

INGREDIENT PREPARATION & SOURCING GUIDE

Where to buy, how to prepare all 7 herbs



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CLOSING NOTE

From Biodun Adeyemi



ORIENTATION

How to Use This Guide

DISCLAIMER

This guide is for educational and informational purposes only. The preparation methods and quantities in this guide are drawn from the same research and traditional knowledge base as the main Ancestral Stomach Seal guide. This guide does not replace professional medical advice. Consult a qualified healthcare provider before making changes to any medication or health routine, particularly if you have an existing medical condition or are taking prescription medication. Individual results will vary based on consistency of use, individual health factors, and specific circumstances.

HOW TO USE THIS GUIDE

This guide is a companion to the main Ancestral Stomach Seal guide - not a replacement for it. It assumes you have read the relevant chapters. It gives you preparation and sourcing in one place so you never need to scroll through the main guide in a market or kitchen.

One herb per card. Same structure on every card. Learn the format once on Herb 1 and you will read every subsequent card faster.

THE HERB INDEX

#	Herb	Local Names
1	Scent Leaf	Efinrin (Yoruba) / Nchanwu (Igbo) / Daidoya (Hausa)
2	Unripe Plantain	Ogede (Yoruba) / Ogiri-isi (Igbo) / Ayaba (Hausa)
3	Papaya Leaf	Ibepe (Yoruba) / Okwuru-ojo (Igbo) / Gwanda (Hausa)
4	Raw Garlic	Ayu (Yoruba) / Ajo (Igbo) / Tafarnuwa (Hausa)
5	Ginger Root	Jinja (Yoruba/Igbo) / Citta (Hausa)
6	Aloe Vera	Eti-erin (Yoruba) / Ebube-agu (Igbo)
7	Turmeric	Ata ile pupa (Yoruba) / Ohu ewu (Igbo)

PHASE REFERENCE - Which Herbs Go in Which Phase

Phase	Days	Herbs Active
Phase 1	Days 1-7	Aloe Vera (Step 1) + Unripe Plantain Flour (Step 2)
Phase 2 - Morning	Days 8-18	Aloe Vera - Unripe Plantain - Raw Garlic - Papaya Leaf - Turmeric - Ginger
Phase 2 - Evening	Days 8-18	Ginger - Scent Leaf - Aloe Vera (overnight seal)
Phase 3 / Maintenance	Day 22+ weekly	Aloe Vera + Ginger only
High-stress days	Anytime	Aloe Vera + Ginger (morning buffer) + Scent Leaf (evening)

QUICK WIN - DO THIS TONIGHT (15 MINUTES)

Before you source anything. Before you prepare anything. Do this now. **What you need:** 1 tablespoon of aloe vera gel - scraped from a leaf in your compound, or 99% pure commercial gel from any pharmacy or health food store - and 200ml of room-temperature water. **What to do:** Stir the aloe vera gel into the water until dissolved. Drink slowly on a completely empty stomach over 2-3 minutes. Wait 20 minutes before eating anything else. **Why this matters:** This is Step 1 of every morning in Phase 1 and Phase 2. Doing it tonight means Day 1 has already started.



TOOLS 1 & 2

Market Shopping Checklist & Daily Tick-Off Card

TOOL 1 - Market Shopping Checklist

Take this to the market. Screenshot it. Tick as you go.

Phase 1 Shopping - Buy Before Day 1

- Aloe vera** - Whole leaves from a compound plant, or 99% pure commercial gel (no colour, fragrance, or alcohol on the label)
- Unripe plantain** - Fully green, no trace of yellow anywhere (3-4 plantains for flour), or ready-made unripe plantain flour from a health food store
- Raw honey** - Unprocessed, dark and thick (one small jar covers the full protocol and maintenance period)
- Fresh ginger root** - Enough for 7 daily thumb-sized pieces

Phase 2 Additional Shopping - Buy by Day 6

- Scent leaf (Efinrin / Nchanwu)** - Buy fresh only, 2 days' worth at a time (wilts quickly - buy every 2 days throughout Phase 2)

- Fresh papaya leaves** - From a compound tree if possible (ask neighbours first - free and fresher), or market vegetable section
- Raw garlic** - Whole bulbs only, minimum 2 bulbs (never pre-peeled or pre-chopped)
- Turmeric** - Fresh root OR dried powder (small bag from spice section)
- Black pepper** - Whole peppercorns for grinding alongside turmeric (piperine is the activation mechanism - do not skip)
- Coconut oil or coconut milk** - Fat vehicle for turmeric preparation (any supermarket)
- Additional ginger root** - Significantly more than Phase 1, for twice-daily use throughout Phase 2

Ongoing Restocking During Phase 2

- Scent leaf** - Restock every 2 days throughout Phase 2
- Fresh ginger** - Restock weekly
- Aloe vera gel** - Re-extract from leaf every 3 days, or restock commercial gel as needed
- Papaya leaves** - Restock every 2 days (use within 2 days of picking)

TIMING NOTE

Shop for Phase 1 ingredients the evening before you begin. Shop for Phase 2 ingredients on Day 6 - the final day of Phase 1 - so everything is ready before Day 8 arrives. The protocol does not pause while you shop.

