

WOMEN'S HEALTH JOURNAL · SPECIAL REPORT

The Ancient **Fulani** Hidden Flat Tummy Core Reset Secret

Everything you need in one place — why your belly won't go down, what to use, how to mix it, and your complete 21-day daily routine.



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PLEASE READ FIRST

This guide is for educational and informational purposes only. It is not a substitute for medical advice. All herbs mentioned are food-safe and widely available in Nigerian markets. If you are on prescribed medication, breastfeeding, or have post-surgical complications, consult your doctor before beginning. Results vary — most women feel a shift around Day 10–12.

CHAPTER 01 Why Your C-Section Belly Won't Go Down — The Real Reason

You have tried dieting. You have tried the gym. You have worn the waist trainer every day. And your belly is still there — that pouch above the scar that refuses to move no matter what you do.

You are not doing anything wrong. You have been trying to fix the wrong problem.

"Your C-section belly is not just fat. It is a disconnection."

When they performed your C-section, three layers of your body were cut through:

THE 3-LAYER DISCONNECTION

- **Layer 1 — Skin:** This heals visibly. The scar closes. Most people stop here and assume recovery is complete.
- **Layer 2 — Fascia:** The connective tissue beneath the skin. This heals slowly and often forms hard internal scar tissue — the "shelf" you can feel and see above the scar line.
- **Layer 3 — Nerve pathways:** The nerves connected to your deep core muscles. These are what send signals from your brain telling your stomach muscles to activate, tighten, and hold your belly flat. When these are cut, the signal stops. Your core goes quiet.

This is why that pouch sticks out even when you lose weight everywhere else. Your deep core muscles — the ones responsible for holding your belly in naturally — have stopped receiving instructions. They are not working. Not because you are lazy, but because the signal that tells them to work was severed.

No diet removes a disconnected muscle. No waist trainer reconnects a severed nerve pathway. Compression pushes the belly in temporarily — but the moment you take the trainer off, it springs back. Because nothing has changed underneath.

This is what Aisha told me: "In our culture, we do not try to lose the belly. We restore the body." That one sentence changed everything. I had been fighting my belly for over a year. She had been taught — from her grandmother — to restore it.

CHAPTER 02 The Arba'in Method — What Fulani Women Have Done for 500 Years

The word *Arba'in* means "forty" in Arabic — referring to the 40-day postpartum restoration period practiced by Fulani, Hausa, and Moroccan women for generations. This guide gives you a concentrated 21-day version designed for modern life.

The method works in three phases. Each phase prepares your body for the next. You cannot skip a phase or change the order — the sequence is the mechanism.

THE 3 PHASES

1. **Phase 1 — Unseal (Days 1–7):** Soften the internal scar tissue. Warm the womb. Reduce inflammation. Prepare the nerve pathways for reconnection.
2. **Phase 2 — Rewire (Days 8–14):** Reactivate the nerve signal between your brain and your core. Begin gentle core activation. Most women feel the shift around Day 12.
3. **Phase 3 — Seal (Days 15–21):** Lock in the reconnection. Tighten the tissue from within. Clear retained fluid. Make the results permanent.

Each phase uses three things together: specific herbs and teas, warm oil massage, and the Arba'in belly binding. All three are explained fully in this guide. Everything you need is here.

CHAPTER 03 Your Complete Herb & Tea Guide — What to Buy, Where to Find It, How to Make It

Every ingredient below is available at any open market in Nigeria — Lagos, Abuja, Kano, Port Harcourt, Aba — for a combined total of under ₦2,000. Nothing requires a pharmacy or specialist store.

► BEFORE YOU SHOP

Buy everything before Day 1 so you are fully ready from the start. Ask market sellers by the local names listed below — they will know exactly what you need.

PHASE 1 HERBS — DAYS 1 TO 7

1 Ginger Root

Ata-ile (Yoruba) · Citta (Hausa)

WHAT IT DOES	Warms the womb from inside, reduces inflammation around the scar site, improves blood circulation to the healing tissue
WHAT TO BUY	Fresh root — 1 medium root per week (about 100g). Dried powder also works.
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.

