# Meghan Markle’s Instagram anniversary post reignites false pregnancy conspiracy theories



Meghan Markle has once again found herself at the centre of unfounded conspiracy theories as a result of her recent Instagram post celebrating her seventh wedding anniversary with Prince Harry. The post, which features a collage of intimate moments from their relationship, attracted significant attention, particularly two images: one depicting Meghan’s bare baby bump during her pregnancy with Archie, and another of a sonogram. Speculation erupted online, with a faction of internet trolls asserting that Meghan faked her pregnancies, claiming she might have used a prosthetic belly or a surrogate to carry both of her children. These assertions are not merely the musings of a few disenchanted fans; they represent a disturbing trend where public figures are often subjected to relentless scrutiny and fabricated narratives.

As noted by various commentators, these theories have persisted since Meghan's first pregnancy, wherein critics suggested her age at 37 made natural conception implausible. Furthermore, the choice of the Sussexes not to present their newborn to the press immediately after birth intensified the negative commentary surrounding their parenting choices. Liz Jones, a royal commentator, sharply rebuked the conspiracy theorists in her latest column, asserting that the idea of Meghan and Harry orchestrating such a deceit is ludicrous. “There is no way such a deceitful act – which ridicules our Royal Family as well as the British people – could be pulled off,” she argued.

In light of these persistent theories, recent interviews featuring Meghan provide a counter-narrative. She has openly discussed her pregnancies, aiming to normalise conversations about women's health and personal experiences. It is crucial to highlight that her revelations do not engage with these conspiracy theories explicitly but focus on the emotional and physical realities of pregnancy. Many experts have emphasised the societal implications of such unfounded claims, particularly how they marginalise women's lived experiences.

The resurgence of these conspiracy theories aligns with broader media narratives. The promotion of Omid Scobie's biography has inadvertently ignited fresh speculation, drawing parallels with the recent Netflix docuseries 'Harry & Meghan', which further explores the couple's struggles with media scrutiny. As these narratives gain traction, they are assisted by the ease of dissemination on social media platforms, wherein such unfounded claims can circulate widely and unchallenged.

Moreover, these conspiracies reflect a more significant cultural phenomenon where women, particularly those in the public eye, are subjected to harsh scrutiny regarding their bodies and choices. This environment not only fosters harmful stereotypes but can contribute to mental health issues for those targeted. As conversations surrounding mental health intensify globally, the need for empathy and understanding becomes even more critical.

The continued focus on Meghan Markle's pregnancies underscores a troubling intersection of media, celebrity culture, and misogyny, where the narratives constructed around public figures can have profound implications on their lives. With each passing year, it becomes increasingly important to challenge these baseless theories and instead promote a dialogue grounded in compassion and respect for personal experience.

## Reference Map:

* Paragraph 1 – [[1]](https://www.express.co.uk/news/royal/2059455/meghan-markle-instagram-moodboard-conspiracy-theory), [[4]](https://meaww.com/meghan-markles-fake-pregnancy-conspiracy-theories-resurface-as-omid-scobies-book-gets-slammed)
* Paragraph 2 – [[1]](https://www.express.co.uk/news/royal/2059455/meghan-markle-instagram-moodboard-conspiracy-theory), [[3]](https://www.vice.com/en/article/meghan-markle-fake-pregnancy-conspiracies/), [[2]](https://www.suggest.com/meghan-markle-interview-fake-pregnancy-conspiracy-theory/2660767/)
* Paragraph 3 – [[2]](https://www.suggest.com/meghan-markle-interview-fake-pregnancy-conspiracy-theory/2660767/), [[5]](https://www.nzherald.co.nz/lifestyle/dark-theory-surrounding-meghan-markles-pregnancy/DHSYCDRR56P73EK756VT5GWEEY/), [[6]](https://shows.acast.com/conspiracy-she-wrote/episodes/meghan-markle-pregnancy-truthers)
* Paragraph 4 – [[3]](https://www.vice.com/en/article/meghan-markle-fake-pregnancy-conspiracies/), [[7]](https://en.wikipedia.org/wiki/Meghan,_Duchess_of_Sussex)

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1. <https://www.express.co.uk/news/royal/2059455/meghan-markle-instagram-moodboard-conspiracy-theory> - Please view link - unable to able to access data
2. <https://www.suggest.com/meghan-markle-interview-fake-pregnancy-conspiracy-theory/2660767/> - This article discusses how Meghan Markle's recent interview debunks the 'fake pregnancy' conspiracy theories. It highlights her personal experiences and statements that counter the unfounded claims about her pregnancies, emphasizing the importance of normalizing conversations about women's health and personal experiences.
3. <https://www.vice.com/en/article/meghan-markle-fake-pregnancy-conspiracies/> - Vice News explores the resurgence of conspiracy theories alleging that Meghan Markle faked her pregnancies. The piece examines the spread of these unfounded claims on social media platforms and the impact of the Netflix documentary 'Harry & Meghan' on reigniting such discussions.
4. <https://meaww.com/meghan-markles-fake-pregnancy-conspiracy-theories-resurface-as-omid-scobies-book-gets-slammed> - This article reports on the resurfacing of 'fake pregnancy' conspiracy theories about Meghan Markle, coinciding with the promotion of royal biographer Omid Scobie's new book, 'Endgame.' It discusses how these theories have gained traction and the public's reaction to them.
5. <https://www.nzherald.co.nz/lifestyle/dark-theory-surrounding-meghan-markles-pregnancy/DHSYCDRR56P73EK756VT5GWEEY/> - The New Zealand Herald delves into the 'moonbump' conspiracy theory, which claims that Meghan Markle faked her pregnancy. The article examines the spread of this theory on social media and the psychological impact of such unfounded claims on the Duchess of Sussex.
6. <https://shows.acast.com/conspiracy-she-wrote/episodes/meghan-markle-pregnancy-truthers> - This podcast episode from 'Conspiracy, She Wrote' investigates the community of conspiracy theorists who claim Meghan Markle faked her pregnancies. It explores the origins of these theories, their spread on social media, and the broader implications of such misinformation.
7. <https://en.wikipedia.org/wiki/Meghan,_Duchess_of_Sussex> - The Wikipedia page on Meghan, Duchess of Sussex, provides a comprehensive overview of her life, including her marriage to Prince Harry and the various conspiracy theories that have surrounded her, such as those alleging she faked her pregnancies.