like 100%. I'm like stumbling around and like we are dropping something. And then I'm like, I can't reach that really like, or if I try to reach that, it's not going to feel great to grab it. I think that's why Birkenstocks became the official shoe over the third trimester. I mean, not really. And they're not a sponsor yet, but a great point. Those are kind of the perfect shoes. Although my feet might almost be too swollen to even get in my original Birkenstock. So I might need to get eyes up. Yeah.

**DR. ELLIOT BERLIN, DC:** I see. It's such a good thing for them to sponsor that their trimester pregnancy and extra set. There you go. Okay. So you're having the baby. When did you start thinking about a vision for how you'd like your birth to go?

**ALY MICHALKA:** I didn't think about it until I got back from the road. We had our shows in September and then I kind of started like feeling like I needed to get some kind of a plan together in like October, November, just because the more I talked to my girlfriends who have given birth, they were like, people book up in LA. Like you need to book these people out like months in advance. If you want a doula, if you want, you know, X, Y, and Z. So that kind of like got me into action. And I'm also kind of a type A personality. Like the nursery has been completed and done for, you know, like a

month, two months probably, you know, so like I'm not somebody who's like last minute, like trying to figure stuff out and juggle everything.

**ALY MICHALKA:** I just kind of want to be like, it's all set. It's handled. The only thing that we haven't secured yet is a pediatrician, but I'm also not worried about that. So really, yeah, like in the fall is kind of when I started finding some great resources that led me to my birth team. When you say in the fall, how many weeks into the pregnancy were you? I was probably, I don't know, maybe 10 or 12 weeks into the pregnancy.

**DR. ELLIOT BERLIN, DC:** So just getting out of the first trimester. In your non-pregnant life, are you more

**ALY MICHALKA:** medical or are you more natural holistic or somewhere in between? I would say I'm kind of in between. I didn't grow up in a holistic leaning home, like at all. So it's interesting that my birth plan is definitely leaning more holistic than medical. And I don't know exactly why that is. I think it's just my husband and I doing a lot of research, a lot of reading, talking to people, asking a lot of questions, listening to your podcast. I mean, talking to you, you were, I think a large part of why I decided to do a home birth. I mean, I came in and at that point, I think I had met with a bunch of doulas at this stage when I met you, which is interesting because I guess maybe that was back in, I think that was in like

**ALY MICHALKA:** December. Maybe I'll fact check that. But at that point, I had chosen my doula and she had recommended that I meet with a midwife just to see if I vibed with it because everything that I was telling her about what I wanted my birth to be made her think that a hospital birth was probably not what I ultimately wanted, even though I was set up and I had the doctor and the OB that I had been going to at Cedars and I had a great relationship with him and everything was fine. Then I came in and saw you and sat down and was like, my doula's Ivy and you know, she's really wonderful. And you're like, oh, she's great. You know, you know, what's kind of your plan and what are you looking to achieve?

**ALY MICHALKA:** And then you were like, I'm not convinced that you should have like a hospital birth. I don't know. You said something like you're giving me like a home birth vibe, at least from everything that you're telling me. And you should just give it a shot in terms of meeting with a midwife. And the midwife you suggested is the midwife Ivy also suggested,

**DR. ELLIOT BERLIN, DC:** which is weird. What are the odds? What are the odds? Wow. Yes. I remember meeting you for the first time. And I remember everything you told me that was important to you didn't sound like what happens at hospital birth. Not that hospital birth is great or terrible or home birth is great or terrible. It's just like, generally we're trying to look for what is it that you want? What do you envision? What is your nervous system seeking out for the place where you bring this baby into the world and everything you said just sounded like what happens outside the hospital at birth. And as a doula I was once at Cedars and they had an event for doulas and other childbirth

**DR. ELLIOT BERLIN, DC:** professionals hosted by the hospital where they were building community and really trying to figure out how to support different types of birth intentions and preferences and to be more inclusive and supportive to them. But one of the speakers representing the hospital got up

and said, look, if you're buying a hospital ticket, you're going on a hospital ride and you need to know that. And you just didn't sound like you wanted a hospital bride.

