

RICKI LAKE'S

LABOR OF LOVE

● A svelte Ricki Lake steps back into the spotlight with a documentary on natural birth

After producing a new documentary and getting fighting trim—she's slipping into size 4 jeans these days, thanks to exercise and a food delivery program—Ricki Lake feels reborn. And birth is very much on the former talk show queen's mind. In *The Business of Being Born*, which premiered at the Tribeca Film Festival, Lake, 38, and director Abby Epstein celebrate natural childbirth. An advocate for midwives, Lake shares footage of herself giving birth at home to second son Owen, 5, in her bathtub. "The pain was there—no question," says Lake, who had an epidural with first son Milo, 10. "[But] I wasn't stuck in a hospital bed." Furthermore, she says, "I learned to love my body after that. Seeing what my body can do, what it can create and how resilient it is—that was very powerful."

—MARISA WONG



Lake says her movie is about "birthing choices."