TOOL 2

Daily Preparation Tick-Off Card

Use this in the kitchen every morning and evening. One document. Everything in sequence. No need to open the main guide.

Phase 1 Morning - Days 1 to 7

Empty stomach. Before water, before food, before anything else.

Aloe vera gel drink prepared and consumed - 1 tbsp fresh aloe vera gel in 200ml room-temperature water. Stir until gel dissolves. Drink slowly over 2-3 minutes.

Wait 5 minutes

Unripe plantain flour drink prepared and consumed - 2 tbsp unripe plantain flour in 200ml room-temperature water. Stir vigorously until completely smooth. Drink immediately - it thickens as it stands.

Wait 20 minutes before eating or drinking anything else

Total active time: approximately 5 minutes. Total wait time: 25 minutes.

Phase 2 Morning - Days 8 to 18

Empty stomach. Before water, before food, before anything else.

Step 1 - Aloe vera gel drink

1 tbsp gel in 200ml room-temperature water. Drink slowly. Wait 5 minutes.

Step 2 - Unripe plantain flour drink

2 tbsp in 200ml room-temperature water. Stir smooth. Drink immediately. Wait 10 minutes.

Step 3 - Crush garlic clove - set timer for exactly 10 minutes

Use this time to prepare Steps 4 and 5. Do not skip the wait - allicin conversion happens during these 10 minutes.

Step 3 continued - After 10 minutes: consume crushed garlic raw

All at once. Chase immediately with 200ml water or a teaspoon of raw honey.

Step 4 - Papaya leaf extract

2 tbsp of prepared extract. Drink quickly. Chase with a full glass of water.

Step 5 - WITH BREAKFAST - Turmeric preparation

1 tsp turmeric + pinch black pepper + fat vehicle (coconut oil or coconut milk). Mix into

breakfast food. Not on empty stomach.

[] Step 6 - WITH BREAKFAST OR AFTER - Ginger-honey tea

Fresh ginger (thumb-sized), grated, steeped in 200ml hot water 8 minutes covered, strained, cooled below 40 degrees Celsius, 1 tsp raw honey added. Drink slowly.

Total active time: approximately 25 minutes before eating, plus breakfast.

Phase 2 Evening - Days 8 to 18

At least 2 hours after your last meal. Approximately 30 minutes before sleep.

[] Step 7 - Ginger-honey tea

Same preparation as morning Step 6. Fresh ginger, steeped, strained, cooled below 40 degrees Celsius, honey added. Drink slowly.

[] Step 8 - Scent leaf tea

8-10 fresh leaves, washed, bruised between your palms, 200ml hot (not boiling) water poured over them, covered immediately, steeped 10 minutes, strained. Cool to comfortable drinking temperature. Drink slowly. No sugar or honey.

[] Step 9 - Aloe vera gel - last action of every day

1 tbsp neat, immediately before lying down.

Total active time: approximately 15 minutes.

Phase 3 Weekly Maintenance - Day 22 Onwards

Once per week, same day each week. Empty stomach, first thing in the morning.

[] Aloe vera gel drink - 1 tbsp gel in 200ml room-temperature water. Drink slowly. Wait 5 minutes.

[] Ginger-honey preparation - Fresh ginger (thumb-sized), grated, steeped in 200ml hot water 8 minutes covered, strained, cooled below 40 degrees Celsius, 1 tsp raw honey added. Drink slowly.

Total active time: approximately 5 minutes. Total time including wait: 15 minutes.



HERB 1 OF 7

SCENT LEAF

Ocimum gratissimum

Local names: Efinrin (Yoruba) / Nchanwu (Igbo) / Daidoya (Hausa)

Primary action: Mucosal protection and anti-inflammation. The evening compound that works during the overnight repair window.

AT A GLANCE

Dose	8-10 fresh leaves per cup of tea
Frequency	Once daily in Phase 2 evening sequence (Step 8). As needed on high-stress days in Phase 3.
Storage	Wilts within 1-2 days at room temperature. Buy fresh every 2 days. Best long-term solution: keep a small potted plant growing in your compound.
Watch out for	Wilted or yellowing leaves. <i>Ocimum gratissimum</i> contains eugenol and thymol as its primary volatile compounds - both degrade as the leaf wilts. Only bright green, strongly fragrant leaves carry the active properties.

HOW TO PREPARE

1. Select 8-10 fresh leaves. They should be bright green, firm, and strongly fragrant when pinched between your fingers. Avoid any leaves that are wilted, yellowing, or have brown spots.
2. Wash thoroughly under clean running water. Shake off excess water.
3. Tear or lightly bruise the leaves with your hands before steeping. Press them firmly between your palms or tear them roughly into pieces. This breaks the volatile oil glands in the leaf and significantly increases what is extracted during steeping. A tea made from whole, unbruised leaves is substantially weaker. Do not skip this step.
4. Place the bruised leaves in a cup. Pour 200ml of hot - not boiling - water over them. Cover the cup immediately with a plate or saucer. This traps the volatile compounds that would otherwise escape as steam. Steep for exactly 10 minutes.
5. Strain through a fine sieve or clean cloth. Allow to cool to a comfortable drinking temperature.
6. Drink slowly. Do not add sugar or honey. The mild bitterness and faint sweetness are your quality indicators.

