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Jewel

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Meant for motherhood

The sultry singer's life is everything she ever wanted, and it still amazes her.

Singer-songwriter Jewel Kilcher, 37, grew up in Alaska and began performing with her parents at 6; when they divorced, she continued her life onstage with her father, then left at 18 for a solo career. At one point she was living in her van in San Diego and playing at a local coffee house, when record companies discovered her deep, pure voice and soulful poetry. She went with the one "that didn't want me to change ... against all odds my simple

"I've been driving up more now that I'm pregnant. It's really fun."

album [*Pieces of You*] went on to sell 12 million copies." Now married to outlaw star Ty Murray and expecting their first baby this summer, Jewel is hosting Bravo's competition show *Platinum Hit* and releasing a children's album. We talked with her at our cover shoot.

Q So, how are you feeling?

A I'm feeling really great and enjoying pregnancy much more than I thought I would. I didn't know what to expect, you hear such horror stories. But I also heard that you should try to enjoy it, so I took that to heart and tried not to fret about anything. Pregnancy is a privilege, and I feel lucky that I get to do it. It's kind of sad that men don't.

Working with a couple of really good doctors, I've been able to combat many of the negatives, like morning sickness. I've learned that a lot of the nausea comes from your liver, so I did things to support my liver function—and they helped. Naturopathic doctors are the wave of the future; I believe they helped me get and stay pregnant.

Q Have you had any cravings?

A I eat a lot of protein, whole grains and veggies. And I have been juicing every day since I got pregnant. If I had a craving, it was for carbs, but my doctors discovered my diet was low in minerals, so once I increased my mineral intake, the carb cravings diminished. I believe a craving really is your body responding to something it needs.

Q How about exercise?

A I enjoyed it before and am keeping it up. At first I was doing rigorous cardio, then slowed down to the elliptical and now I'm doing Julie Tayler's program for abs. I also kept riding [horses] until a couple weeks ago.

Q What has changed the most for you since you got pregnant?

A I've been supporting myself since I was 15, and I've always been a workhorse. I love setting goals and achieving them. So, I've had to learn to slow it down and get some rest. I know so many people who focus too much on work, and their home lives suffer. I wanted to make sure that didn't happen to me, so I've worked hard to maintain a balance. I'm not just thinking about how to get more famous and rich every day. I had to tell the label that I wasn't going to tour for the new album because I wanted to make getting pregnant my new goal and priority. They were amazed; you just don't do that. But you have to make a choice and figure out the life you want. >>

