

Reality Star Tila Tequila Welcomes Celebrity Baby Daughter Isabella Monroe Nguyen



By Amanda Boyer

Former MTV [reality star](#) Tila Tequila gave birth to her first celebrity baby – a girl – on Sunday, November 6. According to [USMagazine.com](#), she shared her celebrity baby news and revealed that she named her daughter Isabella Monroe Nguyen. Her real name is Tila Nguyen, and she wanted to share her heritage with her child. The celebrity baby weighs about 7 pounds, 2 ounces, and Tequila states, “I am so in love with her.” The new mom mentioned during the earlier part of her

celebrity pregnancy that the baby saved her life.

Reality star Tila Tequila's named her first celebrity baby using her real last name. How do you decide whether or not to give your baby a family name?

Cupid's Advice:

Deciding your baby's full name can be a difficult decision, especially when there is a family name involved. This reality star chose the name that she thought best fit her celebrity baby. Cupid has some ideas on how to approach this situation and have the same reassured feeling:

1. Follow tradition: If this is a long tradition running in your family, maybe it is something that outweighs the cons when deciding on a name. If it's been passed down for years, do you *really* want to be the one who changes that?

Related: [Tila Tequila Says, 'My Baby Has Saved My Life](#)

2. Consider the significance: Does this name mean something important to you? If it does, you can strongly consider having it in your child's name. However, if it doesn't, don't let anything – or anyone – influence the decision.

Related: [Tila Tequila Is Pregnant](#)

3. Listen to your heart: Ultimately, it is your decision and no one else's. Don't let the pressure stress you out! Think about what you want for your baby and pick a name that you know you'll like for years to come.

How did you name your baby? Tell us in the comments below!

Tila Tequila Says 'My Baby Has Saved My Life'



By Sanetra Richards

A baby really does change your life, and Tila Tequila can vouch for that. According to UsMagazine.com, the 32-year-old former reality star announced her pregnancy earlier this week on April 18, and expressed the deep emotion she already feels for her baby boy or girl: "It has been quite a painful journey for me, and I never thought I was going to make it out alive. So to be able to do a total 180 and finally be blessed with my first child gets me so emotional that I can barely even handle it," she says. "The only difference is that now these tears I

cry are of joy, and no longer of sadness.” Tila Tequila took a lot of hits over the years, from the 2010 death of fiancée Casey Johnson, a 2012 rehab stay, and many times she described as “hurtful, embarrassing, and sometimes erratic.” She told Us, “My side of the story has never been truly told over the past five years, as I have kept so much bottled inside of me.” The A Shot at Love with Tila Tequila star went on to gush about her little bun in the oven, saying, “I truly feel that my baby has saved my life, and I will do whatever it takes to give my little baby the whole entire world!” she vows. “I know I’m going to cry so much when the baby is finally born later this year.”

What are some ways pregnancy can strengthen your relationship?

Cupid’s Advice:

Pregnancy comes along with many things, such as spontaneous mood swings, appetite changes, and swollen body parts. However, distance between you and your partner does not have to be included in the bunch. Cupid has a few relationship strengthening effects of pregnancy:

1. Bonding: During the 9 (or 10) months spent baking the bun, you and your partner have the opportunity to connect even more. From shopping for the baby to attending doctor appointments together, the joint effort will increase the positive vibes and add to the excitement of the birth.

Related: [Tila Tequila Is Pregnant](#)

2. More talks: Often times, pregnancy leads to many long conversations about what the future will hold. You and your significant other may begin to question the next step in your relationship, whether that is marriage or building a larger family. Also, you may find yourself questioning some things along the way. Be sure to inform your partner of any concerns or problems you may have about the pregnancy or child’s birth

– this will ease any future arguments (that are not because of hormonal changes).

Related: [Jason Biggs Says 'My Son Changed Me Overnight'](#)

3. A deeper connection: Announcing the baby, finding out the gender, and watching him or her kick are all moments that will bring you and your partner closer than ever. Who knows, there may tears of joy along the way!

How does pregnancy strengthen a relationship? Share your thoughts below.

Tila Tequila Is Pregnant



By April Littleton

According to UsMagazine.com, Tila Tequila is expecting her first child. She showed off her baby bump via Facebook April 18. "Surprise!! I'm 10 weeks pregnant!" she said. "I just couldn't hold it in any longer as this brings me so much joy and happiness to know that there is a baby Tila on the way!" The father of the child hasn't been revealed.

How do you announce a pregnancy?

Cupid's Advice:

Congratulations on your baby news! Now, you just have to find a way to let all of your loved ones know you're expecting. Cupid has some tips:

1. Family and friends: Let all of your loved ones know before you go public with your exciting news. After you tell the people who matter most to you, think about spreading the news to everyone else in a fun and surprising way.

Related: [JWoww Says 'Pregnancy and Me Don't Mix'](#)

2. Be prepared for comments: Don't expect everyone to be happy for you. You will have plenty of people who believe you're not ready for such a big responsibility. Try to keep calm with individuals who choose to be inconsiderate over the situation.

Related: [Bill Rancic Talks About Being a Dad: 'Family Always Comes First'](#)

3. Your partner: Before you reveal your baby news to anyone else, make sure your partner knows first. They might not be ready to let everyone else in on your little secret just yet. Make sure they're prepared to let other people know before you announce your pregnancy.

How did you announce your pregnancy? Share your experience

below.