**ALY MICHALKA:** I think you're right. And I think I was at a place in my research and just in my journey of finding, you know, my ultimate birth team where I didn't have like the confidence or maybe the language to know that. And I needed some other people to just be like, hey, just so you know, all these things you're saying actually mean this thing. And maybe you should just take a step back and be open-minded to this, because it really was never something that I even thought really twice about. And I think the interesting thing about all of this was the first thing that I kind of did in terms of my step towards finding, you know, kind of my team was I knew I really wanted to do a hypno birth,

**ALY MICHALKA:** which is interesting too in its own self, because that is also very holistic leaning. And that was because of Alessandra. She was like, I really recommend this. It was a huge help for me and my delivery. She's like, I'm going to hook you up with Alicia Tamburi. She's awesome. You can start taking, you know, a session with her. I think I started taking them in, I want to say maybe November and I loved it. And I, you know, was taking those sessions with the intention of like, I'm doing a hospital birth. And then like halfway through switching to being like, nevermind, I'm doing a home birth. And everybody in the class was doing a hospital birth. So I think I was the only one in my class who was doing

**ALY MICHALKA:** a home birth. And it was cool because I had another girlfriend that I roped into the class and she was able to be a part of it as well with me. So that was really special. But like, I just remember when I did make the phone call to Bliss and I spoke with her over the phone and said, you know, this is kind of where I'm at. You know, I know that you live close by to us and you're local and I'm sure you're like sought after because you're kind of the woman out in this area. But if you have availability, like I'm due in May, I'd love to meet you. And then we had her over to the house and my husband and I were just like, I think that's it. You know, we still did a tour of cottages, hospital,

**ALY MICHALKA:** which is like down the street. And I felt even more confident about doing the home birth after going to the hospital. Funny enough, I was just like, I'm glad I saw this. And I know this is like a backup if there was a transfer, but like, I feel even more sure that we made the

**DR. ELLIOT BERLIN, DC:** right decision. It's interesting as you're talking and this whole vision is coming together. I've been to birth with a lot of the people you're talking about have been to birth with Bliss. I've been to birth with Alicia and all those energies just seems like such a good match for you. And also if people are curious, we have episodes of the podcast with all of them, with Alicia Tambury on Hypno-Birthing, with Bliss Young, it's spelled B-L-Y-S-S on lots of different topics, including water birth is one of the more fascinating ones I remember and Alessandra and her crazy pregnancy and birth story. Okay. So in the end, are there certain things that you're more excited about anything that you're

**DR. ELLIOT BERLIN, DC:** worried about? And how are you kind of handling those feelings?

**ALY MICHALKA:** Alicia The thing I'm weirdly like least concerned or worried about is the actual delivery. I've been like that since day one, like even without having really any knowledge, I just knew like, I'm going to be okay with this. I know I can handle this. Like I know our bodies are meant to do

this. And it was more just about giving myself tools to put me in that mental state that will help support me. I also have like such an amazing husband. That's going to be like just there with me, like completely connected the whole time, which I think is also like really unique and special. So if anything, I'm more like, it's the aftermath of everything that I'm, you know, just slightly overwhelmed by like the sleep cycle and the feeding and how often

**ALY MICHALKA:** am I waking up? And you know, am I getting enough sleep? Because I'm somebody that really loves to sleep, like all of these things that feel overwhelming. And I'm sure I will still be overwhelmed when it's happening. But like, those things are more on my mind than the actual delivery. You know, the only thing that makes this like slightly complicated is that I'm making this record, you know, with my sister in Topanga Canyon, literally like days up until my guest date, really. You know, I know most of the time, first time mothers don't go into labor early. I'm really hoping that's not the case with me and that, you know, I'm on time or I'm a little late, but we kind of need to have like a

**ALY MICHALKA:** backup plan for if I was early and I am in Topanga, we're renting like a house out there so that we're really close to the studio just because it's too long of a drive from where we're at. And it's actually too long of a drive even from where AJ's at to make that every single day when we're, you know, in the studio for 10 hours, especially with me pregnant. So we kind of had to figure out like, okay, I have Ivy, my doula who's able to like come to me and she's flexible. You know, she's based in Ventura County. And then the woman that she works with, that's basically her kind of partner that would relieve her if she's there for hours and hours and needs a break is Mary, who's really wonderful, Mary Skinner.

