《组图：外媒男记者来中国体验坐月子“ 肠子已悔青 ”》

'In the next 24 hours you will experience a typical Chinese new mother's life after delivery,' reads the letter I am handed as I arrive in anondescript seventh-floor flat in west Shanghai.

“?????24??????????????????????????”????????????????????????????????????

As I step into a small, sparsely furnished bedroom, Jane Jiang, my friendly host, introduces me to a lactation consultant in a medical-style dress named Zhiyi.

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Two plastic baby dolls bearing mildly demonic grins are lying on the bed next to a maternity bra and two pink, jelly-like half-spheres. I'd say they are probably C-cups.

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'Please put on your breasts, bra and pyjamas and lie down,' says Mrs Jiang, founder of Zhaimom, an online hub that offers consultancy services for new mothers.

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1.Gruelling: Mailonline man Jamie Fullerton (pictured) is strapped on two fake silica gel breasts as he feeds to baby dolls on the bed in China's bizarre 'Mr Mommy' experience.

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Childbirth

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