

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.

'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.