▀ Always drink warm, not cold. The warming is the mechanism — heat is essential to how this herb works.

2 Moringa Leaves

Ewe Ile (Yoruba) · Zogale (Hausa)

WHAT IT DOES	Nourishes the nerve pathways, replenishes minerals lost during surgery, supports tissue repair
WHAT TO BUY	Fresh leaves or dried powder — 2 handfuls fresh or 3 tablespoons powder per week
WHERE TO BUY	Open market or herbal sellers. Very common in Northern Nigeria. Can also be grown at home.
HOW TO USE	Add to your ginger tea after removing from heat. Steep 5 minutes — do not boil the moringa directly.

▀ Moringa feeds the nerves the C-section disrupted. Do not skip it in Phase 1 — it is doing the foundational work.

3 Whole Cloves

Kanafuru (Yoruba) · Kanumfari (Hausa)

WHAT IT DOES	Softens internal scar tissue, anti-inflammatory, improves blood flow beneath the skin directly above the scar
WHAT TO BUY	Whole dried cloves — small bag (30–40 pieces) for the full phase
WHERE TO BUY	Any spice seller in open market. Under ₦200.
HOW TO USE	Add 5–6 cloves to your ginger tea while boiling. Do not chew directly in large quantities.

📌 Cloves work on the tissue layer directly above your scar — the shelf you can feel. This is the ingredient targeting the problem from beneath.

HOW TO MAKE YOUR PHASE 1 TEA — DAILY

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

PHASE 2 HERBS — DAYS 8 TO 14

4 Fenugreek Seeds

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

WHAT IT DOES	Rebalances hormones disrupted by surgery, reduces water retention in the belly, supports core muscle recovery
WHAT TO BUY	Whole seeds — 100g for the full phase. Powder also works.
WHERE TO BUY	Northern market sellers, Hausa spice traders. Ask for "Hulba."
HOW TO USE	Soak 1 teaspoon in cold water overnight. In the morning, drink the soaking water first, 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 purpose.

5 Black Seed (Nigella)

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

WHAT IT DOES	Nerve repair support, deep internal healing, immune strengthening after surgery
WHAT TO BUY	Seeds or cold-pressed oil — 100ml bottle or 50g seeds
WHERE TO BUY	Hausa medicine sellers, Islamic herbal shops, well-stocked open markets

HOW TO USE	1/2 teaspoon of oil on empty stomach every morning. Or add seeds to your Phase 2 tea.
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■ Used for generations in Fulani postpartum recovery specifically for internal healing. Take it every morning without skipping.

6 Cinnamon Sticks

Kirfa (Hausa) · Oloorun (Yoruba)

WHAT IT DOES	Stabilises blood sugar, reduces bloating, supports the body's natural fat-signalling mechanism
WHAT TO BUY	4–5 whole sticks or 2 tablespoons ground powder
WHERE TO BUY	Any spice seller at open market
HOW TO USE	Add 1 stick to your Phase 2 tea while boiling. Remove before drinking.

HOW TO MAKE YOUR PHASE 2 TEA — DAILY

1. **Night before:** Soak 1 teaspoon fenugreek seeds in cold water. Cover and leave overnight.
2. **Morning — on empty stomach:** Drink the fenugreek soaking water. Then take 1/2 teaspoon of black seed oil. Then chew the soaked seeds slowly.
3. **Wait 15–20 minutes, then make your tea:** Boil 500ml water with 1 cinnamon stick and 5–6 cloves for 8 minutes. Drink warm.
4. **Evening:** Repeat the cinnamon tea. Add a pinch of black seeds to the boiling water if preferred.

PHASE 3 HERBS — DAYS 15 TO 21

7 Turmeric Root

Gangamau (Hausa) · Ata Ile Pupa (Yoruba)

WHAT IT DOES	Final inflammation clearance, tightens connective tissue from within, long-term scar healing
WHAT TO BUY	Fresh root or powder — small knob 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 1/4 teaspoon powder to your morning tea. Always combine with a pinch of black pepper.

