



PARENTING

Mama Bear



How has motherhood changed you?

You have to be in the moment. When you have a baby it prioritizes everything. You have to cut out anything that doesn't work—there's no fluff time.

Your new book, The Kind Mama: A Simple Guide to Supercharged Fertility, a Radiant Pregnancy, a Sweeter Birth, and a Healthier, More Beautiful Beginning, is a lifestyle guide for women. What is a "kind mama"?

It's not just about being kind to your baby; it's about being kind to yourself. Getting yourself as healthy as possible, to fortify *you* and make you available for every precious moment.

You write about how your own labor didn't go as planned. How did you feel about it?

I labored at home but had to go to the

hospital at the very last minute. My feelings around that are complicated. I had some sad feelings, but I was also thrilled because I did have a natural birth. But you can't help but feel: "What went wrong?"

Why should a new family embrace "lying-in" in those early weeks and months?

I treated it like the most amazing vacation of my life, a time for mamas and their husbands or partners and the precious baby they just made to fall in love and focus on each other. When you bounce right back to work, you might be missing the point of the entire experience. You're taking the focus and energy away from being a present mama—not just for the baby, but for you.

Are you still breastfeeding Bear Blu, 3?

I am. I don't have a plan for that. Nature will take its course. That's something we'll decide together, as every mom and baby do together. It's not like planning when you'll get your hair cut! When he's done or when I'm done, then we'll deal. Now it's something we both love and enjoy so much.

Do you ever indulge in "bad" foods?

I'm human! If someone sends me stuff to test, I can't refuse! Beautiful dark organic chocolate? I love amazing chocolate. I love to go out to eat and have a glass of wine. That happens rarely, but if I do, I don't feel bad about it.

What's your exercise routine?

I love to walk in the [Hollywood] Hills. I love my yoga class. The amazing thing about this [vegan] lifestyle—and exercise is so good for your health and your heart—and following this kind of diet, is that even when I can't exercise, I'm still good. I'm not getting up at 4 a.m. before a 15-hour day to go to the gym. I'm healthy, and my body looks great because of the way I eat.

> Reviewed by Hansa Bhargava, MD WebMD Medical Editor