QUALITY CHECK

The tea should smell strongly of the leaf - herbaceous, slightly sharp, with a clean green aroma. The taste should be mildly bitter with a faint natural sweetness. If it smells like plain hot water with only a hint of green, one of three things happened: the leaves were not fresh, they were not bruised before steeping, or the cup was not covered during steeping. Discard and prepare again with fresh leaves. A correct batch is unmistakable.

WHERE TO SOURCE

City	Where to Find It
Lagos	Any roadside vegetable seller across Mushin, Agege, Yaba, Surulere, Lekki, Ajah. Oshodi market, Mile 12 market. Ask for 'efinrin.' Extremely widely available.
Abuja	Wuse Market vegetable section, Utako Market, local vegetable sellers across Garki, Maitama, Gwarinpa, and Kubwa. Ask for 'nchanwu' or 'scent leaf.'
Port Harcourt	Mile 1 Market vegetable section, roadside vegetable sellers across Rumuola, GRA, Trans-Amadi, and Elelenwo.
Ibadan	Dugbe Market, Agbowo Market, Bodija Market, any neighbourhood vegetable seller. Very widely available.

City	Where to Find It
All cities	Keep a small potted plant in your compound. Ask any garden centre or plant seller. Grows easily, needs minimal water, produces continuously.

Buy only what you need for 2 days at a time. Scent leaf does not keep. The best scent leaf is the leaf you bought today or yesterday - not the one that has been sitting in your refrigerator since Monday.



HERB 2 OF 7

UNRIPE PLANTAIN

Musa paradisiaca

Local names: Ogede (Yoruba) / Ogiri-isi (Igbo) / Ayaba (Hausa)

Primary action: Mucosal regeneration - the only compound in the protocol that tells the stomach lining to rebuild itself, not merely recover.

AT A GLANCE

Dose	2 tablespoons of flour per serving, mixed into 200ml room-temperature water
Frequency	Once daily in Phase 1 morning (before anything else). Once daily in Phase 2 morning sequence (Step 2, after the aloe vera drink).
Storage	Made flour: 3 weeks at room temperature in an airtight container. 2 months refrigerated. Whole green plantains: use within 5-7 days of purchase for flour-making.
Watch out for	Any yellow on the plantain skin. The active compound - leucocyanidin - degrades as the fruit ripens. A plantain that has started turning yellow means the active compound has already degraded. Fully green only. No exceptions.

HOW TO PREPARE - Making the Flour

1. Source 3-4 fully green plantains. The skin must be entirely green - no yellow anywhere, not even at the tips. Peel completely. Discard the skins.
2. Slice into pieces approximately 3-4mm thick. Even slicing means even drying and more consistent flour.
3. Dry the slices completely. Sun-drying (preferred): spread on a clean tray or cloth in direct sunlight for 2-3 full days. Turn once daily. The slices are ready when they feel completely hard and make a clicking sound when knocked together. Oven-drying alternative: 60-70 degrees Celsius with the door slightly ajar for 4-6 hours.
4. Grind to a fine powder. A kitchen blender works for small batches. A local grinding mill produces a finer, more consistent flour for larger quantities.
5. Sieve through a fine sieve to remove any coarse particles. Store immediately in a clean airtight container.

HOW TO PREPARE - The Drink

1. Measure 2 level tablespoons of flour into a glass. Add 200ml of room-temperature water - not hot, not cold. Stir vigorously for 30 seconds. Drink immediately. Do not let it stand - the starch absorbs water quickly and the drink thickens within minutes of mixing.

Buying Ready-Made Flour

Ready-made unripe plantain flour is increasingly available at health food stores in Lagos, Abuja, and Ibadan. It is an acceptable alternative. Confirm the label specifies unripe plantain - not regular plantain flour or banana flour. The word 'unripe' must be there.

QUALITY CHECK

The flour should be pale cream to off-white in colour with a very mild, slightly starchy smell. A grey or strongly yellow flour indicates the plantain had already begun ripening before it was dried. Discard and source new plantains. The prepared drink should be smooth with no lumps when properly stirred.

WHERE TO SOURCE

City	Where to Find It
Lagos	Mile 12 market (largest supply in Lagos, very affordable). Any roadside fruit seller across Mushin, Yaba, Surulere, Lekki, Ajah. Ask specifically for 'unripe plantain' or 'green plantain.'

