



THE ANCESTRAL BODY RESET

What to Do After the Ulcer Is Gone



BIODUN ADEYEMI

TABLE OF CONTENTS

DISCLAIMER & A NOTE BEFORE YOU BEGIN

INTRODUCTION

The Protocol Worked. Now Do Not Stop Here.

CHAPTER ONE

What the Ulcer Left Behind - The Damage Map

CHAPTER TWO

Rebuilding the Microbiome: Your Grandmother's Fermented Foods

CHAPTER THREE

Breaking the Cortisol-Stomach Loop

CHAPTER FOUR

The 14-Day West African Liver Support Protocol

CHAPTER FIVE

Rebuilding Immunity - How the Gut Heals the Rest

CHAPTER SIX

The 90-Day Ancestral Body Maintenance Plan

CLOSING NOTE

The Version of You That Is Coming

APPENDIX

Market-by-Market Sourcing Guide

DISCLAIMER

This guide is for educational and informational purposes only. The information presented is based on traditional West African plant knowledge and publicly available peer-reviewed research. It is not intended to diagnose, treat, cure, or prevent any disease or medical condition. This guide does not replace professional medical advice, diagnosis, or treatment. Always consult a qualified healthcare provider before making changes to any medication or treatment plan, particularly if you have an existing medical condition or are taking prescription medication. If you are on antihypertensive medication, consult your doctor before beginning the zobo protocol in Chapter Four. Individual results will vary.

A NOTE BEFORE YOU BEGIN

You did not buy this guide because things are still bad.

You bought it because things are getting better - and you are smart enough to know that getting better is not the same as being done.

The 21-day Stomach Seal protocol addressed the visitor. The H. pylori. The bacteria that had been sitting inside your stomach lining for years, possibly decades, quietly compromising the tissue while you managed the burning with capsules and careful eating and excuses at tables.

That work is done, or nearly done. The visitor is being removed.

But here is what nobody tells you about a house that has hosted a long-term problem: once the problem leaves, the house still needs repair. The walls show the damage. The systems that were running in emergency mode for years still need to return to normal. The things that were depleted - slowly, quietly, over the full period of the infection and the medication - need to be actively replenished.

That is what this guide is.

It is not a second protocol. It is the completion of the first one. The part that takes you from "the ulcer is being handled" to "my body is fully restored and I understand how to keep it that way."

Ninety days. Three systems. One Nigerian-market-available, culturally familiar, scientifically grounded plan.

Read it tonight. Begin tomorrow.



INTRODUCTION

The Protocol Worked. Now Do Not Stop Here.

You removed the visitor.

The fire is out, or going out. The morning assessment before getting out of bed - that involuntary check-in with your stomach before you can commit to the day - is happening less. The calculation at the table is quieter. You ate something last week that you would not have touched six months ago, and nothing catastrophic happened.

That is not luck. That is the protocol working exactly as it was built to work.

But I want to be direct with you about something, because I think you deserve the full picture - not the comfortable version of it.

What the Protocol Did and Did Not Do

The 21-day Stomach Seal addressed the gastric environment. It supported the stomach lining while it recovered, reduced the bacterial environment that was keeping the inflammation active, and began the process of structural mucosal repair. That is exactly what it was designed to do, and the research behind each compound confirms that it does

it.

What it was not designed to do - because no 21-day protocol can do everything - is address the three downstream consequences of having carried H. pylori for years while managing the symptoms with acid suppressants.

Those three consequences are still present in your body right now.

THE THREE DOWNSTREAM CONSEQUENCES

1. Your gut microbiome - disrupted by the infection and further depleted by acid suppression. It does not rebuild itself automatically once the primary cause is removed.
2. Your stress-cortisol-stomach loop - formed over years of the condition. Still active. Will keep triggering flare-ups during high-pressure periods until specifically interrupted.
3. Your liver - processed your daily acid suppressant for however long the prescription ran. Needs two weeks of targeted support to restore normal regulatory function.

Why the Sequence Matters

The gut microbiome comes first because a rebuilt microbiome supports everything downstream - including immune function and the brain-gut communication that governs the stress response.

The cortisol protocol runs alongside the microbiome work because the two systems are interconnected. A healthier gut reduces the inflammatory signalling that amplifies stress responses.

The liver protocol is nested inside the first two weeks, when the detoxification work can run concurrently with the microbiome rebuild without creating an overwhelming daily routine.

The 90-day maintenance plan ties everything together into a framework that fits real Nigerian professional life. Not a clinical trial. Not a wellness retreat. Not something that requires you to change who you are.

Read it slowly. Every chapter contains something specific to act on, and acting on it matters more than finishing quickly.



CHAPTER ONE

What the Ulcer Left Behind: The Damage Map

The question you can now afford to ask - the one that separates people who get permanently better from people who get better and then gradually drift back - is this: what did years of this condition actually do to the rest of my body?

Not what it did to the stomach lining. That is already being addressed. What did it do to everything else? The answer is specific. It is documented in research. And once you understand it, the next 90 days stops feeling like extra work and starts feeling like obvious, inevitable steps.

System One: The Gut Microbiome

Your gut is home to approximately 38 trillion bacteria. They are not passengers - they are active participants in virtually every system in your body: digestion, immune response, nutrient absorption, and the production of neurotransmitters. Research on the gut-brain axis consistently shows that approximately 90 percent of the body's serotonin is produced in and around the gut.

H. pylori infection alters this community. The bacteria itself shifts the gastric microbial environment, and the inflammatory response it triggers changes the conditions in which other gut bacteria can survive. Then the omeprazole - however necessary it was - reduces gastric acid to levels low enough that bacteria which would normally be neutralised in the stomach begin surviving and colonising areas of the gut where they do not belong.

Research documented by the Mayo Clinic is clear: prolonged PPI use is associated with decreased gut microbiome diversity, along with deficiencies in iron, vitamin B12, and magnesium - all nutrients that depend on adequate gastric acid for proper absorption. Research published in Biomedicines (2024) confirmed that PPI use increases oral-origin bacteria in the gut while depleting the native beneficial strains.