**ALY MICHALKA:** And they're like, we're good. We're there if you need us. And it happens to be early. But Bliss was like, I don't think I can make it to you, you know, in this location, if something was to happen. And I want to make sure we have, you know, a backup scenario, which I was like, that's fine. You know, let's just find who that person is. And she was like, Alex is the one. Like, let's just see if she's available. And then I literally spoke to Alex yesterday and I have like a prenatal visit I'm going to do with her so that I get a vibe with her before, you know, she was just to come over. But she's like, hopefully you're not even needing me. And I just literally do a couple

**ALY MICHALKA:** prenatal checks with you out in Topanga. And then, you know, you finish the record, you go back home and you deliver with Bliss.

**DR. ELLIOT BERLIN, DC:** Yeah, Alex is super cool. You really can't go wrong. You have seems like an amazing setup either way.

**ALY MICHALKA:** Yeah, I agree. I think I have a great setup. And I have a really amazing post natal doula who's based out here, Sherry Poe, who's kind of focusing on all the sleep and feed stuff. So I've been meeting with her every couple of weeks and she's given me a lot of information and confidence, I think, about everything that's like post delivery, which is like kind of its own thing. You know, it's like all this pre delivery prep. And then you're like, for me, I'm more stressed about the post delivery stuff. So I'm like, I want to make sure that I'm like doing this correctly and like, what should I be looking for if, you know, something is wrong with baby or whatever? So I think that's where my mind is at is more those things. The delivery stuff,

**ALY MICHALKA:** I'm almost kind of like excited for that to like happen because I just think that it's going to be really great. And I think, you know, I've now watched like so many birth videos that have been really inspiring that I'm like, I can do this. This doesn't scare me.

**DR. ELLIOT BERLIN, DC:** You know, I'm excited for you. First of all, I'm excited for you for the birth and the energy that you have around it. But also I'm excited for you that you've started to really put effort into postpartum now. A lot of people don't. And I sort of understand why they don't, but then I think they fall into sometimes the postpartum struggle even harder because they haven't done any preparation for it or even explored what it might be like. And it can come across as a lot more startling than what you expected. So kudos to you for that. I think it'll go a long way. A few more questions for you and then we're almost out of time, but then you're going to come back. I'll come back for round two. Yeah.

**DR. ELLIOT BERLIN, DC:** After this baby is born. One question I have is, you know, home birth is always part of a flow chart. You know, if things are going well and you're feeling good and they're progressing, you give birth at home. Sometimes things come up for one reason or another and the plan changes and you go give birth at a hospital. Are you open for that? Do you have a bandwidth and mind space for that?

**ALY MICHALKA:** Yeah. You know, we had the whole team over here like the other day and we did this kind of like, I mean, they did this ritual for me, which was really sweet, like a blessing. And I just felt like really just at peace and calm about it all. We talked about, you know, any kind of thing that might come up that we just want to be prepared for. And we talked about it in depth prior to, you know, having this blessing done. And, you know, one of the things was like, where do we go if you're in Topanga? You know, what's the hospital that we go to if you're in Topanga and you're early? And then it was like, you know, obviously we know where we would go if we were here and there was an emergency.