City	Where to Find It
Abuja	Wuse Market, Utako Market, Garki Market. Roadside fruit sellers across Kubwa, Lugbe, and Nyanya.
Port Harcourt	Mile 1 Market, Rumuola Market, roadside fruit sellers across GRA, Elemenwo, and Rumuigbo.
Ibadan	Oje Market, Bodija Market, Agbowo Market. Very widely available from roadside fruit sellers.
Ready-made flour	Health food stores in Lagos (Lagos Island, Ikeja, Lekki) and Abuja. Confirm the label reads 'unripe plantain flour' specifically.



HERB 3 OF 7

PAPAYA LEAF

Carica papaya

Local names: Ibepe (Yoruba) / Okwuru-ojo (Igbo) / Gwanda (Hausa)

Primary action: Antibacterial against *H. pylori* - tested against Nigerian *H. pylori* isolates specifically (Federal University of Technology Akure, IJBMR, 2019) - plus antioxidant action against secondary oxidative damage.

AT A GLANCE

Dose	2 tablespoons of extracted juice per serving
Frequency	Once daily in Phase 2 morning sequence (Step 4). Not used in Phase 1. Not used in Phase 3.
Storage	Prepared extract: maximum 2 days refrigerated in an airtight container. Prepare every 2 days. Fresh leaves: use within 2 days of picking or purchasing.
Watch out for	Two errors are equally common. Using young pale-green leaves from the growing tip - these carry a lower concentration of active compounds. Using yellowing or browning leaves from the base - these are degraded. Use only mature, fully formed, dark-green leaves.

METHOD A - Mortar and Pestle (Preferred)

1. Select 4-5 mature papaya leaves. Mature, fully formed, dark-green leaves - not the youngest growth at the tip, not the oldest at the base - carry the highest concentration of active alkaloid and flavonoid compounds. Wash thoroughly.
2. Tear the leaves roughly into pieces small enough to fit in your mortar.
3. Pound firmly and continuously until a dense, dark-green pulp forms. Continue pounding until no large leaf pieces remain. The pulp should be dark and intensely aromatic.
4. Transfer the pulp to a clean cloth or double layer of clean cotton fabric. Squeeze firmly over a bowl to extract as much liquid as possible. The extract should be dark green - almost black-green - and intensely bitter.
5. Measure 2 tablespoons as a single dose. Store the remainder in an airtight container in the refrigerator. Discard after 2 days maximum.

METHOD B - Blender

1. Wash and tear 4-5 mature leaves into rough pieces.
2. Place in a blender. Add 80-100ml of clean water. Blend at high speed for 45-60 seconds.
3. Pour through a double layer of clean cloth into a bowl. Press firmly to extract all liquid. Discard the pulp.
4. Drink the 2 tablespoons quickly - in one or two swallows. Do not sip it slowly. Chase immediately with a full glass of water.

QUALITY CHECK

The extract should be intensely bitter - sharp enough to make you grimace. This bitterness is the quality signal. The alkaloid and flavonoid concentration that gives the extract its H. pylori-inhibiting properties is directly related to how bitter it is. A flat or mildly unpleasant extract is under-extracted. Remake with more mature leaves or a longer pounding time.

WHERE TO SOURCE

City	Where to Find It
Lagos	Compounds with pawpaw trees - ask neighbours first. Leaves from a compound tree are fresher and free. Oshodi market vegetable section, some Lekki and Victoria Island markets. Ask for 'ibepe leaves' or 'pawpaw leaves.'
Abuja	Compounds with pawpaw trees across Maitama, Asokoro, Gwarinpa, Kubwa. Wuse Market vegetable section.
Port Harcourt	Compounds with pawpaw trees. Mile 1 Market vegetable section. Ask traders directly for pawpaw leaves.
Ibadan	Very widely available from compound trees. Bodija Market and Dugbe Market vegetable sections also carry them.
All cities	Papaya trees are extremely common in Nigerian residential compounds. Ask two or three neighbours before going to market. In most areas, someone within walking distance has a pawpaw tree.

Leaves picked directly from a compound tree and used the same day or the following day produce the most concentrated extract. If you must buy from a market, use them the same day.



HERB 4 OF 7

RAW GARLIC

Allium sativum

Local names: Ayu (Yoruba) / Ajo (Igbo) / Tafarnuwa (Hausa)

Primary action: Antibacterial against *H. pylori* - 93.81% eradication rate in a meta-analysis of 8 randomised controlled trials involving 867 participants (Si et al., 2019, PubMed Central). The preparation window is not optional. It is the protocol.

AT A GLANCE

Dose	1 medium clove per serving
Frequency	Once daily in Phase 2 morning sequence (Step 3). Prepare fresh every morning - never in advance.
Storage	Whole garlic bulbs: 3-4 weeks at room temperature. No refrigeration needed. Buy 2 bulbs at the start of each phase. Never use pre-peeled, pre-chopped, or powdered garlic.
Watch out for	Skipping or shortening the 10-minute wait after crushing. Without this window, allicin conversion is incomplete and you receive a fraction of the active dose. The timer is not a suggestion. Set it.

