

MS08 VT01 Your Changing Body v1 540

[MUSIC]

During pregnancy your body will be going through a lot of different changes. Often people will have stretch marks. Some people get no stretch marks and others will have a lot of stretch marks and it just really depends on your skin type.

The development of stretch marks does probably have a genetic component and some women are just luckier than others.

Often people will look for products that will help them reduce the stretch marks, help the stretch marks fade, and really none of these products guarantee any of that happening. Stretch marks for the most part will stay. They can fade after you deliver the baby and they can change in how they look but they are a normal part of pregnancy.

Most of my friends have had stretch marks of some kind and I certainly did during my first pregnancy and while there's a bit of my pride that wishes that I was completely unblemished they have faded over time and they are also sweet reminders of the fact that my daughter once was growing inside of me and they're a symbol of the blessing that she is.

[End of recording]