**ALY MICHALKA:** And we kind of talked about what the emergencies could be, you know, what they would possibly be. And Bliss has been very like, I mean, the one thing I love about Bliss, and I think people don't understand about midwives in general, is that of course they're going to be pro-home birth, but they're not like pro-home birth to an extent that is like, I'm going to put you in danger. If they see a pink flag that could turn into a red flag, they're going to say, hey, you know, you have gestational diabetes and this is something that's concerning. And I think we might need to rethink having a home birth, you know, like, I have to take the strep B test. I think in the next like week, that's kind of like the

**ALY MICHALKA:** last thing that, you know, gets checked off where it's like, okay, I'm in the safe zone. And with group B strep, you could give birth at home too. They just give you the antibiotics at home. Exactly, exactly. But like, you know, I think it's a good thing to remember about this world of kind of holistic leaning births where people just might not have the full information on what they do and how they do it. And that there's like a lot of precaution that goes into it. You know, they also don't want to lose their license as a midwife. You know, they have their own reputation to protect and the safety of their patient and their client. And I felt like this whole time, I've been very much informed and educated on any and all

**ALY MICHALKA:** questions that I've had for bless along the way. And, you know, if there was something that came up, like, I know she would be the first person to raise her hand and say, Hey, Ali, we can't do the home birth the way that you want it. And now you're going to have to be in a hospital. Like she even said, like, if I was early, you know, she's like, if you were early, at a certain point, you would need to be in a hospital and it wouldn't be a home birth

**DR. ELLIOT BERLIN, DC:** situation. Yeah. Well, everything that you're bringing up is important and true. California has rules about the window in which midwives can attend birth. So before 37 weeks or after 42 is outside their window. And of course, if you have risk factors that don't make sense for out of hospital birth, they don't take on those births. And of course, if you're out of birth and everything's going swimmingly and a pink flag comes up, just like you said, it might just turn back into a white flag or a micro grid. They don't wait at home to find out. They're like, okay, let's just transport to be safe. And in fact, most of the transports of a home birth to the hospital are not emergencies. They're just either pink flags

**DR. ELLIOT BERLIN, DC:** or you're exhausted or things aren't progressing. And that's almost more what I had in mind for you with that question is, are you okay to give birth anywhere? And this is your, you know, all things considered, this would be your primary choice, but you know, something shows itself as better off at the hospital. You're cool with that.

**ALY MICHALKA:** I am. I'm definitely pro whatever is safest for baby. You know, we have like a checklist of everything that I would and wouldn't want done in a hospital setting if I was transferred, you know, but I hope that we don't even have to even discuss that because we're just at home and labor's going like great and the team is all there and we're all like stoked that the delivery is going along successfully. So I think you have to be somebody. I mean, I would hope that you'd be someone that's open-minded to a change in the plan because you can only plan for this so much. And then the rest is really out of your hands. It's like that wedding day.

**DR. ELLIOT BERLIN, DC:** Exactly.

**ALY MICHALKA:** You make all the plans and then once it starts, you just let go and go with the flow. You just gotta let go. So I think having faith in it all and knowing like I'm in great hands and these women have been doing this for many years and they are the expert and I might have my opinions and my beliefs, but their knowledge runs much deeper than mine that I've been reading up on for the last, you know, six to eight months. And my husband is very much on the same page as that as well. You know, and he's like the first person to like raise his hand and ask questions. I mean, he's asked, I think some hard questions too that I'm sure are scary questions, but also I think necessary, you know, he's like reading the birth partner

**ALY MICHALKA:** book, what she loves. And he's like, this, you know, this whole book is like giving me so much in-depth knowledge that I wouldn't have if I hadn't read this and really gotten a sense of like every stage of birth and what I can do to be like a good partner there by your side. And if you just want me to shut up and I'm just like massaging your shoulders, then I'm shutting up and massaging your shoulders, you know? So I think it's all going to be good, but yeah, it's interesting trying to explain the home birth mentality to people that don't really know about it or are scared about it for all intents and purposes. I understand because it still is like kind of a taboo thing,

**ALY MICHALKA:** which I would think that in Los Angeles, it would be more and more and more practiced. But like I myself, I don't really have a lot of girlfriends that even had home births. I know a couple, which is kind of shocking to even myself, you know, being artists, you know, people that are in the entertainment industry, I would think they'd be like home births all the

**DR. ELLIOT BERLIN, DC:** way. Yeah. I mean, even my practice, which is inherently more nature minded clientele, the home birth percentage is on the small side. And it's not like I sit down with everybody in the first minute. Like, I think you want an out of hospital birth, you know, that was just your big energy was coming across. I'm excited for you, very excited for you and very excited for your baby. Yeah, I'm really looking forward to it. I think you have all the ingredients that no matter how, like once the moment starts and the flow happens, I think no matter how it goes, you're set up for success. My last two questions are going to be about your album that you're recording now. Are you getting inspo from the womb?

