

WOMEN'S HEALTH JOURNAL · ANCIENT FULANI CORE RESET PROGRAM

BONUS #2 — FREE

The **Fulani** Belly Binding Technique — Written Down for the First Time



The Arba'in wrapping method passed down through Fulani, Hausa, and Moroccan postpartum tradition — the correct sequence, the correct pressure, and the correct timing across all 21 days.

Read this first: Most women who try belly wrapping after a C-section are doing it in the wrong order — and accidentally compressing the problem deeper rather than releasing it. This guide teaches you the difference between *compressing* your belly and *restoring* it. These are not the same thing.

THE FOUNDATION

Why Belly Binding Works — And Why Most Women Are Doing It Wrong

In Fulani postpartum tradition, binding is never the first step. It is the *last* step of each day's protocol. This is the most important thing to understand before you begin.

When most modern women try wrapping — waist trainers, compression bands, postpartum belts — they are applying external pressure to an area that has not been internally prepared. The muscles underneath are not activated. The scar tissue has not been softened. The nerve signal has not been restored.

What happens when you compress a disconnected core? The belly is pushed inward temporarily — but snaps back out the moment you remove the wrap. And over time, the repeated compression without internal reconnection can actually **lock the scar tissue in place**, making the shelf worse, not better.

THE ARBA'IN PRINCIPLE

- **Prepare first, bind second.** Binding only works after the body has been warmed, softened, and signalled. That is what Phase 1 and Phase 2 of your

Core Reset protocol do.

- **Gentle pressure, not tight compression.** The Arba'in method uses firm but breathable wrapping — not the tight cinching of modern waist trainers.
- **Sequence matters.** The direction you wrap, where you start, and where you finish determines whether you are helping or hindering the process.
- **Timing matters.** Binding is done after the tea ritual, not before — the internal preparation must come first.

WHAT YOU NEED

Materials for the Arba'in Binding



A Long Cotton Cloth or Wrap

Minimum 4–5 metres long, 25–30cm wide. Cotton or linen only — no synthetic stretch fabric. An old ankara wrapper or plain cotton yard fabric works perfectly. Cut it to size if needed.



Warm Coconut or Olive Oil

For the pre-binding massage that prepares the scar site. Warm it slightly before use — cold oil does not have the same softening effect on the tissue underneath.



2–3 Safety Pins or Cloth Clips

To secure the wrap at the end. Do not use elastic bands or tight ties that cut into the cloth unevenly.



A Timer (30–45 minutes)

The binding is worn for 30–45 minutes per session — not all day. Wearing it too long can restrict breathing and reverse the benefit.

► IMPORTANT — BEFORE YOU START

Do not begin binding until Day 3 of Phase 1. Your body needs 2–3 days of internal preparation (the herb teas) before the external binding will be effective. Starting earlier will not speed up results — it may slow them down.

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THE ARBA'IN METHOD

The Correct Binding Sequence — Step by Step

Do this once daily, in the morning, after drinking your Phase tea and waiting 20 minutes. Do not eat a heavy meal immediately before binding.

STEP 1 Warm the Oil and Apply to the Scar Site

Warm a small amount of coconut or olive oil in your palms or in a small bowl placed in hot water. The oil should be warm — not hot.

Apply the warm oil directly onto the C-section scar and the skin above it (the shelf area). Using your fingertips, massage gently in small circular motions — **clockwise only** — for 2–3 minutes.

Do not press hard. The pressure should feel like you are encouraging the skin to soften, not pushing through it. Many women feel the scar area is numb — this is normal. The massage gradually restores sensation over the 21 days.

📌 *Aisha's instruction: "You warm the outside to meet the inside. The tea warms from within. The oil warms from without. The two meet at the scar."*

STEP 2 Stand or Sit Upright — Do Not Lie Down

Stand with your feet shoulder-width apart, or sit upright on the edge of a chair with your back straight. The binding must be done in an upright position — your organs settle differently when you lie down, and wrapping while lying down creates uneven pressure that works against the method.

Take three slow, deep breaths before you begin wrapping. Exhale fully on the third breath — begin wrapping on the exhale, while your abdomen is in its natural relaxed position.

📌 *Do not pull your belly in before wrapping. This is the opposite of what the method requires. The wrap holds your relaxed belly — it does not force it inward.*

STEP 3 Begin Below the Hip — Not at the Waist

This is the step most women get wrong. They start wrapping at the belly button or the waist — which traps the lower abdomen and pushes fluid and pressure downward onto the scar site.