■ Always combine turmeric with black pepper (Iyere). Without it, your body absorbs almost none of the active compound. The pepper activates it.

8 Dandelion Leaf

Available at herbal medicine sellers — ask for "dandelion tea"

WHAT IT DOES	Removes retained fluid from the belly area, final detox, supports liver and kidney function
WHAT TO BUY	Dried leaf or tea bags — small pack
WHERE TO BUY	Herbal medicine sellers in Lagos (Balogun Market), Abuja (Wuse Market), health food stores
HOW TO USE	Brew 1 cup every evening — steep for 5 minutes, drink warm before bed

HOW TO MAKE YOUR PHASE 3 TEA — DAILY

1. **Morning — on empty stomach:** ½ teaspoon black seed oil (carry this over from Phase 2)
2. **Morning tea:** Boil 500ml water with fresh ginger slices + turmeric + pinch of black pepper. Simmer 8 minutes. Drink warm.
3. **Midday:** 2 full glasses of plain warm water. Important in Phase 3 for flushing retained fluid.
4. **Evening:** Brew 1 cup of dandelion tea. Steep 5 minutes. Drink slowly before bed.

COMPLETE MARKET SHOPPING LIST — BUY ALL BEFORE DAY 1

ITEM	LOCAL NAME	PHASE	EST. COST
Fresh ginger root	Ata-ile / Citta	1 + 3	₦150–200
Moringa leaves	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

ITEM	LOCAL NAME	PHASE	EST. COST
Turmeric root or powder	Gangamau / Ata Ile Pupa	3	₦100–150
Black pepper (small)	Iyere	3	₦50–100
Dandelion leaf / tea bags	Ask herbal shop	3	₦200–400
Coconut or olive oil	For daily massage	All phases	₦300–500
Total Estimated Cost			₦1,550–₦2,300

CHAPTER 04 The Arba'in Belly Binding — How to Do It Correctly

Most women who try belly wrapping after a C-section are doing it in the wrong order — and accidentally locking the problem in deeper. The Arba'in method is not compression. It is restoration. There is a difference.

What you need: A plain cotton cloth, 4–5 metres long and 25–30cm wide. An ankara wrapper or plain cotton yard fabric works perfectly. Also: warm coconut or olive oil, 2–3 safety pins, a timer.

► CRITICAL RULE

Binding is always done AFTER your morning tea, not before. Wait at least 20 minutes after drinking. The internal preparation must come first. Binding without the internal preparation is like painting over a crack — it looks different from outside but nothing changes underneath.

STEP 1 Warm the Oil and Massage the Scar Site

Warm a small amount of coconut or olive oil in your palms. Apply directly to the scar and the skin above it. Using your fingertips, massage gently in small **clockwise circles** for 2–3 minutes. Light pressure only — no rubbing hard. This softens the fascia before the wrap goes on.

► *If the area feels numb, continue anyway. The massage is what begins restoring sensation over the 21 days.*

STEP 2 Stand Upright — Not Lying Down

Stand with feet shoulder-width apart, or sit upright on a chair with your back straight. Never wrap while lying down — your organs settle differently when horizontal and the wrap creates uneven pressure. Take 3 slow deep breaths. Begin wrapping on the exhale — while your belly is in its natural relaxed position. Do not suck it in first.

STEP 3 **Start BELOW the Hip — Not at the Waist**

This is where most women go wrong. Starting at the waist pushes fluid and pressure downward onto the scar. The correct starting point is just above the hip bone — about 5–7cm below your navel, just above the top of the scar line. Hold one end of the cloth flat against your lower abdomen (front centre) and begin wrapping horizontally — moving from **right to left** around your body. Keep each layer flat and smooth.