HOW TO PREPARE

1. Select 1 medium garlic clove. Peel it completely. Do not use a clove from a pre-peeled packet. The alliin reaction begins only when you break the cell walls fresh - pre-peeled cloves have already begun to oxidise.
2. Crush firmly with the flat of a heavy knife blade pressed down with your palm. The goal is to break as many cell walls as possible. Alternatively, chop as finely as you can manage - the finer the chop, the more complete the alliin conversion. Either crushing or fine chopping works. A whole, uncrushed clove does almost nothing.
3. Leave the crushed garlic on the board exactly as it is. Do not move it into water. Do not add anything to it. Set a timer for exactly 10 minutes. This is the alliin activation window - the period during which the enzyme alliinase converts alliin to alliin. The conversion begins at the moment of crushing and reaches near-peak concentration at approximately 10 minutes.
4. Use the 10 minutes to prepare Steps 4 and 5 of the morning sequence - measure your papaya leaf extract, mix your turmeric. The timer runs while you work.
5. After exactly 10 minutes: consume the crushed garlic directly. All of it, at once. Do not dilute in water before consuming. Chase immediately with 200ml of room-temperature water.
6. If the raw taste is too confrontational on its own: take a level teaspoon of raw honey in the same mouthful or immediately after. Do not cook the garlic, do not heat it. Heat destroys alliin.

QUALITY CHECK

Fresh garlic intensifies in aroma during the 10-minute activation window. The smell becomes sharper and more pungent after crushing than it was before. If you crush a clove and the smell is flat or mild, the clove is old. Buy fresh bulbs. A correct clove produces a sharp, eye-watering aroma within 30 seconds of crushing. Garlic breath is expected and real throughout Phase 2. It diminishes significantly after the first week as the body adjusts to the daily alliin load. Carry gum. This is the cost of alliin at therapeutic levels. It is worth it.

WHERE TO SOURCE

City	Where to Find It
Lagos	Oshodi market (large quantities, very affordable). Any Shoprite, Spar, or FoodCo supermarket. Mile 12 market. Any roadside spice seller. One of the most widely available ingredients in Nigeria.
Abuja	Wuse Market spice section, Shoprite and Jabi Lake Mall supermarkets, Garki Market, any neighbourhood spice seller.
Port Harcourt	Rumuola Market, Mile 1 Market, any Shoprite branch, roadside spice sellers across GRA and Trans-Amadi.
Ibadan	Dugbe Market, Shoprite Ibadan, any local market spice section.

Allicin begins to degrade meaningfully within one to two hours of production at room temperature. Always prepare fresh each morning. Never prepare the night before.



HERB 5 OF 7

GINGER ROOT

Zingiber officinale

Local names: Jinja (Yoruba / Igbo) / Citta (Hausa)

Primary action: Anti-inflammatory, antimicrobial, and mucin-stimulating. The only compound used twice daily - morning and evening - because its anti-inflammatory action is most effective as a continuous, sustained presence in the gastric environment.

AT A GLANCE

Dose	One thumb-sized piece of fresh root (approximately 8-10g) per cup
Frequency	Twice daily in Phase 2 - morning (Step 6, with or after breakfast) and evening (Step 7, before sleep). Once weekly in Phase 3 maintenance.
Storage	Fresh root: 1 week at room temperature, 3 weeks refrigerated. Buy weekly. Dried ginger powder: 3-4 months airtight. Keep powder as travel backup only - fresh root is always preferred.
Watch out for	Adding honey to liquid that is still hot. Above 40 degrees Celsius, the active enzymes in raw honey are denatured. Cool the liquid first. Then add honey. Test the temperature against the back of your wrist before adding.

HOW TO PREPARE

1. Wash and peel a thumb-sized piece of fresh ginger root. Use the edge of a spoon to scrape the skin rather than a peeler - the flesh immediately beneath the skin contains a high concentration of gingerol compounds, and a peeler removes more than necessary.
2. Grate finely using the smallest holes on your grater, or slice as thinly as possible. The finer the preparation, the more surface area is exposed to the hot water during steeping and the stronger the extraction.
3. Place the grated ginger in a cup. Pour 200ml of hot water over it. The water should be producing active steam but not at a rolling boil - approximately 85-90 degrees Celsius. If you have just boiled water, allow it to rest off the heat for 60 seconds before pouring.
4. Cover the cup immediately with a plate or saucer. This traps the volatile compounds that would otherwise escape as steam. Steep for exactly 8 minutes. Do not shorten the steeping time.
5. Strain through a fine sieve or doubled clean cloth. Press the ginger solids firmly to extract all remaining liquid. Discard the pulp.
6. Allow to cool. Hold the cup against the back of your wrist - it should feel warm, not hot. This is approximately 38-40 degrees Celsius. If still hot, wait 2-3 more minutes.
7. Add 1 level teaspoon of raw, unprocessed honey. Stir until fully dissolved. Drink slowly over 5-10 minutes, not in one swallow.
8. For the evening dose (Step 7): prepare exactly the same way. Do not prepare both at the same time and store the evening portion - prepare it fresh before sleep.