System Two: The Stress-Cortisol Loop

You have a nervous system that learned, over years of living with this condition, to associate eating with risk. Not consciously. The calculation at the table - what is safe, what will trigger - became automatic long before you were aware of it as a habit. Your nervous system was protecting you.

The problem is that a nervous system in chronic low-level threat mode runs a specific hormonal response. It activates the HPA axis - the hypothalamic-pituitary-adrenal system that governs the stress response. This activation raises cortisol. And cortisol, in turn, increases gastric acid output and slows gastric emptying, which means acid stays in contact with the stomach lining for longer than it should.

THE CORTISOL-STOMACH LOOP

The ulcer created the stress response. The stress response perpetuates the conditions that re-aggravate the stomach. And the stomach aggravation creates more stress. The loop runs itself. Breaking this loop is not about generic stress management - it is about five specific daily actions that interrupt the neurological pathway between perceived threat and gastric acid output.

System Three: The Liver

Every omeprazole tablet you took was processed by your liver. Day after day, for however many months or years the prescription ran, your liver received that daily load and broke it down. Research published in Scientific Reports found that long-term omeprazole exposure alters the expression of specific liver regulators involved in bile acid metabolism - the FXR

and RXRalpha nuclear receptors that govern how the liver produces and regulates bile.

None of this is a diagnosis. You do not have liver disease. What you have is a liver that has been working hard for a long time and needs two weeks of specific, West African plant-based support to clear the load and restore its normal regulatory rhythm.

TOOL 1: The Three-System Recovery Checklist

Read each question. Answer yes or no. Count your ticks in each column. The column with the highest score is your primary recovery focus.

COLUMN A - Gut Microbiome

Question	YES	NO
Since completing the protocol, do you still experience bloating or unpredictable digestion after meals?	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Has your energy been lower than expected post-protocol, even on days when stomach symptoms have improved?	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Do you notice irregular bowel patterns that were not there before the condition began?	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Do certain foods still cause unpredictable reactions even when they should not be problematic?	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Did you take omeprazole continuously for longer than six months at any point?	<input type="checkbox"/> YES	<input type="checkbox"/> NO
COLUMN A TOTAL:	___ / 5	

COLUMN B - Stress-Cortisol Loop

Question	YES	NO
Do you notice stomach discomfort returning specifically during high-pressure periods?	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Do you still find yourself calculating at the table even as the burning has reduced?	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Do you eat most meals quickly, standing up, or while doing something else?	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Do you regularly sleep fewer than seven hours, or wake during the night with your mind still working?	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Has anyone told you in the last six months that you seem tense, or carry visible stress?	<input type="checkbox"/> YES	<input type="checkbox"/> NO

Question	YES	NO
COLUMN B TOTAL:	___ / 5	

COLUMN C - Liver Load

Question	YES	NO
Do you experience morning sluggishness that does not resolve in the first hour of the day?	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Does eating fatty food cause noticeable heaviness or slow digestion that lingers?	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Did you drink alcohol socially during the period you were on omeprazole?	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Do you notice your urine is sometimes darker yellow than expected, even when drinking enough water?	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Do you eat your last meal of the day after 9pm most nights?	<input type="checkbox"/> YES	<input type="checkbox"/> NO
COLUMN C TOTAL:	___ / 5	

READING YOUR RESULTS

Highest score in Column A: Begin with Chapter Two. The 14-Day Microbiome Rebuild is your priority. Highest score in Column B: Read Chapter Three immediately after Chapter Two. The cortisol protocol should begin at the same time as the microbiome rebuild. Highest score in Column C: Read Chapter Four before Day 1. The liver protocol runs concurrently with the early weeks of the reset. All three scoring 3 or higher: This is common and expected. Work through each chapter in order.

Write your three column totals here. You will compare them at Day 30 and Day 60.

Column A (Gut)	Column B (Stress)	Column C (Liver)
_____	_____	_____

Quick Win: The Ogi Reset Drink - Do This Tonight

Before you source anything new. Before you plan anything. Do this tonight - within 30 minutes of reading this page.

What you need:

- 2 tablespoons of fermented pap (ogi) - the sour, thin, watery kind. Not sweetened. Not fortified. Available fresh every morning from any street food seller or local market. Under N200 for a small portion.
- A small amount of iru (fermented locust beans) - to add to whatever soup or stew you eat at your next meal.

What to do:

Mix two tablespoons of fermented ogi into 200ml of warm - not hot - water. Stir until fully dissolved. Drink slowly. Then, at your next meal, add a small amount of iru to your soup or stew the way you normally would. That is it. The protocol has started.



CHAPTER TWO

Rebuilding the Microbiome: Your Grandmother's Fermented Foods

There is a reason your grandmother's soups tasted different from anything you order at a restaurant. It was not just the pepper or the palm oil or the slow cooking. It was the iru. The ogiri. The fermented locust beans that went into the base of the egusi, the efo riro, the okra. The fermented pap that started the morning before anything else.

She was not thinking about her microbiome. She did not know what *Lactobacillus* was. But she was feeding her gut in a way that modern eating - the bread from the filling station, the fast food at the mall - does not. This chapter gives you back what that shift in eating took away. Using foods your body already knows. Sourced from markets you already use. Costing less than N3,000 per week.

What a Depleted Microbiome Actually Feels Like

A depleted gut microbiome does not announce itself with dramatic symptoms. It announces itself quietly, in ways that are easy to attribute to other things. You feel tired at the wrong times. Not exhausted - just a persistent flatness of energy that does not fully respond to sleep. Your digestion is unpredictable in a way it was not before the condition

began.

Your immune system feels slightly less reliable. You catch things more easily. Small infections take longer to clear. You get through a difficult week and then get sick the following weekend when you finally stop moving.

Why Nigerian Fermented Foods Are the Right Tool

The standard advice for rebuilding the gut microbiome involves expensive probiotic capsules from a pharmacy. Here is what the research actually shows about the foods already in your culture.

