THE OWAMBE SURVIVAL GUIDE

How to Navigate Nigerian Celebration Food During and After the Protocol

Bonus 2 -- The Ancestral Stomach Seal | By Biodun Adeyemi

BONUS 2

The Owambe Survival Guide

How to Navigate Nigerian Celebration Food During and After the Protocol

Completing a 21-day protocol does not pause your social calendar. And 'I am managing my diet' only explains so much before someone hands you a bowl of pepper soup and waits.

This guide gives you everything you need to navigate Nigerian celebrations -- naming ceremonies, owambe tables, client dinners, family visits -- without exposing your recovering stomach or explaining yourself to anyone.

BEFORE YOU LEAVE THE HOUSE -- The 4-Minute Preparation Ritual

30 minutes before the event: Drink 1 tablespoon of aloe vera gel in 200ml of room-temperature water. This establishes the mucosal coating before anything else arrives.

10 minutes before you leave: Eat something small and starchy -- plain bread, crackers, a small portion of boiled yam. Never arrive at an owambe table on a completely empty stomach. An empty stomach with nothing between the acid and the lining is the highest-risk position at a pepper-heavy table.

Total time required: 4 minutes of action, 30 minutes of lead time. Plan accordingly.

At the Table -- What to Reach for First

Reach for something starchy and low-pepper before anything else: plain jollof rice before you add extra stew, boiled yam, plain rice, a bread roll. Give it fifteen minutes to establish a food buffer before the spicier dishes arrive. This is not about refusing food. It is about sequencing.

What to Avoid -- Weeks 1-2 of the Protocol

- Pepper soup -- high capsaicin load directly on a recovering mucosal lining.
- Suya -- charred protein with a high pepper marinade plus fat. Three simultaneous irritants.
- Nkwobi and isiewu -- high fat triggers delayed gastric emptying and raises reflux risk.
- Freshly tapped palm wine in large quantities: one cup maximum. Older, more sour palm wine is significantly more acidic -- avoid entirely during Phase 2.
- Spirits (whisky, brandy, gin taken straight) -- most mucosal-irritating of common Nigerian social drinking options.

What You Can Eat With Confidence -- Even in Weeks 1-2

- Jollof rice -- the mild version, before extra stew is added.
- Fried plantain (dodo) -- fine in moderation.
- Boiled yam or pounded yam with a low-pepper soup.
- Grilled fish without a pepper marinade.
- Plain puff-puff, chin-chin, small chops -- in moderation, after the starch buffer is in place.
- Malt drink, zobo in small quantities, fresh juice, water.

Handling Social Pressure -- Three Exact Scripts

You do not owe anyone an explanation of your stomach condition. These scripts close the conversation without apology and without an extended discussion:

> ### Three Scripts That End the Conversation
>
> **Script 1:** "I'm managing my diet for a project -- I'll take it later."
>
> Confident, vague, implies control rather than restriction. Nobody argues with a man who says he is managing something for a project.
>
> **Script 2:** "Doctor's orders for now -- I'll join you properly next time."
>
> Nobody argues with doctor's orders at a social event. It closes the subject immediately.
>
> **Script 3:** "I've eaten already -- just picking small."
>
> Simple. Effective. Requires no follow-up. Works in every social context from a naming ceremony to a chairman's dinner.

3-DAY RECOVERY PROTOCOL -- After a Heavy Owambe

Use this if you ate more than you intended -- more pepper, more fried food, more alcohol than the plan allowed.

Day 1 after the event: Return to Phase 1 compounds only. Morning ritual: aloe vera gel drink followed by unripe plantain flour drink. Repeat in the evening. No pepper, no alcohol, no fried food. Eat plain, cooked food -- plain rice, boiled yam, light soups without pepper.

Day 2 after the event: Continue mild eating. Add the ginger-honey preparation in the evening. Still no pepper or alcohol. Your stomach is repairing.

Day 3 after the event: Gradual return to normal protocol-phase eating. Observe your symptoms at each meal. If they have resolved by the end of Day 3, your stomach has recovered. If they remain elevated, extend Day 1 protocol for another 24 hours.

The 3-day recovery is not a sign that the protocol failed. It is evidence that you have a reset mechanism -- something you did not have before Day 1.

Note: This guide is for educational purposes only. It does not replace medical advice. Consult a qualified healthcare provider before making changes to your health routine or any prescribed medication.

-- End of The Owambe Survival Guide --

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Thank You

For carrying this with you to the owambe.

Having this guide means you went to the celebration prepared. Not avoiding. Not calculating through the night. Not sitting across from a plate of pepper soup wondering if tonight is the night you pay for it. You showed up — at the table, at the event, at the part of life that is supposed to be enjoyable — and you had a plan.

That is what this is all about. Not restriction. Not management. Participation. I hope you ate well, stayed comfortable, and woke up the next morning without regret.

■ Share How It Went

Did the guide help? Was there a situation it did not cover? A food or scenario you wish had been included? Write to Biodun directly — every response shapes the next version.

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The Next Step

Surviving the owambe is one part of the picture. But if the condition is still present — if the 21-day Stomach Seal protocol is still running or has just finished — there is work to do beyond the stomach lining itself. The microbiome that H. pylori depleted. The liver taxed by years of acid suppressants. The stress-cortisol loop that keeps triggering flare-ups even after the protocol ends. The Ancestral Body Reset addresses all three.

■ The Ancestral Body Reset

What to Do After the Ulcer Is Gone

Gut microbiome rebuild with Nigerian fermented foods. 14-day West African liver support protocol. The 90-day Ancestral Body Maintenance Plan. Simple, sustainable, built around real Nigerian life.

Write to therootsandremedies@gmail.com to access this guide.

Follow the protocol. Trust the sequence.

-- Biodun Adeyemi

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