QUALITY CHECK

The tea should have a distinctly sharp, warm, spicy aroma. The taste should be clean and spicy-warm with a mild sweetness from the honey. If it tastes like plain warm water with only a hint of ginger, one of four things happened: the root was too old, the steeping time was too short, the cup was not covered during steeping, or the grating was too coarse. Press your thumbnail into the cut surface of a fresh root - it should release a sharp, clean, spicy smell immediately. Flat or muted smell means the root is past its useful life. Buy fresh.

WHERE TO SOURCE

City	Where to Find It
Lagos	Any market in Lagos - Oshodi, Mile 12, Lekki, Agege, Mushin. Any roadside spice or vegetable seller. One of the most widely available ingredients in Nigeria.
Abuja	Any market. Wuse Market, Garki Market, Utako Market, any neighbourhood spice seller.
Port Harcourt	Any market. Mile 1 Market, roadside spice sellers citywide.
Ibadan	Any market. Dugbe Market, Bodija Market, roadside spice sellers.
Raw honey	Health food stores in Lagos (Lagos Island, Ikeja, Lekki Phase 1), Abuja health food stores, Bodija Market area in Ibadan. Ask specifically for raw, unprocessed honey - it is darker, thicker, and cloudier than commercial honey.

Prepare the ginger-honey tea fresh each time. Do not prepare the morning tea the night before and reheat it. The volatile compounds begin to degrade within hours of preparation.



HERB 6 OF 7

ALOE VERA

Aloe barbadensis miller

Local names: Eti-erin (Yoruba) / Ebube-agu (Igbo)

Primary action: Cytoprotective - the coating that protects the stomach lining before everything else arrives. First compound every morning. Last compound every night. The bookend that holds the protocol together.

AT A GLANCE

Dose	1 tablespoon of fresh inner gel per serving
Frequency	Phase 1: morning Step 1 daily. Phase 2: morning Step 1 and evening Step 9. Phase 3: once weekly maintenance. On high-pressure days: take morning dose regardless of weekly schedule.
Storage	Extracted gel: refrigerated in an airtight container, maximum 3-4 days. Extract fresh from a leaf every 3 days. Whole leaves: up to 1 week at room temperature.
Watch out for	The yellow aloin layer directly beneath the green leaf skin. Aloin is a documented anthraquinone laxative compound - powerful at daily-use quantities. It must be completely drained and discarded before extracting the inner gel. Never skip the draining step. Never use the yellow liquid for any part of this protocol.

IDENTIFYING THE CORRECT PLANT

You need *Aloe barbadensis miller* - the plant with the wide, thick, heavy leaves, common in Nigerian compounds. The leaves are large and broad at the base, thick through the middle, and so heavy that a single mature leaf feels almost like a bag of water when you hold it.

This is not the thin, pointed, compact succulent variety sold as a decorative plant. The correct plant is the large, broad-leaved, fleshy variety that grows in many Nigerian compounds and looks like something your grandmother would have had in the garden.

HOW TO PREPARE

1. Select a mature outer leaf from the plant. Mature leaves grow from the outside of the rosette - they are larger and heavier than the inner leaves. Cut at the base of the leaf, close to the stem, with a clean knife.
2. Stand the cut leaf cut-end down in a glass, cup, or bowl for 10-15 minutes. Yellow liquid will drain from the cut end. This is aloin. Pour it away entirely. Do not use it for anything. Do not let it mix with the gel you are about to extract.
3. Lay the leaf flat on a clean cutting board. Slice off the green skin from the top surface - run the knife flat along the surface, following the curve of the leaf. Then turn the leaf over and slice off the green skin from the bottom surface. You are left with the clear, translucent inner gel only.
4. Check the colour. The gel should be clear, colourless, or very faintly yellow. If it is deeply yellow or has a strongly bitter smell at this stage, some aloin remains. Rinse the entire gel block under clean running water before scooping.
5. Scoop the gel into an airtight container with a clean spoon. Store in the refrigerator immediately. Do not leave extracted gel at room temperature.
6. To prepare the morning drink: measure 1 tablespoon of gel into 200ml of room-temperature water. Stir until the gel dissolves and the water becomes slightly viscous. Drink immediately.
7. For the evening seal (Step 9, Phase 2): take 1 tablespoon of gel neat - directly from the spoon, without water - immediately before lying down. This is the overnight coating.

Using Commercial Gel

Commercial 99% pure aloe vera gel is an acceptable alternative. The label must read 99% pure aloe vera gel - or *Aloe barbadensis* leaf juice - with no added colour, fragrance, alcohol, or preservatives. Read the ingredient list. If there are more than two or three ingredients, it is not the correct product.

QUALITY CHECK

Correctly extracted gel is clear to very faintly yellow, slightly viscous and slippery between the fingers, with a mild, neutral smell. It should not smell strongly of anything. If the gel is deeply yellow or has a sharp bitter smell after the draining step, aloin is still present. Rinse the entire gel block under clean running water and check again before scooping.