A study published in *Applied Microbiology* (2024) sampled Nigerian fermented foods including iru, ogiri, ogi, dawadawa, and ugba. Using molecular methods, researchers identified nine distinct *Lactobacillus* species - *L. plantarum*, *L. brevis*, *L. casei*, *L. buchneri*, *L. lactis*, *L. jensenii*, and *L. helveticus*. These strains were then tested for the specific properties that define a functional probiotic. They passed.

RESEARCH FINDING

L. plantarum and *L. casei* - the two most prevalent strains across all samples - are among the most researched probiotic strains in clinical literature. Both are present in commercial probiotic products that cost ten times what iru costs at Oshodi market. A separate line of research on tiger nuts confirmed that tiger nut extract increased beneficial *Lactobacillus casei* growth by 70% and reduced *E. coli* biofilm formation by 63% (Springer Nature, 2025).

The Five Foods and What Each Does

Ogi (Fermented Maize Pap)

Ogi is the most accessible fermented food in this protocol. It is sold fresh every morning from market traders and street food sellers across every Nigerian city. Use the traditional, sour, unsweetened ogi - not the instant variety, not the sweetened commercial version. The sourness is the fermentation. The fermentation is the point.

Role in the protocol: Primary morning probiotic source. Easiest to introduce, most immediately available.

Iru (Fermented Locust Beans)

Iru is the fermented locust bean condiment that forms the base of most Yoruba soups and stews. Its fermentation produces *Bacillus subtilis* and multiple *Lactobacillus* strains. In this protocol, it is a deliberate daily addition to at least one meal rather than a background ingredient. The bacteria survive the cooking process because the *Bacillus* strains are heat-tolerant.

Role in the protocol: Secondary probiotic source, introduced from Day 4.

Ogiri (Fermented Melon or Castor Seed Paste)

Ogiri has a more intense flavour than iru and is used in smaller quantities. It is fermented by *Bacillus* species and is particularly common in Igbo cooking - in ofe onugbu, ofe akwu, and various other soups.

Role in the protocol: Tertiary probiotic source, introduced from Day 10. Adds microbial diversity.

Tiger Nuts (Ofio / Aya)

Tiger nuts are small, sweet, slightly chewy tubers sold at most Nigerian markets. They are high in resistant starch and insoluble fibre, both of which function as prebiotics - food for the beneficial bacteria that the fermented foods are introducing. Eat them raw, straight from the market. Soak in water for two hours if you find them too hard on first use.

Role in the protocol: Prebiotic companion. Taken as a snack, two to three times per week from Day 7.

Kunu (Fermented Millet or Sorghum Drink)

Kunu is a lightly fermented grain drink, most common in northern Nigeria but available across the country. The fermentation is lighter than ogi, producing a milder flavour - making it an excellent option for introducing fermented foods to a gut that is still adjusting.

Role in the protocol: Optional rotation with ogi from Day 7 onwards.

TOOL 2: The 14-Day Microbiome Rebuild Schedule

Screenshot this table and save it to your phone.

Day	Morning	Lunch/Dinner	Snack	Notes
1	2 tbsp ogi in 200ml warm water, before breakfast	Normal meal	-	Start with 1 tbsp if stomach is still sensitive.
2	2 tbsp ogi in 200ml warm water, before breakfast	Normal meal	-	Mild gas or bloating is normal. It resolves.
3	2 tbsp ogi in 200ml warm water, before breakfast	Normal meal	-	Gas should be reducing today.
4	2 tbsp ogi in 200ml warm water, before breakfast	Add iru to one meal	-	Use cooking quantity, not extra.
5-6	2 tbsp ogi in 200ml warm water, before breakfast	Iru in one meal	-	-
7	2 tbsp ogi OR kunu before breakfast	Iru in one meal	Tiger nuts (20-25) - raw or soaked	Introduce tiger nuts today. Chew thoroughly.
8-9	2 tbsp ogi OR kunu before breakfast	Iru in one meal	Tiger nuts	-
10	2 tbsp ogi OR kunu before breakfast	Iru + begin ogiri in one meal	Tiger nuts	Start with less ogiri than normal cooking quantity.
11-12	2 tbsp ogi OR kunu before breakfast	Iru and/or ogiri in one meal	Tiger nuts	-
13-14	2 tbsp ogi OR kunu before breakfast	Iru and/or ogiri in one meal	Tiger nuts	Day 14: Rhythm is now a habit, not a protocol.

After Day 14: Continue the morning ogi or kunu drink daily, iru or ogiri in cooking as normal, and tiger nuts two to three times per week. The formal schedule ends but the daily behaviour continues indefinitely.

Where to Source Everything

Ingredient	Where to Find It
Ogi	Any market food seller in the morning. Ask for fermented pap - ogi (Yoruba), akamu (Igbo), koko (northern markets). Buy fresh every two days. Under N200.
Iru	The condiment section of any Nigerian market - Oshodi, Mile 12, Wuse Market, Bodija Market, Mile 1 Port Harcourt. Dried iru keeps for weeks at room temperature.

Ingredient	Where to Find It
Ogiri	Present in most major markets. Ask at the condiment section. Oshodi and Mile 12 in Lagos carry it regularly.
Tiger Nuts	Sold by hawkers at most Nigerian markets and motor parks. Ask for ofio (Yoruba) or aya (Hausa). Also at health food stores in Lagos Island, Ikeja, and Lekki.
Kunu	Sold fresh at northern-style food sellers across all major cities. Ask for kunu zaki. Buy fresh and consume same day or refrigerate up to two days.

ONE THING MOST PEOPLE GET WRONG

The instinct when starting a microbiome rebuild is to do more, faster. More ogi, more iru, more tiger nuts, all at once, from Day 1. This is the wrong approach. A rapid shift in gut bacterial population causes temporary gas, bloating, and loose stools. The 14-day schedule is built to prevent this. One food at a time, introduced every three days. Follow the schedule. Do not accelerate it.



CHAPTER THREE

Breaking the Cortisol-Stomach Loop

Picture the week you finish the Stomach Seal protocol. The burning has significantly reduced. You are eating with more confidence. You attend a dinner and fill your plate without the familiar calculation. You think: this is it. This is what getting better feels like.

