

WOMEN'S HEALTH JOURNAL · ANCIENT FULANI CORE RESET PROGRAM

BONUS #1 — FREE

The Complete **Arba'in** Herb & Tea Ritual Guide



The 500-year-old postpartum herbal protocol used by Fulani, Hausa, and Moroccan women — written down and explained in full for the first time.

Before you begin: Every herb and ingredient in this guide is available at any open market in Nigeria — including Lagos, Abuja, Kano, Port Harcourt, and Aba — for a combined total of under ₦2,000. Nothing here requires a pharmacy or specialist store.

HOW TO USE THIS GUIDE

- This guide runs alongside your 21-day Core Reset protocol — do not use it independently
- Each phase (Unseal, Rewire, Seal) has its own specific herbs and preparation method
- Follow the sequence exactly — the order matters as much as the ingredients
- Buy your herbs before Day 1 so you are fully ready from the start
- All quantities given are for one person for the full phase duration

PHASE ONE Unseal — Opening the Body

Days 1–7

The goal of Phase 1 is to soften internal scar tissue, reduce inflammation around the C-section site, and begin warming the womb from the inside. These herbs do not burn fat — they prepare the tissue for reconnection.

1 Ginger Root (*Zingiber officinale*)*Ata-ile (Yoruba) · Citta (Hausa)*

PURPOSE	Womb warming, internal inflammation reduction, blood circulation to the scar site
FORM	Fresh root (preferred) or dried powder
QUANTITY	1 medium-sized root per week (approx. 100g)
WHERE TO BUY	Any open market — sold by the handful, very cheap
HOW TO USE	Slice 3–4 pieces, boil in 500ml water for 10 minutes, drink warm morning and evening

▀ *Do not drink cold. The warming effect is the mechanism — heat is essential to this herb's action.*

2 Moringa Leaves (*Moringa oleifera*)*Ewe Ile (Yoruba) · Zogale (Hausa)*

PURPOSE	Nerve nourishment, mineral replenishment, supports tissue repair after surgery
FORM	Fresh leaves or dried powder
QUANTITY	2 handfuls fresh leaves or 3 tablespoons powder per week
WHERE TO BUY	Open market, herbal sellers, or grow at home — very common in Northern Nigeria
HOW TO USE	Boil fresh leaves lightly in water (do not over-boil), drink as tea or add to light soup

▀ *Moringa is the nutritional backbone of Phase 1. It feeds the nerves that the C-section disrupted. Do not skip it.*

3 Cloves (*Syzygium aromaticum*)*Kanafuru (Yoruba) · Kanumfari (Hausa)*

PURPOSE	Scar tissue softening, anti-inflammatory, improves blood flow beneath the skin
FORM	Whole dried cloves
QUANTITY	Small bag (30–40 pieces) for the full phase

WHERE TO BUY	Any spice seller in open market — sold by measure for under ₦200
HOW TO USE	Add 5–6 cloves to your ginger tea each morning. Do not chew directly in large quantities.

► *Cloves work beneath the surface — they soften the tissue layer above the scar from the inside, which is the "shelf" you feel.*

PHASE 1 — DAILY TEA PREPARATION

1. Boil 500ml of clean water in a small pot
2. Add 3–4 slices of fresh ginger root
3. Add 5–6 whole cloves
4. Simmer on low heat for 10 minutes
5. Remove from heat and add a small handful of fresh moringa leaves
6. Cover and let steep for 5 minutes (do not boil the moringa)
7. Strain into a cup and drink warm — no sugar, no milk
8. Drink one cup in the morning (empty stomach) and one cup in the evening

► IMPORTANT

Do not add sugar, milk, or any sweetener to Phase 1 teas. These interfere with the anti-inflammatory action. If the taste is too strong, reduce the ginger slightly — but do not sweeten it.

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PHASE TWO Rewire — Reactivating the Signal

Days 8–14

Phase 2 shifts focus from softening to reactivation. The herbs here target the nerve pathways between the brain and the core, supporting the signal restoration that is the foundation of this entire method. This is the phase where most women feel the "switch" — usually around Day 12.

4

Fenugreek Seeds (*Trigonella foenum-graecum*)

Hulba (Hausa/Fulani) · Eru Aja (Yoruba)

PURPOSE	Hormonal rebalancing after C-section, reduces water retention in the belly, supports core muscle recovery
FORM	Whole seeds (preferred) or powder
QUANTITY	100g for the full phase
WHERE TO BUY	Northern market sellers, Hausa spice traders — ask for "Hulba" in the North
HOW TO USE	Soak 1 teaspoon overnight in cold water. In the morning, strain and drink the soaking water, then chew the seeds slowly.