**ALY MICHALKA:** We do have a song on the record that is about baby. So that's cool. And it's something that we wrote. We wrote it recently. It was probably one of the last songs that we wrote for the album. And it felt like it made sense, you know, to have a song that is, you know, really for my future kid and for, you know, my sister's future niece or nephew, since we still don't, you know, know the sex. But I think we're always going to find inspiration in our daily life, because that's what we pull from when it comes to our lyrics. You know, most of the time it's about something that's happening to us or a friend of ours or something socially that's going on. You know, sometimes we'll write a song and

**ALY MICHALKA:** it'll be more of a story that is unrelated to us. With this record, we'd started writing the album last summer and we just kind of took our time. We didn't rush. We just kind of went in with collaborators that we had worked with before and said, hey, you know, we're kind of wanting to start a record, but there's no pressure. Like, let's just write and enjoy it and have fun. Because honestly, like, the writing and recording is a great part. You know, that's the part that's like super creative. So when we did, you know, start to kind of put these songs together and realize, okay, we've got a record here, you know, plus some extra songs, that's when we felt really confident in saying we're going to take a

**ALY MICHALKA:** month and make this record, even though it's like so close to my due date. You know, I'd rather be inspired and have this timestamp of making this album while baby's still, you know, in my belly than the stress of trying to do it afterwards. And maybe, you know, I'm having a hard time with postpartum or whatever. And, you know, that makes sense. It just seems like it would be insane. I mean, a lot of my friends are like, you guys are crazy. I'm like, I know we are, but I'm like, but doesn't it seem crazier to make a record like two or three after the baby? No, it's the lesser of two crazies.

**DR. ELLIOT BERLIN, DC:** Totally. Is that the album name? It might be. My other question is, I'm a cantor at our synagogue, and I know that when my belly is full, it's much harder to sing. And I'm pretty sure I sound different. Is this something you've been working with noticing? Well, it's interesting you say that. My sister

**ALY MICHALKA:** was like, we should talk to our vocal coach, Rachel, about like certain exercises and things that we can be doing and me specifically can be working on because like, yeah, my diaphragm is just different, you know, than what it would be if there wasn't a baby in there. So yes, we

don't start up cutting any vocals for another week or so. So I do plan on having a discussion with her about how can we like best set me up for success vocally, but you know, even just singing like on our demos and stuff, you know, even when we're writing songs, like I don't feel like it's affecting my voice. If anything, maybe my breath is a little bit affected. You know, like I maybe can't hold something quite as long, but I just have to

**ALY MICHALKA:** be more conscientious of it. Or I'm just kind of like, okay, I need to like breathe deeply in the right way, not, you know, in my throat, but in my actual like gut. So I've noticed that, but like, I'm not really tripping on the vocal stuff. I mean, you know, agent, I've been doing this now for so long, cutting records and singing, it goes so fast for us, like, you know, we're able to cut sometimes like two songs in a day vocally between the two of us. So, you know, even if we cut one song a day, I'm like, that still is great. And our producer, Jonathan Wilson is just like the coolest guy who has such a great energy. And I think he'll bring out this like wonderful kind of like vibe that you're

**ALY MICHALKA:** only going to get into Panga Canyon, you know, because you're in the kind of spot where I don't know, you're going to like call upon those musicians from the past that made records there and you know, that were pregnant too, I'm sure cutting. So, you know, I asked him the other day, I was like, have you ever like cut a record with someone pregnant? He was like, I don't think so. And I was like, well, I go, we'll be the first. So, you know, get ready. But like, yeah, I think it'll be fun. And I think it'll be soothing, hopefully for baby, hopefully babies like digging it and listening to a lot of the music and is like chilled out. I just got to find a good seated position in the control room, where I'm

**ALY MICHALKA:** like listening to songs and hearing the band play where I'm comfy, because I can get kind of uncomfortable easily, you know, so I'm like, I just got to get like the right pillow and chair and like get my legs elevated and, you know, giant water by me and I'll be good.