Then you have a bad week at work. A difficult client situation. A cash flow problem in the business. A family conflict that does not resolve quickly. And somewhere around Day 3 of that difficult week, the burning is back. Not as bad as before. But back.

The protocol worked. This is not a relapse. This is a different problem - one the 21-day Stomach Seal was not designed to solve, and one this chapter addresses directly.

What Is Actually Happening

When you experience sustained stress, your body activates the HPA axis - the hypothalamic-pituitary-adrenal system that governs the stress response. The adrenal glands respond by producing cortisol. Cortisol is not your enemy. In short bursts, it is essential. The problem is that a difficult business quarter does not resolve in minutes.

While elevated cortisol keeps coming, two things happen in your gastric environment: First, cortisol increases gastric acid output and the production of pepsin. More acid, on a

stomach lining that is still in recovery, produces the burning you recognise. Second, cortisol slows gastric emptying - the rate at which food moves from the stomach into the small intestine.

RESEARCH CONFIRMATION

Research published in PLOS One (PMC3521024) confirmed that HPA axis dysfunction is a key mechanism in both stress-induced ulcer formation and the onset of depression - and that the two conditions share neuroendocrine pathways. The University of Pittsburgh Brain Institute has documented how stress changes gastric function through the brain-gut communication pathway. This is not theoretical.

TOOL 3: The 10-Minute Daily Cortisol Protocol

Ten minutes per day. Five specific actions. Each one interrupts a different part of the cortisol-stomach loop.

Point 1 - The Morning Buffer (4 minutes)

When to use: any morning when you know the day ahead will be difficult.

On days when you anticipate significant pressure, take the aloe vera gel drink and ginger-honey preparation from the Stomach Seal protocol that morning. The aloe vera gel coats the stomach lining before the day begins. The ginger-honey preparation reduces the inflammatory signalling that elevated cortisol produces in gastric tissue.

Point 2 - The Vagal Breath (90 seconds, before each main meal)

When to use: every main meal on high-pressure days. Eventually every meal.

The vagus nerve runs from the brainstem through the chest and into the abdomen, directly connecting the brain to the digestive system. Slow diaphragmatic breathing is one of the most well-documented methods of shifting from sympathetic to parasympathetic dominance. Before sitting down to eat: breathe in through nose for 4 counts, hold for 2 counts, breathe out through mouth for 6 counts. Repeat 6 times (72 seconds total). You can do this at your desk, at a restaurant table, or in your car before walking into a lunch meeting.

Point 3 - The Eating Pace Rule (zero additional time)

When to use: every meal, every day.

Eat at a pace where you could hold a conversation. Seated. Not at a desk, not in a car, not standing at a counter. Sit down. Even at your office. Even if only for 15 minutes. Eat at a pace where each mouthful is chewed enough to swallow comfortably without rushing.

Point 4 - The Evening Wind-Down (3 minutes)

When to use: any evening after a day of significant pressure.

Drink scent leaf tea before sleep. 8 to 10 fresh leaves, bruised, steeped 10 minutes covered, strained, cooled, no sugar. Elevated cortisol from a difficult day does not automatically switch off when you stop working. Scent leaf tea provides anti-inflammatory support during the overnight repair window.

Point 5 - The Weekly Social Eating Anchor (no extra time)

When to use: once per week, every week, for the full 90 days.

Once per week, choose one meal based entirely on what you want to eat - not what is safe, not what will not cause a problem. The conditioned stress-eating association in your nervous system was built over years of mealtime calculation. Breaking that pathway requires the opposite input: repeated experiences of choosing freely and nothing going wrong.

The Full Protocol at a Glance

Point	Action	Time Required	When
1	Morning buffer - aloe vera gel + ginger-honey	4 minutes	Anticipated high-pressure days
2	Vagal breath sequence	90 seconds	Before each main meal
3	Eating pace rule - seated, unhurried	Zero additional time	Every meal, every day
4	Scent leaf tea	3 minutes	Evenings after high-pressure days
5	Weekly social eating anchor	Zero additional time	Once per week

When You Will Notice the Difference

The eating pace rule produces a result within the first week. Most people notice that meals feel calmer and digestion feels more settled almost immediately when they stop eating at a desk or while standing.

The vagal breath effect is noticeable within the first few uses. The shift in the chest and stomach area that follows six slow breaths is a direct physiological response - you will feel it before you finish the sixth cycle.

The social eating anchor and the conditioned response breaking takes longer. Six to eight weeks before you notice that the calculation at the table is genuinely quieter. But there is a moment where you are halfway through a meal and you realise you have not thought about your stomach once since you sat down. That moment is not dramatic. But when it arrives, you will know exactly what it means.



CHAPTER FOUR

The 14-Day West African Liver Support Protocol

Nobody told you to worry about your liver. Your doctor mentioned the stomach. The gastroenterologist mentioned the bacteria. The pharmacist mentioned the omeprazole. Not one person in the chain of consultations that managed this condition for years mentioned the organ that was quietly processing every single tablet you took, every single morning, for however long the prescription ran.

The liver does not complain the way the stomach does. The stomach gives you burning, nausea, bloating - signals you cannot ignore. The liver gives you fatigue you attribute to a busy week, slow digestion you blame on what you ate, a morning heaviness you have decided is just who you are. None of those signals point clearly to an organ. They just accumulate, quietly, until you normalise them.

What the Liver Has Been Doing

Every omeprazole tablet you took was metabolised in the liver. Research published in *Scientific Reports* (Koh et al., 2020) found that long-term omeprazole exposure alters the expression of specific liver regulators involved in bile acid metabolism - the FXR and

RXRalpha nuclear receptors that govern how the liver produces and regulates bile. When these regulators are suppressed, bile acid metabolism becomes less efficient. Fat digestion slows. Toxin clearance takes longer.

Two weeks. Four plants. That is what this chapter delivers.

