

# Emily Deschanel Welcomes First Child on Vegan Diet



*Bones* star, Emily Deschanel and her husband David Hornsby of *It's Always Sunny in Philadelphia* have officially welcomed a baby boy, Henry Hornsby, into the world. According to [People](#), the actress maintained a completely vegan diet throughout her entire pregnancy. The couple could not be happier with the birth of a healthy first child.

**What changes should you make to your diet during pregnancy for the sake of the child?**

## **Cupid's Advice:**

When you're expecting, you have to be extra careful about everything, especially when it comes to your diet. Here are some key changes to make:

**1. Abstain from alcohol:** This is an obvious one. If you're pregnant or even think you might be pregnant, consume absolutely no alcoholic beverages.

**2. Take pre-natal vitamins:** Pregnant women need higher amounts of certain substances, such as folic acid. Talk to your doctor about the best vitamin regiment for you and your baby.

**3. Avoid fast food:** Though you may crave tons of crazy foods during your pregnancy (it's okay to give in sometimes), you should maintain a healthy diet of whole grains, vegetables and lean proteins.

**What types of foods would you recommend that pregnant women eat? Share your thoughts below.**

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## **'Bones' Star Emily Deschanel Ties the Knot**





A match was made in Hollywood this weekend when actress Emily Deschanel wed writer and actor David Hornsby. The couple tied the knot in front of friends and family at a small ceremony in the Pacific Palisades area of Los Angeles, reported [People](#). The pair are both stars in the world of television, with Deschanel starring on FOX's crime show, *Bones*, while Hornsby is most famous for his work on FX's *It's Always Sunny in Philadelphia*.

**Is having the same career as your spouse good or bad?**

**Cupid's Advice:**

Cupid knows that common interests make couples stronger, but that sometimes, opposites attract. So will matching career paths make or break a couple? Cupid has some insight from both sides:

**1. Separate, but equal works:** Being in the same career field as your spouse gives you a common passion, but working in the same building, or even for the same company, might not give each of you the space you need to be happy.

**2. Diversity adds spice:** On the other hand, having different careers, skills and passions can add a different dimension to your relationship, by allowing you to teach each other

something new.

**3. Moderation is key:** In either instance, making sure you balance your career and how much time and effort you put into it with everything else you and your spouse hold dear – including each other – will help keep your relationship healthy.