**DR. ELLIOT BERLIN, DC:** And I hope you're taking pictures of all that.

**ALY MICHALKA:** Oh yeah. We'll have a lot of film pictures and a lot of motion picture. So we'll have both.

**DR. ELLIOT BERLIN, DC:** Perfect. All right. Predictions. I know you don't know the sex of the baby. Do

**ALY MICHALKA:** you have a prediction? I've gotten like really mixed on both boy and girl with my friends and family members. My mom and my sister say, girl, Steven really wants a girl, but would be happy with either. He's like the ideal, like girl dad, like to a T. So I kind of selfishly want that for him. I kind of feel like it's maybe leaning girl, but the baby like hasn't come to me in a dream or like shown me a sign or anything, but I don't know. Maybe it'll come in the music. I'm not sure.

**DR. ELLIOT BERLIN, DC:** I have a strong sense. Do you want me to tell you? Yeah. Tell me girl. And the interesting thing is I'm wrong about 80% of the time. Got it. Well, maybe you're right this time. Could be, could be. We'll find out in the after. Did you know about your kids or did you guys wait? Yeah. The first one, my father died when I was young and we name our kids after relatives who've passed and it starts with parents. And then if there are no more parents in the name before you go to grandparents and there's a whole, so I felt such a connection to him in the womb, even though we didn't know. And I was like, so sure that this was the boy who's going to be named after my dad. And

he was. So after that, the second one, we didn't really know,

**DR. ELLIOT BERLIN, DC:** but they each have fetal nicknames. And my son's fetal nickname was Morimoto, even though we didn't know he was going to be a boy. We were just glued to iron chef all the time. So we named him after chef Morimoto. And with the second, as soon as we found out we're pregnant, my wife was like, okay, this one's nickname is Priscilla, the fetal nickname. I'm like, well, you know, or a girl, she's like, it's Priscilla. And it was a girl. And then after that, we didn't really care. Especially we had one of each already. And so her fetal nickname was polenta, but there's a whole story behind that, maybe for the after episode. And then when she came out a girl, my oldest sort of freaked

**DR. ELLIOT BERLIN, DC:** out a little bit because he kept saying, oh, we don't care. As long as it's healthy, a boy or girl. And then it came out a girl. Why is she a girl? We already have a girl. And I'm like, I don't know if you realize this, but we also already have a boy anyway.

**ALY MICHALKA:** That's funny. The fourth one we did find out because I was like,

**DR. ELLIOT BERLIN, DC:** he's going to need a lot of help if this one's also a girl. Right. It's like him against three girls. Yeah. Yeah. Just in his mind, he was like looking for a little buddy. And we did the test early on, tell me pink or blue. And it was wrong. There's a 96% chance it's right. It was wrong. So we thought it was going to be a girl. And we tried to set them up for the fact that it was going to be a girl. And then at the 20 week ultrasound, there was boy parts. And I'm like, uh-oh. And he's like, don't worry. I knew the whole time it was a boy. Anyway, my predictions in general, I'm wrong more than I'm right, even though this is what I do all day and all night, but I'm getting girl vibes from you. Do you have a prediction on size?

**ALY MICHALKA:** Ooh, a prediction on size. Bliss did say that I'm tracking on the smaller side. Like she's like, you just carry small, but she's like, you're totally like when she's measuring my belly, she's like, you're spot on, you know, I'm going to say seven pounds. I was seven pounds, two ounces. So we're in the same, they're very close.