Why These Four Plants

Moringa (Moringa oleifera)

Research published in PMC (2018) confirmed that moringa leaf extracts protect the liver from toxin-induced damage, reduce elevated liver enzymes, decrease lipid peroxidation, and restore levels of endogenous glutathione. Available as powder at health food stores across Lagos, Abuja, and Port Harcourt. Use the powder form.

Bitter Leaf (Vernonia amygdalina) - Ewuro / Onugbu / Shuwaka

Research conducted with Nigerian plant samples authenticated at the Forest Research Institute of Nigeria (FRIN) in Ibadan confirmed that Vernonia amygdalina demonstrates hepatoprotective effects against chemically-induced liver toxicity. Bitter leaf juice, extracted fresh, is the form used in this protocol. The bitterness is the active constituent. Do not sweeten it.

Zobo (Hibiscus sabdariffa)

Research from Rivers State University (BioRxiv, 2024) using Nigerian-sourced hibiscus demonstrated nephro-hepatoprotective effects with measurable reductions in liver enzyme markers. In this protocol, zobo is used as an unsweetened tea. Brew plain with water and dried zobo calyces only. No added sugar, no artificial flavour.

Ginger (Zingiber officinale)

You already know ginger from the Stomach Seal. In the liver protocol, it plays a supporting role - its well-documented anti-inflammatory action reduces the systemic inflammation that adds to the liver's oxidative burden. The ginger-honey tea from the Stomach Seal morning ritual is carried into this protocol exactly as you already know how to make it.

The 14-Day Protocol

Screenshot this and save it to your phone.

Every Day - Three Non-Negotiables (Weeks 1 and 2)

Non-Negotiable	Why It Matters
No alcohol for the full 14 days	Alcohol is processed by the same liver pathways the protocol is working to restore. Even one heavy evening resets two to three days of progress.
Last meal before 8pm	Late-night eating forces the liver to process food during its primary overnight detoxification window.
Minimum 2 litres of clean water daily	Bile production and toxin excretion both require adequate hydration. Dehydration slows clearance.

Days 1-7: Foundation Week

Timing	Compound	Preparation	Dose
Morning - empty stomach, 30 mins before breakfast	Moringa powder drink	1 level tsp moringa leaf powder in 200ml warm water. Stir thoroughly. Drink slowly.	1 tsp daily
Morning - with or after breakfast	Ginger-honey preparation	Fresh ginger (thumb-sized), grated, steeped in 200ml hot water 8 minutes covered, strained, cooled below 40C, 1 tsp raw honey added.	1 cup daily
Evening - 30 mins before sleep	Bitter leaf juice	Wash 5-6 mature bitter leaf leaves. Pound or blend with minimal water. Strain through clean cloth. Measure 2 tbsp of extracted juice. Take directly, chase with full glass of water.	2 tbsp daily

Days 8-14: Full Protocol Week

Timing	Compound	Preparation	Dose
Morning - empty stomach, 30 mins before breakfast	Moringa powder drink	As above.	1 tsp daily
Morning - with or after breakfast	Ginger-honey preparation	As above.	1 cup daily
Morning and evening	Zobo tea (unsweetened)	3-4 tbsp dried zobo calyces to 500ml cold water. Bring to boil. Simmer 10 mins. Strain. Cool completely. 1 cup morning, 1 cup evening. Refrigerate remainder up to 3 days.	1 cup morning, 1 cup evening
Evening - 30 mins before sleep	Bitter leaf juice	As above.	2 tbsp daily

IMPORTANT NOTE

If you are on antihypertensive medication, consult your doctor before beginning the zobo protocol - hibiscus has documented blood pressure-lowering properties. The moringa drink has a mild, earthy taste. A squeeze of lemon can be added without affecting the hepatoprotective compounds. The bitter leaf juice will be intensely bitter - chase immediately with a full glass of water.

Where to Source the Liver Protocol Compounds

Ingredient	Where to Find It
Moringa powder	Health food stores in Lagos (Lagos Island, Ikeja, Lekki), Abuja health food stores, some Shoprite branches. Label must read 100% moringa leaf powder with no fillers.
Bitter leaf (fresh)	Any Nigerian market vegetable section - Oshodi, Mile 12, Wuse Market, Bodija Market, Mile 1 Port Harcourt. Also commonly grown in Nigerian compounds.
Dried zobo calyces	Any Nigerian market spice and dried goods section, or most supermarkets in the dried goods aisle. Buy unsweetened, unflavoured calyces only.
Ginger	Already sourced for the Stomach Seal protocol. No new sourcing required.

What You Will Notice

The signal most people report first - usually between Days 5 and 9 - is a change in morning energy. Not dramatic. Not a sudden transformation. A quieter version of the heaviness that has been there for so long you stopped noticing it as unusual. The morning that it is absent - the morning you get up and the first hour simply works - is the signal the protocol is working.

After Day 14, the formal protocol ends. What you can carry forward permanently is zobo as your default social drink at celebrations, and ginger tea as the morning companion it already became in the Stomach Seal. Finish eating before 8pm, as often as Nigerian professional and family life will allow.



CHAPTER FIVE

Rebuilding Immunity: How the Gut Heals the Rest

You have probably not framed your immune function as part of this problem. The stomach was the problem. The burning was the problem. *H. pylori* was the problem. Immunity was something else.

But immunity and gut health are not separate systems. They are the same system, viewed from different angles. And understanding this connection changes how you interpret what has been happening in your body.

The Gut-Immune Connection

Approximately 70 to 80 percent of the immune system is housed in and around the gut - in a network of lymphoid tissue called the gut-associated lymphoid tissue, or GALT. This network lines the intestinal wall and acts as the body's primary immune surveillance system: monitoring everything that passes through the digestive tract, distinguishing between beneficial bacteria and harmful pathogens.

When the gut microbiome is depleted - as yours has been after years of *H. pylori* infection and long-term PPI use - the GALT receives less training and less support. The immune

system becomes less precise. You get sick more easily. You recover more slowly. This is why the microbiome rebuild in Chapter Two is also immune system work.