The correct starting point is **just above the hip bone** — about 5–7cm below your belly button, and 2–3cm above the top of the scar line.

Hold one end of the cloth flat against your lower abdomen (front centre). Begin wrapping horizontally around your body, moving the cloth **from right to left** (anticlockwise when viewed from above). Keep each wrap flat and smooth — no bunching or twisting.

▀ *Right to left is not random — it follows the natural direction of the large intestine, which supports digestion and reduces bloating as a secondary effect of the wrap.*

STEP 4 Wrap Upward in Overlapping Layers

After the first pass around your lower abdomen, angle each subsequent layer **slightly upward** — approximately 1–2cm higher with each full rotation around the body. Think of it as a gentle spiral moving from the hips toward the ribs.

Each new layer should overlap the previous layer by at least half its width. This creates a supportive structure rather than isolated bands of pressure.

- Layer 1–2: just above hip bone / scar site area
- Layer 3–4: across the lower belly (below the navel)
- Layer 5–6: across the navel
- Layer 7–8: upper belly, stopping 4–5cm below the ribs

Do not wrap above the bottom of your ribcage. Leave your ribs free to expand for breathing.

▀ *The pressure should feel like a firm hug — not a squeeze. If you cannot breathe normally or feel tightness in your chest, unwrap one layer immediately.*

STEP 5 Secure the End and Do the Breathing Check

Tuck the final end of the cloth under the last wrap layer, or secure with a safety pin on the side of your body (never directly over the scar or over the spine).

The breathing check: After securing, take a slow deep breath in through your nose. Your belly should be able to expand slightly. If it cannot — if the wrap stops your belly from rising — loosen the entire wrap by one full layer and rewrap from Step 3.

A wrap that is too tight is worse than no wrap at all.

▀ *You should be able to slide two fingers under the wrap at any point on your abdomen. If you cannot — loosen it.*

STEP 6 **Wear for 30–45 Minutes, Then Remove Correctly**

Set a timer for 30–45 minutes. During this time, move gently — light walking, sitting, standing. Do not exercise, lie flat, or eat a large meal while wrapped.

Removing the wrap correctly: Unwind in the opposite direction of how you applied it — left to right, moving downward. Do not pull the cloth off quickly. Unwrap slowly, layer by layer, in one smooth continuous motion.

After removing, place your palms flat on your lower belly for 30 seconds. This is the Fulani "closing" — a brief moment to let the body register the treatment before you return to normal movement.

■ *After removing the wrap, drink a glass of warm water. This helps the body continue the softening process internally.*

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BINDING SCHEDULE BY PHASE

How the Binding Changes Across the 21 Days

PHASE	DAYS	WHEN TO BIND	DURATION	FOCUS
Phase 1 — Unseal	Days 3–7	Morning, 20 mins after tea	30 minutes	Gentle pressure only. Scar site massage is the priority. The wrap supports, not restricts.
Phase 2 — Rewire	Days 8–14	Morning, 20 mins after tea	40 minutes	Increase layers by one. Begin adding the breathing exercises during the binding window (see below).
Phase 3 — Seal	Days 15–21	Morning, 20 mins after tea	45 minutes	Full binding routine. Add the core activation breath (below). This is when the results begin to hold permanently.

THE BREATHING COMPONENT

Core Activation Breathing — Done While Wrapped

This is the element that separates the Arba'in method from ordinary wrapping. The breath is what sends the signal back through the severed nerve pathways. The wrap holds the space. The breath activates it.

PHASE 2 BREATH The Diaphragm Reconnect (Start Day 8)

While wearing your wrap, sit upright in a chair. Place both hands flat on your wrapped belly.

Inhale slowly through your nose for 4 counts — feel your belly try to expand against the wrap. **Hold** for 2 counts. **Exhale slowly** through your mouth for 6 counts — feel your belly fall back.

Repeat 10 times. Rest 1 minute. Repeat 10 more times. This is one session. Do this once during your wrapping window each day from Day 8 onward.

■ Many women feel a "flutter" or slight sensation in their lower belly during this exercise — especially from Day 10 onward. This is the nerve signal beginning to restore. Do not be alarmed. This is exactly what should happen.

PHASE 3 BREATH The Core Draw (Start Day 15)

This is the full core activation breath used by Fulani women in the final stage of the Arba'in process.

