



Carnie, in her home gym, is committed to getting back into shape following Lola's birth. 'Five days a week there needs to be some hard-core cardio,' she says. The singer's pregnancy meant she had to relax her controlled diet – the result of gastric-banding surgery – for the good of her baby. 'I did have half of a scone if I wanted it.'

ed her? It was crazy
ldn't help it.
t to a dark place but then
"No! You can't think that
is a beautiful thing, don't
that!" But Lola would
g and I would have
in my uterus then a rush
nes and I would feel
hen feel like crying. It
ult for me. It penetrated
my heart and my head,
so intense."
believes her surgery
to no effect on her
tions before and after
born, but stresses she
o her doctors and waited
before conceiving.

'You know, you're going to be gaining weight here'. I gained 70 pounds [32 kilos]. Then again, I lost 40 [18 kilos] in two weeks. I have more to lose but I am working on it. I'm still breastfeeding so who knows what that's doing?"

In the meantime, Carnie is savouring the joys of motherhood, as well as looking after her health through "regular exercise and lots of control".

She has a healthy eating cookbook, *To Serve With Love*, out this year and has already resumed singing – recording an album for

Love I felt when Lola was born so completely overwhelming ... I felt so vulnerable'

is no physical effect from
y," explains Carnie. "The
ical effect that a mother
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children. And mum and daughter are planning their first rock'n'roll road trip, to join Rob and his band Skies of America on tour. It is a period in Carnie's life when, besides being a few pounds over her goal weight, she can relax and reflect on her journey so far.

"All I want personally in my life is some balance. I just want to focus on loving my family and friends and appreciate every God-given day. That's what's important and it's what I am striving for. I think it is just a maturity!"

Story: Wendy Squires

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