Jersey Shore Creator SallyAnn Salsano Dishes about Love in Italy and Her New Weight Loss Show, “Love Handles”



By [Lori Bizzoco](#)

When it comes to the topic of love, ABC's *The Bachelor*, MTV's *Disaster Date*, and *Shot of Love with Tila Tequila* certainly

have that in common. But, finding your amore isn't the only thing that bonds these shows together. They've also had the fortune of being produced by SallyAnn Salsano, a 37-year-old, fist-pumping dynamo, who is best known for creating the pop culture phenomenon, *Jersey Shore*.

SallyAnn's newest reality television endeavor, *Love Handles* airs on Lifetime Television this weekend. The show is an hour-long docu-series featuring a dual transformation of overweight couples as they attempt to save their lives and relationships by confronting what lies at the core of the emotional, dietary and physical issues deeply affecting their well-being. Think *Biggest Loser* meets *Dr. Phil*. Whether it's a couple who gained weight together and are trying to get the spice back in their love life, or the woman who feels overly self-conscious because her man is thinner than her.

We had the chance to catch up with SallyAnn and she gave us the scoop on what we can expect to see this season:

What can you tell us about *Love Handles*? What makes the show different from other shows of its type?

It's about couples who feel like they're stuck, and we show their transformation. I mean, you have to go to work, raise your kids, go to the gym, cook for yourself, and deal with your life. That's the situation most people are in when they have to lose weight. Some people are granted the opportunity to shut down their life and dedicate themselves to losing weight, but in *Love Handles* people have to fend for themselves and just do it.

The other thing about *Love Handles* is that it's not just about losing the weight. It's a show about therapy, and what's really going on inside. It gives you a rare look at couples that are in complete, raw therapy sessions. For most of these people, they have never been to individual therapy, so forget about couple's therapy. For the first time, they talk about

what's bothering them, not only about themselves, but about the person they love the most. So sometimes they're just like, "Well, I don't know if I love this guy. I don't know if I could see myself with him." You should see their partner's reactions; it looks like their eyeballs pop right out of their heads because it's the first time they've ever heard that.

What are the relationships like on the show? Is everyone married?

They're all in different stages. Some of them are in a relationship, but will not get married until they lose weight. Others won't get married to their partner because they don't want a fat bride or groom. Some of the contestants are engaged, but can't buy the wedding dress because they're overweight. There are also newlyweds who are in the first year of marriage and gained 80 pounds. Some couples have been married for ten years and gained hundreds of pounds along the way and lost the intimacy they once had with each other. Every couple has their own unique story. Or, it could be that he's skinny and she's fat -it's all stuff everyone deals with and it's not only women who are self-conscious about their weight, it is men too. So you put that together – two people who are not feeling good about themselves – and the word toxic doesn't even do it justice. They're in a position where they don't even love themselves. They need to figure out what's going on inside before they can figure out if they want to be with this other person.

How does *Love Handles* parallel your own life?

Well, I'm 37, in a relationship, and I'm really happy. But, I was in a previous relationship for seven years. We had a great time, a great house, and all the bullshit. He loved me, I loved him. But, I just wasn't happy. I was so overweight, and I think that I blamed my unhappiness on anything but that. It wasn't until I got my stuff together and lost the weight that I realized I had to move on. I threw out everything I owned

and gutted my house. I did a drastic, crazy person clean out, and started over. I've never been happier. I won't say that the relationship was bad, because it wasn't bad at all. It was really me and that's kind of where *Love Handles* came from.

I think a lot of girls want to get married and have a family. And, they're looking for one guy who says yes. It doesn't even have to be the right person. For me, it's not the first person you find to say, "yes." It's the person you want to grow old with, rich or poor, the person you want next to you.

What is it about love that makes these shows so popular?

Well, I think everyone is on the endless search for love. I think even if you find someone, and you get married, you're always wondering if this is the greatest love of your life. Is this what love is supposed to feel like? I think it's all anyone ever wants. Everyone equates love with happiness. Every girl, every guy, every adult, even if you're married or single, it doesn't matter. You watch these shows, and you fantasize right along with them. Everyone wants a fairy tale.

Before we go, we need to ask some Jersey Shore "LOVE" questions! First, will we see a good love story in Italy?

Well, there are people falling in and out of love in Italy. I would say that it's hot and cold in that house. I love this season. Every season I do the same thing. I come back, and I'm like, "What if nothing happens? What if nothing goes on?"

Let me tell you something. I got all the way to Italy, and I was like, "Are you guys kidding me?" I was sitting there and would not leave the control room for 20 hours a day. That's when you know it's good. This particular season is interesting, because they were away. They didn't have all the comforts of home, and all the interactions with their friends and family that they usually do, so there was a bit more conflict than you've seen before.

What's the status of Sammi and Ronnie this season? Can you

give us a little hint?

Well, the status depends on what episode (chuckle)! You're going to see a little bit of the Sammi and Ron you knew before, and then the Sammi and Ron who takes a turn. It's really interesting. I think they finally come into their own. Sometimes, I think you grow up when you're apart.

Whether it is the crazy, fist-pumping nights out at Karma, the quacking duck phone or Snooki's ridiculous antics that have you hooked, everyone loves to watch the drama. Jersey Shore Season 4 will premiere August 4th t at 10pm ET/PT on MTV.

And, don't forget to tune into *Love Handles* on Lifetime Television August 6th at 7pm and August 7th at 3PM &4PM.

Cupid's Pulse sends a thankful fist-pump to Sally Ann for taking the time to talk with us.