What Long-Term PPI Use Depleted

Vitamin B12

Essential for the production and maturation of white blood cells. B12 is absorbed in the small intestine through a process that requires adequate stomach acid - which means years of acid suppression directly impairs B12 absorption even when dietary intake is adequate.

Magnesium

A cofactor in more than 300 enzymatic reactions in the body, including many that govern immune cell function and the production of antibodies. Depleted magnesium also affects sleep quality - and sleep is the period during which the immune system performs its most intensive repair.

Iron

Required for the proliferation of immune cells and for the production of certain immune proteins. Iron deficiency reduces the immune system's capacity to respond to infection and slows recovery from illness.

Three Daily Practices to Accelerate Immune Recovery

These three practices require no new ingredients and no additional time beyond what the earlier chapters have already created.

Practice 1 - B12, Magnesium, and Iron Through Food

The goal is to eat the Nigerian foods densest in these three nutrients, consistently enough that the deficiencies correct themselves over the 90-day reset period.

Day	Key Immune-Supporting Foods	Why
Monday	Egusi soup with ugu (fluted pumpkin leaves)	Magnesium double source
Tuesday	Any meal. Focus on adequate hydration.	General
Wednesday	Beef liver (edo malu)	B12 primary source
Thursday	Beans with tomato stew	Iron + vitamin C absorption pairing
Friday	Any meal	General

Day	Key Immune-Supporting Foods	Why
Saturday	Egusi soup or dark leafy vegetable soup	Second magnesium dose
Sunday	Beef or beef liver	Second B12 dose if needed

Practice 2 - Sleep Anchoring

Sleep is when the immune system does its most intensive work. During deep sleep, the body produces cytokines - proteins that are essential for immune function, inflammation regulation, and fighting infection. Research consistently shows that people who sleep fewer than seven hours per night are significantly more susceptible to viral infection.

The sleep anchor is simple: choose a consistent time to be in bed - not a target time to fall asleep, but a target time to be lying down in a dark, screen-free environment. 10:30pm works for most people. Get into bed at that time. Phone face-down or in another room.

Practice 3 - Morning Sunlight

Vitamin D deficiency is prevalent across urban Nigerian populations despite living in one of the highest-ambient-sunlight regions on earth. The reason is indoor working patterns and the shift away from outdoor physical activity that urbanisation produces. Research confirms that vitamin D is critical for antimicrobial peptide production in the gut lining.

THE CORRECT DOSE

Stand outside for 10 minutes between 7am and 9am, three to four mornings per week. Arms and face exposed. The front of the compound, the space by the gate, the street before the traffic builds - anywhere that is not indoors and not under deep shade. Ten minutes of morning sunlight at Nigerian latitudes is sufficient for effective vitamin D synthesis. Ten minutes is the correct dose - not thirty, not an hour.

The Immune System Is a Downstream Beneficiary

You are not doing the immune work directly. You are doing the upstream work - the microbiome rebuild, the cortisol interruption, the liver support, the nutrient repletion, the sleep anchor - and the immune system recovers as a consequence.

By the end of the 90-day reset, most people completing this programme report a noticeable change in their susceptibility to infection and their recovery speed when they do get sick. Not immunity - illness still happens. But a different relationship with it. A body that

handles what comes at it with the efficiency it was built to have.



CHAPTER SIX

The 90-Day Ancestral Body Maintenance Plan

You have four systems now running in your favour. The microbiome is rebuilding. The cortisol loop is being interrupted. The liver has two weeks of targeted support. The immune system is recovering as a downstream consequence of all three.

What you do not have yet is a single place where all of it lives - one framework that tells you what to do on any given day without having to hold four chapters in your head simultaneously. That is what this chapter is.

How the Three Months Work

Month One

The heaviest month - and the one that does the most structural work. All four systems are being actively supported simultaneously. The 14-day microbiome schedule is running. The cortisol protocol is running. The liver protocol runs through the first two weeks. The immune practices begin from Day 1. Somewhere around Day 9, the morning heaviness is quieter than it was the week before.

Month Two

The month the effort starts to disappear. The liver protocol has ended. The 14-day microbiome schedule has become a daily habit - you reach for the ogi drink before you remember you are supposed to. Month Two is where the practices stop feeling like a protocol and start feeling like a baseline.

Month Three

The month you stop counting. The morning ogi drink is there. The iru is in the soup. The eating pace has changed so gradually that you cannot remember when it changed. You are simply living differently from how you lived before Day 1, and the difference no longer requires effort to maintain.

TOOL 4: The 90-Day Maintenance Tracker

Fill in each week's row on Sunday evening. It takes thirty seconds and gives you a clean weekly boundary.

Column	What to Record
Microbiome Foods	Y = ogi or kunu drink happened most mornings this week AND iru or ogiri appeared in at least three meals. N = neither happened consistently.
Liver Protocol	Month 1 only. Y = moringa drink and bitter leaf juice happened on most days. From Month 2 onwards, leave blank.
Cortisol Protocol	Y = vagal breath before most main meals, eating pace rule followed most days, weekly social eating anchor happened.
Symptom Level	1 = no symptoms. 2 = very mild, occasional. 3 = mild but noticeable, more than once. 4 = moderate, affecting food choices. 5 = significant, affecting daily life.
Notable Triggers	One or two words only. Examples: travel, work deadline, alcohol, late eating, illness, stress.
Celebration Entry	One specific thing you ate or did this week that you would not have attempted six weeks ago.

Month One Tracker - Days 1 to 30

Week	Microbiome Foods	Liver Protocol	Cortisol Protocol	Symptom (1-5)	Triggers	Celebration
Week 1	Y / N	Y / N	Y / N	_____		
Week 2	Y / N	Y / N	Y / N	_____		

Week	Microbiome Foods	Liver Protocol	Cortisol Protocol	Symptom (1-5)	Triggers	Celebration
Week 3	Y / N	Y / N	Y / N	_____		
Week 4	Y / N	Y / N	Y / N	_____		

Month Two Tracker - Days 31 to 60

Week	Microbiome Foods	Liver Protocol	Cortisol Protocol	Symptom (1-5)	Triggers	Celebration
Week 5	Y / N	-	Y / N	_____		
Week 6	Y / N	-	Y / N	_____		
Week 7	Y / N	-	Y / N	_____		
Week 8	Y / N	-	Y / N	_____		

Month Three Tracker - Days 61 to 90

Week	Microbiome Foods	Liver Protocol	Cortisol Protocol	Symptom (1-5)	Triggers	Celebration
Week 9	Y / N	-	Y / N	_____		
Week 10	Y / N	-	Y / N	_____		
Week 11	Y / N	-	Y / N	_____		
Week 12	Y / N	-	Y / N	_____		

The 90-Day Summary

Complete this when Week 12 is done.

