

《生产前后有什么变化？一张图片告诉你》

导读:近日，一位澳大利亚的妈妈在脸书上晒出了自己生产前和生产后的照片，照片中，生产后的她身材略发福，她之前并不喜欢自己的身材，但现在说这个身材赋予自己勇气和动力，可以做更多事。



One Australian mother took to Facebook to show off her post-baby body, but it's a before and after photo you may not expect.

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"No, this isn't a before and after shot of weight loss. But it is a victory story," blogger Laura Mazza wrote as the caption.

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The mother of two posted one "before" photo of herself with flat and toned abs, which she took before having her two children -- Luca, 2, and Sofia, 7 months -- and an after photo, showing off her new body. The photos have now