■ *Right to left follows the natural direction of the large intestine — this reduces bloating as a secondary benefit.*

STEP 4 **Wrap Upward in Overlapping Layers**

Angle each new layer slightly upward — about 1–2cm higher with each full rotation. Think of a gentle spiral from the hips toward the ribs. Each new layer should overlap the previous by at least half its width. Stop 4–5cm below your ribcage. Leave your ribs free to expand when you breathe.

STEP 5 **Secure and Do the Breathing Check**

Secure the end with a safety pin on the side of your body — never directly over the scar. Then take a slow deep breath in. Your belly should be able to expand slightly. If it cannot — loosen one full layer and rewrap. You should be able to slide two fingers under the wrap at any point. If you cannot — it is too tight.

■ *A wrap that is too tight is worse than no wrap at all. Firm support, not compression.*

STEP 6 **Wear 30–45 Minutes. Remove Correctly.**

Set a timer. Wear for 30 minutes in Phase 1, 40 minutes in Phase 2, 45 minutes in Phase 3. Walk gently, sit, stand — normal light movement. Do not exercise while wrapped. To remove: unwind in the opposite direction — left to right, moving downward, slowly and continuously. After removing, place both palms flat on your lower belly for 30 seconds. Drink a glass of warm water.

CHAPTER 05 The Breathing Exercises — How to Send the Signal Back

This is the part that separates the Arba'in method from ordinary wrapping. The herbs open the pathway. The binding holds the space. The breath is what actually travels the nerve pathway and wakes the core back up.

PHASE 1 — DAYS 1–7 Basic Belly Breathing

Lie on your back, knees bent. Place both hands flat on your lower belly. Inhale slowly through your nose for 4 counts — feel your belly rise into your hands. Exhale through your mouth for 6 counts — feel it fall. Do this 10 times every morning before getting up. This begins waking up the nerve connection.

PHASE 2 — DAYS 8–14 The Diaphragm Reconnect

Done while wearing the binding. Sit upright. Inhale slowly through the nose for 4 counts — feel your belly try to expand against the wrap. Hold 2 counts. Exhale through the mouth for 6 counts — feel the belly fall back. Repeat 10 times. Rest 1 minute. Repeat 10 more times.

Many women feel a flutter or warmth in their lower belly around Day 10–12 during this exercise. That is the nerve signal restoring. It is exactly what should happen.

📌 *The breathing is not optional in Phase 2. It is the actual mechanism. Do not skip it.*

PHASE 3 — DAYS 15–21 The Core Draw

Done while wearing the binding. 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 slowly moving toward your spine. Hold this draw for 4 counts. Exhale through the mouth for 6 counts, releasing the draw gradually.

Repeat 8 times. Rest. Repeat 8 more times. This reactivates the transverse abdominis — the deepest layer of your core, the muscle that holds your belly flat naturally.

📌 *The movement is subtle and internal — not a dramatic stomach vacuum. Think of it as a gentle message to your muscles, not a command.*

CHAPTER 06 Your Complete 21-Day Daily Routine

This is everything, laid out day by day. Follow it exactly. Do not skip steps or reorder them.

PHASE ONE Unseal — Days 1 to 7

Days 1–7

Your goal this week is not to see results. Your goal is to prepare the conditions for results. The work is happening beneath the surface — trust the process.

DAYS 1–2 Internal Preparation Only — No Binding Yet

On waking: 2 glasses of warm water on empty stomach.

Morning: Phase 1 tea (ginger + cloves + moringa). Drink warm. No sugar, no milk.

Morning: 10 rounds of basic belly breathing — lying on your back, hands on lower belly.

Midday: 2 glasses of plain warm water.

Evening: Second cup of Phase 1 tea.

Before bed: Warm coconut oil to scar site. Clockwise massage 2–3 minutes.

▀ *The first 2 days your body is absorbing the herbs. Nothing visible will happen. That is normal and expected.*

DAYS 3–7 Add the Arba'in Belly Binding

On waking: 2 glasses warm water on empty stomach.

Morning: Phase 1 tea first. Wait 20 minutes.

Morning: Warm oil massage on scar site — 2–3 minutes clockwise.