Measure	Day 1	Day 90	Change
Three-System Checklist - Column A (Gut) score			
Three-System Checklist - Column B (Stress) score			
Three-System Checklist - Column C (Liver) score			

Measure	Day 1	Day 90	Change
Average Symptom Level - Month One		-	-
Average Symptom Level - Month Three	-		
Number of Celebration Entries recorded	-		

Full Protocol Day - Month One (Days 15-30)

Time	Action	Protocol
On waking - empty stomach	Moringa powder drink (1 tsp in 200ml warm water). Wait 30 minutes.	Liver
While moringa wait runs	10 minutes morning sunlight - compound, gate, or street. Arms and face exposed.	Immunity
Before breakfast	Ogi or kunu drink (2 tbsp in 200ml warm water)	Microbiome
Before sitting down to eat breakfast	Vagal breath - 6 cycles, 4-2-6 count	Cortisol
With or after breakfast	Ginger-honey tea + Zobo tea (1 cup each)	Liver
Breakfast	Eat seated, at conversation pace. Screen-down.	Cortisol
Mid-morning	Tiger nuts (20-25, 2-3 times per week)	Microbiome
Before lunch	Vagal breath - 6 cycles	Cortisol
Lunch	Eat seated, at conversation pace. Iru or ogiri in food where possible.	Cortisol + Microbiome
Before dinner	Vagal breath - 6 cycles	Cortisol
Dinner - before 8pm	Normal meal. Iru or ogiri in food where possible.	Microbiome + Liver
30 minutes before sleep	Zobo tea (1 cup) + Bitter leaf juice (2 tbsp)	Liver
Before sleep - if high-pressure day	Scent leaf tea	Cortisol
Bedtime - consistent time	Phone down. Dark room.	Immunity

Month Two Daily Structure (Days 31-60)

Time	Action	Protocol
On waking - empty stomach	Ogi or kunu drink (2 tbsp in 200ml warm water)	Microbiome
While ogi is being prepared	10 minutes morning sunlight (3-4 mornings per week)	Immunity
Before breakfast	Vagal breath - 6 cycles	Cortisol
With or after breakfast	Ginger-honey tea	Ongoing
Breakfast	Eat seated, at conversation pace.	Cortisol
Mid-morning	Tiger nuts (2-3 times per week)	Microbiome
Before lunch and dinner	Vagal breath - 6 cycles	Cortisol
Dinner - before 8pm where possible	Normal meal. Iru or ogiri in cooking.	Microbiome
Before sleep - if high-pressure day	Scent leaf tea	Cortisol
Bedtime - consistent time	Phone down. Dark room.	Immunity

Weekly: One social eating anchor meal. Aloe vera gel drink + ginger-honey, once weekly, empty stomach (Stomach Seal maintenance).

Month Three Daily Structure (Days 61-90)

Time	Action
Morning	Ogi or kunu drink. Morning sunlight when possible.
Meals	Seated. Unhurried. Vagal breath before the main meal of the day.
Cooking	Iru or ogiri in the pot as normal.
Snacks	Tiger nuts when convenient.
Weekly	Aloe vera gel drink + ginger-honey - Stomach Seal maintenance ritual. One freely chosen meal.
Sleep	Consistent time. Phone down.

That is the entire Month Three protocol. It fits on a single line of a phone note. It requires no tracking, no timing, no preparation beyond what your normal day already contains.

What Happens After Day 90

The Stomach Seal's weekly maintenance ritual - the aloe vera gel drink and ginger-honey preparation, once weekly, on an empty stomach - continues indefinitely. Five minutes, once a week. This is the only structured practice that runs beyond Day 90.

Everything else has become habit or has concluded. The iru in your cooking is not a protocol - it is just how you cook. The tiger nuts are not a supplement - they are a snack you reach for without thinking about them.

A health intervention that requires permanent active management is a dependency. A health intervention that installs habits which then run themselves is a restoration. The Ancestral Body Reset was always designed to be the second kind.

A Word on Setbacks

You will have at least one week in the 90 days that undoes visible progress. A travel week. A celebration period - Christmas, Eid, a wedding season. When that week ends and the symptom score goes up, the correct response is to return to the Month One daily structure for seven days. Not because you have failed. Because the body needs a reset window.

One week of Month One structure after a significant disruption resets the system without requiring you to restart the 90-day count. You pick up the tracker from where it was. You continue. The 90 days does not restart because one week went differently. This is a protocol designed for real Nigerian life. Real Nigerian life includes disruptions. The plan accounts for them.



CLOSING NOTE

The Version of You That Is Coming

Four years ago I sat in my car outside a pharmacy in Lekki, filling yet another omeprazole prescription.

I had been managing this condition for two years at that point. I knew the timing of the burning. I knew which restaurants were safe and which required calculation. I knew the exact moment in a meal when the discomfort would announce itself and I would need to shift my body position in the chair so nobody at the table noticed.

I thought that was just what my life was now.

I did not know that sitting in Mama Aduke's kitchen in Ibadan six months later, watching her bruise scent leaves between her palms and explain - without any of the words I am using in this guide, but with all of the knowledge behind them - that the visitor had never been chased out, would change everything. I did not know that the fermented pap she made every morning, the iru in every soup, the bitter leaf she said was 'for cleaning the system' - were not superstition or habit. They were a protocol. One that her own grandmother had passed to her without either of them knowing what a *Lactobacillus* was.

I spent the following year learning the science behind what she knew. This guide is the result.