■ *Fenugreek is the most important herb in Phase 2. It is used across Fulani, Hausa, and Moroccan postpartum traditions — independently — for the same reason.*

5

Black Seed / Nigella (*Nigella sativa*)

Habbatus Sauda (Hausa/Fulani) · Iyere (Yoruba)

PURPOSE	Nerve repair support, deep internal healing, immune strengthening after surgery
FORM	Seeds or cold-pressed oil
QUANTITY	Small bottle of oil (100ml) or 50g seeds for the phase
WHERE TO BUY	Hausa medicine sellers, Islamic herbal shops, or any well-stocked open market
HOW TO USE	Half teaspoon of oil on an empty stomach each morning, OR mix seeds into your Phase 2 tea

■ *Called "the remedy for everything except death" in ancient Islamic medicine. Used in Fulani postpartum recovery for generations specifically for internal healing.*

6

Cinnamon Bark (*Cinnamomum verum*)

Kirfa (Hausa) · Oloorun (Yoruba)

PURPOSE	Blood sugar stabilisation, reduces bloating, supports the body's natural fat-signalling mechanism
FORM	Whole sticks (preferred) or ground
QUANTITY	4–5 sticks for the phase (or 2 tablespoons ground)
WHERE TO BUY	Any spice seller at open market
HOW TO USE	Add 1 stick to your Phase 2 morning tea while boiling. Remove before drinking.

PHASE 2 — DAILY PROTOCOL (MORNING & EVENING)

1. **Night before:** Soak 1 teaspoon of fenugreek seeds in a small cup of cold water. Cover and leave overnight.
2. **Morning (empty stomach):** Drink the fenugreek soaking water first. Then take ½ teaspoon of black seed oil. Chew the soaked seeds slowly after.
3. **Wait 15–20 minutes, then prepare your morning tea:** Boil 500ml water with 1 cinnamon stick and 5 cloves (carried over from Phase 1) for 8 minutes. Drink warm.
4. **Evening:** Repeat the cinnamon tea. Add a pinch of black seeds to the boiling water if preferred.

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PHASE THREE Seal — Locking in the Results

Days 15–21

Phase 3 consolidates everything. The herbs here support the body in holding the reconnection — tightening the core tissue from the inside, reducing the final layer of swelling, and making the results permanent rather than temporary.

7 Turmeric Root (*Curcuma longa*) *Ata Ile Pupa (Yoruba) · Gangamau (Hausa)*

PURPOSE	Final inflammation clearance, tissue tightening, long-term scar healing from within
FORM	Fresh root or powder
QUANTITY	Small knob of fresh root or 2 tablespoons powder for the phase
WHERE TO BUY	Open market spice sellers — yellow root, looks similar to ginger
HOW TO USE	Add a small piece (or ¼ teaspoon powder) to your morning tea. Combine with black pepper for better absorption.

■ Always combine turmeric with a small pinch of black pepper (*Iyere*). Without it, the body absorbs almost none of the active compound.

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Dandelion Leaf or Root (*Taraxacum officinale*)

Available at herbal medicine sellers in
Lagos & Abuja

PURPOSE	Removes retained fluid from the belly area, supports liver and kidney function, final detox
FORM	Dried leaf or tea bags
QUANTITY	Small pack (available as tea bags in some markets and health shops)
WHERE TO BUY	Health food stores, herbal medicine sellers in Lagos (Balogun Market), Abuja Wuse Market
HOW TO USE	Brew one cup of dandelion tea daily in the evening — steep for 5 minutes, drink warm

PHASE 3 — DAILY PROTOCOL

- 1. Morning (empty stomach):** Continue the black seed oil (½ teaspoon) from Phase 2
- 2. Prepare morning tea:** Boil 500ml water with fresh ginger (from Phase 1), add turmeric + a pinch of black pepper. Simmer 8 minutes. Drink warm.
- 3. Midday:** Drink 2 full glasses of plain warm water (not cold). This is important in Phase 3 for flushing retained fluid.

4. **Evening:** Brew 1 cup of dandelion tea. Drink slowly before bed.

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COMPLETE MARKET SHOPPING LIST — BUY BEFORE DAY 1

ITEM	LOCAL NAME	PHASE	EST. COST
Fresh ginger root	Ata-ile / Citta	1 + 3	₦150–200
Moringa leaves (fresh or dried)	Ewe Ile / Zogale	1	₦100–150
Whole cloves	Kanafuru / Kanumfari	1 + 2	₦100–150
Fenugreek seeds	Hulba / Eru Aja	2	₦150–200
Black seed oil or seeds	Habbatus Sauda	2 + 3	₦300–500
Cinnamon sticks	Kirfa / Oloorun	2	₦100–150
Turmeric root or powder	Gangamau / Ata Ile Pupa	3	₦100–150
Black pepper (small)	Iyere	3	₦50–100
Dandelion leaf/tea bags	Herbal shop	3	₦200–400
Total Estimated Cost			₦1,250–₦1,800

21-DAY DAILY SCHEDULE AT A GLANCE

TIME	PHASE 1 (DAYS 1–7)	PHASE 2 (DAYS 8–14)	PHASE 3 (DAYS 15–21)
On waking	Warm water (plain)	Fenugreek water + black seed oil	Black seed oil
Morning tea	Ginger + cloves + moringa	Cinnamon + cloves + black seed	Ginger + turmeric + pepper

TIME	PHASE 1 (DAYS 1–7)	PHASE 2 (DAYS 8–14)	PHASE 3 (DAYS 15–21)
Midday	2 glasses warm water	2 glasses warm water	2 glasses warm water
Evening	Ginger + cloves tea	Cinnamon tea	Dandelion tea

► GENERAL SAFETY NOTES

All herbs in this guide are food-safe and widely consumed in Nigeria. However, if you are currently breastfeeding, pregnant again, or on any prescribed medication, consult your doctor before beginning. If you experience any unusual reaction, stop that herb and contact Amaka in the Telegram group.

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