**DR. ELLIOT BERLIN, DC:** What are you guessing? Seven pounds, two ounces is my guess for you. And you are carrying small, but you're also, I think your body type keeps the baby in a little bit more. So you might be more up and down than, you know, pushing out. I'm not sure. I go 7.2. And then you have a prediction like 39 weeks, 40, 41.

**ALY MICHALKA:** Well, I guess I would really love if the baby came on May 12th or May 14th, which I guess that puts me at, what is that? If I'm 35 this week, that's at 40.

**DR. ELLIOT BERLIN, DC:** So what's the actual due date or the guest date?

**ALY MICHALKA:** Guest date is May 14th.

**DR. ELLIOT BERLIN, DC:** Oh, okay. So that's 40. Why 12 or 14 and not 13 out of curiosity?

**ALY MICHALKA:** I'll keep it short, but there's two reasons. So May 14th, which is my due date, I lost a really dear business manager that, you know, agent I had been with since we were like teens last year. And his birthday is May 14th. And I only realized it when I was speaking with his daughter and

wife. Like it clicked. It was like, oh my gosh, it's Michael's birthday. And I was like, that would be so amazing if that's when the baby is born, because it would just feel so special. And I feel like he would have been so excited for us knowing that we were expecting, but he is kind of like a mentor and another father figure in my life and in AJ's. So that's the reason, I guess, for May 14th. And then May 12th,

**ALY MICHALKA:** my husband wrote me like a note, I think the first year that we were dating that was on May 12th, it was like, can't wait for us to have children together. And it was, it was dated May 12th. And I found it when we were going through like a keepsake trunk that I was organizing in the baby's room. And I was like, babe, this is dated like May 12th from the first or second year of us dating. This is crazy. I was also like, you're nuts, you were telling me this like this early on. And he was like, well, he was like, I was in love, you know, we didn't hold back, which I think is really beautiful. So it would be cool to be like, your dad predicted this and wrote me a letter on May 12th years ago. So those are kind of my, those are my two.

**DR. ELLIOT BERLIN, DC:** Those are fair. How long do you think a first labor goes on for average from when it really kicks in until it's over? Like at least a day. Yeah. So here's what I'm thinking. Cause I was like May 13th, but that's only cause it's my birthday and I'm very focused on me. But now I'm thinking it would be good. I can land on any of those days. It'll be great. But now I'm thinking, what if it starts on May 12th at nighttime, the day your husband wrote, we should have babies together. And it goes all through my birthday. Cause it's all about me, the book majority of it. And then you have the baby on the 14th, on your manager's anniversary. Then it means it's like it happened across those days.

**ALY MICHALKA:** Everything came together. Unfortunately, in my head, I was getting a May 16th vibe, but

**DR. ELLIOT BERLIN, DC:** maybe I'm wrong. Maybe you're wrong. Maybe I start a little bit early, but then I land on the actual day, you know? Yeah. Who knows? Okay. Those are our predictions. Ali, I love spending time with you. You're just a burst of wonderful energy to be around. And I appreciate you for coming on and sharing your story, which I call now from homeschool to home birth.

**ALY MICHALKA:** Oh, perfect. That's what the episode should be called. There you go. And I very much look forward to the other side, the rest of the story. Up until then, where can we find you online? You can find me on Ali and AJ.com. You can find me on Instagram on Ali and AJ. And then my personal Instagram is at I am Ali. And, you know, you can listen to music on Spotify, Tidal, Apple, however you like to listen. I would recommend listening to the music on vinyl, but that's just because I think that's the way to listen to these records, but no pressure.

**DR. ELLIOT BERLIN, DC:** Oh, cool. Good for artists.

**ALY MICHALKA:** Yeah, exactly.

**DR. ELLIOT BERLIN, DC:** And I mean, you're giving to us, so we should get back. Thank you again. I'm going to go check you out on all those places. Does she have I am AJ? She does. Yes. I know. I know. Amazing. We're going to have to get one for the baby. There you go. Perfect. I am baby. And at home, thanks for listening to our podcast. For more pregnancy and parenting information, visit us

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