What you have in your hands is not a treatment. It is a restoration. The Stomach Seal removed what was causing the damage. The Ancestral Body Reset repairs what the damage left behind. Together, they do what no prescription ever did - they address the cause, the consequence, and the systems downstream of both.

Ninety days from now, you will be at a table somewhere. A family gathering, a business dinner, a celebration, an ordinary Saturday lunch. And you will fill your plate based on what you want. Not what is safe. Not what your stomach will allow. What you want.

You will not think about it as a milestone. It will feel like the most ordinary thing in the world.

That ordinariness - the ability to sit at a Nigerian table and eat like a Nigerian, without calculation, without excuse, without a blister pack on the bedside table that made any of it possible - is what this work was always building toward.

Follow the protocol. Trust the sequence. Write to me when you come out the other side.

- Biodun Adeyemi, Lagos / Ibadan



APPENDIX

Market-by-Market Sourcing Guide for All Reset Ingredients

Every ingredient in this protocol is available at Nigerian markets. This appendix consolidates the sourcing information from across all chapters into a single reference guide, organised by city. Use it before your first shopping trip.

Lagos

Market / Area	What to Source There
Oshodi Market	Iru, ogiri, dried zobo calyces, bitter leaf (fresh), tiger nuts, ogi
Mile 12 Market	All fresh vegetables including bitter leaf, iru, ogiri, tiger nuts
Lagos Island (Balogun/Idumota)	Tiger nuts (ofio), iru, dried zobo, health food stores nearby
Lekki/Ajah Markets	Ogi (from morning sellers), tiger nuts, bitter leaf, zobo calyces
Ikeja / Allen Area	Health food stores for moringa powder; markets for all other items

Abuja

Market / Area	What to Source There
Wuse Market	Iru, ogiri, dried zobo, bitter leaf, tiger nuts (aya), ogi sellers
Garki Market	Full range of dried condiments, tiger nuts, fresh vegetables
Wuse 2 / Maitama health food stores	Moringa powder (100% leaf powder only)

Ibadan

Market / Area	What to Source There
Bodija Market	Comprehensive sourcing for all items including iru, ogiri, bitter leaf, zobo
UI / Agbowo area	Morning ogi sellers daily; vegetable markets for bitter leaf

Port Harcourt

Market / Area	What to Source There
Mile 1 Market	Full range: iru, ogiri, tiger nuts, fresh bitter leaf, dried zobo
Rumuola / Garrison Markets	Vegetable sections carry fresh bitter leaf and scent leaf

Kano / Northern Cities

Market / Area	What to Source There
Any central market	Tiger nuts (aya) widely available; kunu zaki from fresh sellers; zobo calyces

Quick Shopping List - All Compounds

Print or screenshot this list before your first market visit.

Ingredient	Notes	Where to Buy	Approximate Cost
Ogi (fermented maize pap)	Buy fresh, every 2 days	Morning market sellers	Under N200
Iru (fermented locust beans)	Dried form keeps for weeks	Condiment section, any market	N200-500

Ingredient	Notes	Where to Buy	Approximate Cost
Ogiri (fermented melon paste)	Small quantity needed	Condiment section, major markets	N100-300
Tiger nuts (ofio/aya)	Buy 1-2 weeks' supply	Hawkers at most markets	N300-600
Kunu (fermented millet drink)	Buy fresh, same-day use	Northern food sellers	Under N300
Bitter leaf (fresh, ewuro/onugbu)	Use within 3 days	Vegetable section, any market	Under N200
Dried zobo calyces	Keeps for months sealed	Dried goods / spice section	N300-800
Moringa powder (100% leaf)	Check label - no fillers	Health food stores only	N1000-2500
Fresh ginger	Standard cooking ingredient	Any market vegetable section	Under N200
Scent leaf (efirin/nchanwu)	Use within 3 days or grow at home	Vegetable section, any market	Under N100
Aloe vera gel	Already from Stomach Seal	Health food stores, some pharmacies	Varies

A Final Word on Quality

The effectiveness of this protocol depends on using authentic, traditionally prepared versions of these foods - not commercial shortcuts. Sweetened ogi defeats the purpose. Pre-made zobo drink with added sugar and flavouring is not the same as unsweetened brewed zobo. Moringa powder with fillers is not the same as 100% leaf powder.

Ask questions at the market. The trader who has been selling iru for twenty years knows which batch is freshest. The morning ogi seller knows when she made it. The knowledge in the market is real and accessible. Use it.

This guide is for educational and informational purposes only. It is not intended to diagnose, treat, cure, or prevent any disease or medical condition. This guide does not replace professional medical advice, diagnosis, or treatment. Always consult a qualified healthcare provider before making changes to any medication or treatment plan. If you are on antihypertensive medication, consult your doctor before beginning the zobo protocol. Individual results will vary.

Thank You

From Biodun Adeyemi

You chose to go further than most people do. You did not stop at the relief. You asked the harder question - what did this condition actually leave behind, and what do I do about it? That question is the beginning of a different kind of health.

It has been a privilege to walk this part of the journey with you. The knowledge in this guide comes from Mama Aduke's kitchen, from the markets, from the researchers who took Nigerian plant medicine seriously enough to test it, and from the people who trusted these protocols before you. I hope it serves you as well as it has served them.

I WOULD LOVE TO HEAR FROM YOU

Your experience with this protocol - what worked, what surprised you, what you noticed at Day 30 and Day 90 - is valuable. Not just to me, but to every person who will read this guide after you. Please write to me at any point in your 90 days.

therootsandremedies@gmail.com

Also from Roots and Remedies

The Ancestral Stomach Seal

The 21-Day Stomach Seal Protocol

The protocol that came before this guide. The complete 21-day West African plant protocol for H. pylori eradication and stomach lining repair.

If you know someone still in the active phase of their ulcer condition, share this with them. The Seal and the Reset are designed to work together.

© 2025 Biodun Adeyemi / Roots and Remedies. All rights reserved.

This guide may not be reproduced, distributed, or transmitted in any form without prior written permission from the author.