WHERE TO SOURCE

City	Where to Find It
Lagos	Garden centres in Ikeja (Allen Avenue area), Lekki, and Victoria Island. Health food stores on Lagos Island, Lekki Phase 1, and Ikeja. Many compounds already grow the plant - ask neighbours before going to a store.
Abuja	Garden centres across Maitama, Asokoro, and Wuse. Health food stores. Shoprite branches (some carry commercial gel). Wuse Market garden plant sellers.
Port Harcourt	Health food stores across GRA and Trans-Amadi. Garden centres. Shoprite Port Harcourt.
Ibadan	Health food stores. Shoprite Ibadan. Garden sellers in Bodija area. Many compounds grow the plant.
Commercial gel	99% pure aloe vera gel at health food stores in Lagos, Abuja, and Port Harcourt. Label should read Aloe barbadensis leaf juice and very little else.

The best long-term solution is to grow one Aloe barbadensis miller plant in your compound. It costs very little, requires almost no water or care, and gives you a permanent supply at zero ongoing cost.



HERB 7 OF 7

TURMERIC

Curcuma longa

Local names: Ata ile pupa (Yoruba) / Ohu ewu (Igbo)

Primary action: Antibacterial against *H. pylori* across all 65 clinical isolates tested (Mahady et al., 2009), and specific suppression of the inflammatory pathway *H. pylori* activates to damage the mucosal lining. Effective only when prepared with black pepper and a fat vehicle. Both are required.

AT A GLANCE

Dose	1 teaspoon turmeric powder (or equivalent fresh root) + pinch of black pepper + 1 tablespoon fat vehicle (coconut oil or coconut milk)
Frequency	Once daily in Phase 2 morning sequence (Step 5). Taken with breakfast - not on an empty stomach.
Storage	Dried turmeric powder: indefinitely in an airtight container away from light and moisture. Fresh turmeric root: 2-3 weeks refrigerated, wrapped in a dry cloth or paper towel.

Watch out for

Using turmeric without black pepper and without a fat vehicle. Without piperine (the active compound in black pepper) and without fat emulsification, the majority of curcumin passes through the gut unabsorbed. Research published in *Planta Medica* found piperine increases curcumin bioavailability by 2,000% in healthy human volunteers (Shoba et al., 1998). Both additions are non-negotiable.

OPTION A - Fresh Turmeric Root

1. Wash and peel a piece of fresh turmeric root. Use the edge of a spoon to scrape the skin. Grate approximately 1 level teaspoon's worth using the fine side of a grater. Fresh root produces a more vivid colour, a more complex flavour, and a slightly higher curcumin content than dried powder.

OPTION B - Dried Powder

1. Measure 1 level teaspoon of dried turmeric powder. Ensure the powder is a rich, bright yellow-orange. Pale yellow or brownish powder is old and has a reduced curcumin content - buy from a supplier with high turnover.

Both Options Continue from Step 2

2. Add a pinch of freshly ground black pepper - approximately one-eighth of a teaspoon. Freshly ground pepper contains a higher piperine concentration than pre-ground. This is the activation mechanism: piperine inhibits the metabolic breakdown of curcumin in the gut and liver, increasing the amount of curcumin that reaches the gastric tissue.
3. Add 1 tablespoon of coconut oil, 2 tablespoons of coconut milk, or a small portion of full-fat yoghurt or whole milk. Curcumin is fat-soluble - without a fat vehicle, most of it passes through the gut unabsorbed. Stir the turmeric, pepper, and fat together into a paste or liquid mixture.
4. Take this with breakfast - not before it. Stir it into a portion of your breakfast food, mix it into a small cup of warm milk alongside your meal, or drink it as a preparation alongside eating. The method of delivery is flexible. The black pepper and the fat vehicle are not.
5. Turmeric stains everything it contacts - fingers, cutting boards, light-coloured bowls, clothing if it splashes. Use a dark bowl. Wash your hands with soap immediately after handling fresh turmeric root.

QUALITY CHECK

Fresh turmeric root is deep orange inside when cut - the more vivid the orange, the higher the curcumin content. A pale or faded orange interior means the root is old. Dried powder should be a rich, bright yellow-orange. Hold it up to natural light - a good-quality powder is vivid and almost glowing. Pale yellow or brownish powder is old, degraded, or has been adulterated with fillers.

Note: If you are taking blood-thinning medication or have a bleeding condition, consult your doctor before adding turmeric in therapeutic quantities to your daily routine.

WHERE TO SOURCE

City	Where to Find It
Lagos	Fresh root: Mile 12 market and Oshodi market spice sections. Some Lekki and Victoria Island markets. Dried powder: health food stores (Lagos Island, Ikeja, Lekki), Shoprite spice aisle.
Abuja	Fresh root: Wuse Market spice section, some Garki Market sellers. Dried powder: Shoprite, health food stores, Wuse Market spice section.
Port Harcourt	Fresh root: Mile 1 Market, specialist spice sellers. Dried powder: Shoprite Port Harcourt, health food stores.
Ibadan	Fresh root: Dugbe Market spice section. Dried powder: Shoprite Ibadan, Bodija Market spice section.
Black pepper	Whole peppercorns from any spice seller at any market nationwide. Buy whole and grind fresh where possible. A small bag costs very little and lasts several weeks.