Morning: Apply Arba'in binding (Steps 1–6 from Chapter 4). Wear for 30 minutes. Do basic belly breathing during the binding session.

Midday: 2 glasses warm water.

Evening: Phase 1 tea.

Before bed: Warm oil massage — scar site.

▀ *By Day 5–6, the scar area may feel softer or less tight. The shelf may feel slightly different when you press it. This is the fascia releasing.*

Phase 1 Daily Checklist:

- ☐ 2 glasses warm water on waking
- ☐ Phase 1 tea — morning, empty stomach
- ☐ Belly breathing — 10 rounds

- ☐ Warm oil massage on scar
- ☐ Arba'in binding — 30 minutes (from Day 3)
- ☐ 2 glasses warm water at midday
- ☐ Phase 1 tea — evening
- ☐ Warm oil massage before bed

PHASE TWO Rewire — Days 8 to 14

Days 8–14

This is the most important phase. The internal preparation is done. Now the body is ready to receive the signal again. This is where the shift happens.

THE DAY 12 SHIFT — WHAT TO EXPECT

Most women feel something clearly around Day 10–12. A flutter. A warmth. A sense that something "switched on" in the lower belly. Some notice their trousers fitting differently. Some press the belly and feel it responding differently to pressure.

This is the nerve signal restoring. It is not dramatic. But once you feel it, you will know exactly what it is.

DAYS 8–14 The Full Phase 2 Daily Routine

On waking (empty stomach): Drink the fenugreek soaking water. Take ½ teaspoon black seed oil. Chew the soaked fenugreek seeds slowly.

Wait 15–20 minutes, then: Phase 2 tea (cinnamon + cloves — boil 8 mins). Drink warm.

Morning: Warm oil massage on scar — 2–3 minutes clockwise.

Morning: Arba'in binding (one extra layer from Phase 1). Wear 40 minutes. Do the Diaphragm Reconnect breathing during the session — 10 breaths, rest, 10 more.

Midday: 2 glasses warm water.

Evening: Phase 2 cinnamon tea.

Before bed: Warm oil massage. Then soak 1 teaspoon fenugreek seeds in cold water for tomorrow morning.

📌 *The breathing during the binding session is not optional. The herbs open the pathway. The breath travels it. Both must happen together.*

Phase 2 Daily Checklist:

- ☐ Fenugreek water + black seed oil — on waking, empty stomach
- ☐ Phase 2 tea (cinnamon + cloves)
- ☐ Warm oil massage on scar
- ☐ Arba'in binding — 40 minutes + Diaphragm Reconnect breathing
- ☐ 2 glasses warm water at midday
- ☐ Phase 2 tea — evening
- ☐ Warm oil massage before bed
- ☐ Soak fenugreek seeds for tomorrow

PHASE THREE Seal — Days 15 to 21

Days 15–21

The signal has been restored. Your core is waking up. Phase 3 consolidates everything — tightening from within, clearing fluid, making the results hold permanently.

DAYS 15–21 The Full Phase 3 Daily Routine

On waking (empty stomach): ½ teaspoon black seed oil (carry over from Phase 2).

Morning tea: Ginger + turmeric + pinch of black pepper. Boil 8 minutes. Drink warm.

Morning: Warm oil massage on scar and full lower belly — 3 minutes clockwise.

Morning: Full Arba'in binding. Wear 45 minutes. Do the Core Draw breathing — 8 draws, rest, 8 more.

Midday: 2 full glasses warm water. Critical in Phase 3 for clearing retained fluid.

Evening: 1 cup dandelion tea — steep 5 minutes, drink warm before bed.

Before bed: Warm oil massage — scar and full lower belly.

