

Rochelle Humes says she accepts her 'bumps, scars, and bits on the side' as she poses nude

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Rochelle Humes breaks her own ban on posing nude "to show she has accepted her body after having two daughters. The former Saturdays singer, now a TV host, appears on the cover of Women's Health Naked Issue, on sale today.

Rochelle, 30, who turned down the mag in 2014, said: "I've accepted myself, and my body, my hair, my scars, and my bumps and my bits on one side that doesn't look the same as the other and I bit the bullet."

The star explained that she wants women to be kinder to themselves and to be proud of their "story".

She said: "This is a love letter to my younger self, my older self, my two girls who are going to battle with their idea of perfect, my mum, my sisters, my aunties and every woman who looks in the mirror and doesn't love what they see.

A string of stars praised Rochelle for her honesty, including her husband Marvin, singer Jessie J, Towie star Georgia Kousoulou, Stacey Dooley, her Saturdays bandmate Vanessa White and Vicky Pattison.

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