

Sister Lilian Report

## *Seamless Post Birth Shape Wear Panty*

**Sister Lilian, leading pregnancy and parenting advisor and author, writes about what a woman can expect in terms of regaining her shape and weight loss after pregnancy:**

The muscles of one's abdominal area always lose some tone during pregnancy, mostly due to the stretching to accommodate the growth of a woman's belly. To look attractive and trim while she regains muscle tone, a carefully selected control panty is essential.

Weight loss after birth is a sensitive issue for many women. Remember that it took the better part of a whole year to gain the weight of pregnancy and it cannot be expected to lose this the moment baby is born. In fact, a new mom will go home in her maternity clothes and it will take at least six weeks to fit into many of her pre-pregnancy clothes again.

Most women find that their shape changes significantly and that they have new curves, even if their weight returns to normal! This is simply the way Mother Nature works. Give yourself time to loose weight, remembering that weight that comes off slowly tends to stay off more successfully.

Carriwell offers new moms a seamless support panty that conforms to all the high standards achieved by their maternity and nursing garments. The 'shape wear' panty is a sleek garment that fits like a second skin and ensures that she has a trim profile. The special fabric ensures gentle but firm support of the abdominal area. The smooth, soft material will prevent any painful cutting into soft flesh. Carriwell's seamless post birth panty also lends special support to the lower back while she regains muscle strength and pre-birth posture. Should she experience backache after spinal anesthesia in labour or from inadvertent, minor injury to her lower spine or coccyx, this panty will go beyond cosmetic appeal, adding a therapeutic dimension.