📌 *By Day 18–21, look at the photo you took on Day 1. The change is often more visible in the photo than in the mirror — because it has been gradual and you have been living inside it.*

Phase 3 Daily Checklist:

- ☐ Black seed oil — on waking, empty stomach

- ☐ Phase 3 tea (ginger + turmeric + black pepper)
- ☐ Warm oil massage — scar and lower belly
- ☐ Arba'in binding — 45 minutes + Core Draw breathing
- ☐ 2 glasses warm water at midday
- ☐ Dandelion tea — evening before bed
- ☐ Warm oil massage before bed

21-DAY SCHEDULE AT A GLANCE

TIME	PHASE 1 (DAYS 1–7)	PHASE 2 (DAYS 8–14)	PHASE 3 (DAYS 15–21)
On waking	2 glasses warm water	Fenugreek water + black seed oil	Black seed oil
Morning tea	Ginger + cloves + moringa	Cinnamon + cloves tea	Ginger + turmeric + pepper
Oil massage	Scar site, clockwise	Scar site, clockwise	Scar + full lower belly
Binding	30 min (from Day 3)	40 minutes	45 minutes
Breathing	Basic belly breath	Diaphragm Reconnect	Core Draw
Midday	2 glasses warm water	2 glasses warm water	2 glasses warm water
Evening	Phase 1 tea	Cinnamon tea	Dandelion tea
Before bed	Oil massage + soak fenugreek from Day 8	Oil massage + soak fenugreek	Oil massage

CHAPTER 07 What to Expect — Week by Week

MILESTONES BY WEEK

- **Days 1–3:** Nothing visible. The internal preparation is happening. This is normal. Do not stop.

- **Days 4–7:** Scar area may feel softer or less tight. Some women notice less bloating. The shelf may feel different when pressed.
- **Days 8–10:** Nerve pathways beginning to respond. Some women feel a light flutter or warmth in the lower belly during breathing exercises.
- **Days 10–12:** The shift. Most women feel this clearly. Something "switches on." Your body is reconnecting.
- **Days 12–14:** Visible changes begin. Trousers may button more easily. The shelf begins to reduce.
- **Days 15–18:** Results begin to hold throughout the day — not just when wearing the binding.
- **Days 18–21:** The belly is noticeably flatter. The shelf is reducing or gone. Take your comparison photo.

If your C-section was more than 1 year ago: Your shift may come on Day 14 or 15 instead of Day 12. Older scar tissue takes slightly longer to soften. This is normal. The signal can always be restored. It is never too late.

CHAPTER 08 The One Habit Making Your Pouch Worse — Stop Doing This

"Holding your belly in is working against you."

Every time you stand up, walk into a room, or look in the mirror — you brace. You suck your stomach in automatically. After the trauma of surgery, your body learned to guard that area.

But this habit keeps your core muscles permanently contracted in a shallow, surface-level way — which prevents the deep core muscles from reactivating properly. You are using the wrong muscles to guard the right area.

What to do instead: When you catch yourself holding your belly in — let it go. Breathe into it. Let your belly be where it is. The Core Draw breathing in Phase 3 teaches your deep core to do the holding naturally, from the inside — which is the only holding that actually flattens the belly permanently.

CHAPTER 09 After Day 21 — How to Keep the Results

SIMPLE MAINTENANCE AFTER DAY 21

- **2 glasses warm water every morning.** Costs nothing. Maintains the internal environment.
- **Core Draw breath — 3 times a week.** 2 minutes, without the binding. Keeps the neural pathway active.
- **Warm oil massage — once a week.** The scar site benefits from ongoing attention.
- **Ginger tea — whenever you feel bloated.** Return to Phase 1 tea any time. Takes 1–2 days to reset.
- **Take a before photo on Day 1.** Store it privately. Look at it on Day 30. Most women cannot believe what they are comparing.

A FINAL WORD FROM AMAKA

When Aisha first explained this to me, she said something I didn't fully understand until Day 21. She said: "Your body did not fail you. It was never told what to do next."

The C-section interrupted the conversation between your brain and your core. This protocol restored it. That is all. Your body knew exactly what to do the moment it received the signal again.

You did not fix yourself. You remembered yourself. Welcome back.

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Questions? Join the Private Telegram Support Group: t.me/+ickhQop3WTMyYmM0