Inhale fully through the nose for 4 counts. At the top of the inhale, **gently draw your lower belly inward and upward** — as if your navel is trying to meet your spine, slowly and softly. Hold this draw for 4 counts. **Exhale** slowly through the mouth for 6 counts, releasing the draw gradually.

Repeat 8 times. Rest. Repeat 8 more times. This is the movement that reactivates the transverse abdominis — the deepest layer of your core, the one the C-section disconnected.

■ Do not suck in dramatically or hold your breath until you are uncomfortable. The movement should be subtle and internal — not a visible stomach vacuum. Think of it as sending a gentle message to your muscles, not commanding them.

COMMON MISTAKES

7 Mistakes That Lock the Problem In Deeper

1

Starting at the Waist Instead of the Hips

Wrapping from the waist down pushes fluid and pressure onto the scar site from above. Always start below the hip bone and work upward.

✓ *Fix: Begin every session 5–7cm below the navel, just above the scar line.*

2

Wrapping Too Tightly

Tight wrapping compresses without restoring. It feels like it is working, but it is simply pushing the belly inward temporarily. The two-finger rule is non-negotiable.

✓ *Fix: You must be able to breathe deeply and slide two fingers under the wrap at all times.*

3

Wrapping Before the Tea Ritual

The bind without the internal preparation is like painting over a crack in a wall. It looks different from the outside, but nothing has changed underneath.

✓ *Fix: Always do the tea ritual first. Wait at least 20 minutes before binding.*

4

Wrapping While Lying Down

Your organs and fluids settle differently when horizontal. Binding while lying down creates uneven pressure and causes the wrap to ride up or bunch.

✓ *Fix: Always stand or sit upright when applying and wearing the wrap.*

5

Wearing the Wrap All Day

Continuous binding prevents your core muscles from doing any independent work. Your muscles need periods without the wrap to strengthen naturally.

✓ *Fix: Maximum 45 minutes per session, once per day. No more.*

6

Skipping the Scar Massage (Step 1)

The oil massage is not optional or cosmetic. It softens the fascia layer before external pressure is applied. Without it, the wrap meets resistant tissue.

✓ *Fix: Never skip Step 1. Even 2 minutes of warm oil massage makes a significant difference.*

7

Pulling the Belly In Before Wrapping

Many women instinctively hold their belly in when they start wrapping. This creates a false baseline — when the muscles relax, the wrap becomes too loose or shifts position.

✓ *Fix: Breathe out fully and let your belly rest in its natural position before you begin.*

FREQUENTLY ASKED QUESTIONS

Questions from the Telegram Group

My C-section was 2 years ago. Is it too late for the binding to work?

No. Scar tissue and disconnected nerve pathways respond to the Arba'in method regardless of how long ago the surgery was. The internal preparation (the herb teas) softens scar tissue even years later. The binding then works on what the teas have prepared. Begin from Day 3 as instructed, regardless of your C-section timeline.

Can I use a ready-made postpartum belt instead of a cloth?

No. Ready-made belts and waist trainers do not allow you to control the starting position, the directional wrap, or the upward spiral movement. They apply uniform pressure in one direction — which is the problem the Arba'in method corrects. Use a plain cotton cloth as described.

I feel nothing during the binding — is it working?

In Phase 1, most women feel very little. The scar area is often numb due to the nerve disruption from surgery. This is exactly why the method works gradually — the teas and massage restore sensation slowly. By Phase 2, most women begin to feel the tissue responding. Trust the process even when you cannot feel it yet.

Can I do the binding at night before bed instead of morning?

Morning is strongly preferred in the Arba'in tradition — the body is in a natural fasting state and the internal organs are in their most settled position. If morning is genuinely impossible, the second option is early evening, at least 2 hours after your last meal. Never bind immediately after eating.

The scar area feels warm or tingles during the massage. Is this normal?

Yes — this is a positive sign. Warmth and tingling during the scar massage indicate that blood circulation is returning to the area. This is what the oil massage is designed to do. If you experience sharp pain rather than warmth, stop the massage and contact Amaka in the Telegram group.

STOP IMMEDIATELY IF

You experience sharp pain at the scar site during binding · You feel numbness in your legs or feet while wrapped · You notice increased discharge or any bleeding · You feel dizzy or short

of breath while wrapped. Contact Amaka in the support group and consult your doctor before continuing.

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