REFERENCE TABLES

Quick Reference: Storage, Restocking & Cost

TOOL 3 - Batch Purchase vs. Fresh Purchase Reference

Use this before your first market trip and before any restocking run.

Ingredient	Buy Batch or Fresh?	How Long It Keeps
Scent Leaf	Fresh only - buy every 2 days	1-2 days at room temperature
Unripe Plantain Flour	Batch - make or buy in advance	3 weeks room temp airtight. 2 months refrigerated.
Papaya Leaf	Fresh only - buy or pick every 2 days	2 days after picking. Extracted juice: 2 days refrigerated.
Raw Garlic	Batch - buy 2 bulbs at start of each phase	3-4 weeks at room temperature. No refrigeration needed.
Fresh Ginger Root	Buy fresh weekly	1 week at room temperature. 3 weeks refrigerated, unpeeled.
Aloe Vera Gel (extracted)	Extract fresh every 3 days	3-4 days refrigerated in an airtight container.
Aloe Vera (whole leaves)	Cut as needed from plant, or buy fresh	Up to 1 week at room temperature once cut from plant.

Ingredient	Buy Batch or Fresh?	How Long It Keeps
Turmeric - fresh root	Buy fresh weekly	2-3 weeks refrigerated, wrapped in a dry cloth or paper.
Turmeric - dried powder	Batch - one small bag per protocol phase	Indefinitely in an airtight container, away from light.
Raw Honey	Batch - one small jar	Indefinitely. Honey does not expire.
Black Pepper (whole peppercorns)	Batch - one small bag	6-12 months in an airtight container.
Coconut oil or coconut milk	Batch	Coconut oil: several months. Coconut milk: refrigerate after opening, use within 3-4 days.

What This Means in Practice

Your Phase 1 market trip covers four ingredients: aloe vera (or plant), unripe plantain (or flour), raw honey, and ginger. All four can be sourced in a single trip and most keep for at least a week.

Your Phase 2 market trip on Day 6 covers seven additional ingredients: scent leaf, papaya leaves, raw garlic, turmeric, black pepper, coconut oil or coconut milk, and additional ginger. Most are available from the same market in a single trip.

THREE INGREDIENTS TO RESTOCK DURING PHASE 2

Remember these and nothing will run out at a critical moment: - Scent leaf: every 2 days - Papaya leaves: every 2 days - Fresh ginger: every week Everything else was sourced on Day 0 or Day 6 and will last through Phase 2 without a restocking trip.

TOOL 4 - 21-Day Cost Summary

All prices are approximate Lagos market prices. Prices in Abuja, Port Harcourt, and Ibadan are broadly similar, with some seasonal variation.

Ingredient	Approximate Cost (21-day supply)
Unripe plantain (for flour preparation)	N800 - N1,200
Scent leaf (ongoing fresh purchase across Phase 2)	N500 - N800
Fresh ginger root (Phases 1 and 2 combined)	N600 - N1,000

Ingredient	Approximate Cost (21-day supply)
Raw garlic (2 bulbs)	N400 - N700
Fresh papaya leaves (free from compound tree or at market)	N0 - N500
Aloe vera plant (one-time purchase) or commercial gel	N800 - N1,500
Turmeric powder (one small bag)	N500 - N800
Raw honey (one small jar)	N1,500 - N2,500
Black pepper (one small bag of whole peppercorns)	N200 - N400
Coconut oil or coconut milk	N300 - N600
TOTAL APPROXIMATE	N5,600 - N10,000

For Context

A single month of branded omeprazole combinations - the prescription most people managing this condition were filling before beginning the Stomach Seal protocol - typically costs more than this entire 21-day ingredient supply.

These are not alternative medicine ingredients sourced from a specialist supplier. They are market ingredients that have been in Nigerian compounds, soups, and morning preparations for generations. The cost of the protocol was never the barrier. The knowledge of what to do with them, and why, and in what order - that is what was missing. Now you have it.

Individual results from the protocol will vary based on consistency of use, individual health factors, and the specific H. pylori strain involved. This guide is for educational purposes. Consult a healthcare professional before making changes to your health routine.



CLOSING NOTE

From Biodun Adeyemi

This guide has one job.

It is not to explain the science - the main Ancestral Stomach Seal guide does that. It is not to tell you why each herb works - the Seven-Herb Dossier chapter does that. This guide's one job is to make sure you never arrive at a market confused, and never stop at Step 3 of a preparation because you cannot remember the method or cannot find the ingredient.

Every question this protocol raises about sourcing or preparation has an answer in one of the seven herb cards. Every market trip this protocol requires has a checklist. Every morning sequence has a tick-off card. The reference tables cover storage and cost so you are never caught short by a wilted leaf or an empty jar.

Take it to the market. Use it in your kitchen. Save it to your phone the same way you would save a recipe you know you will need more than once.

The protocol works when followed precisely. These cards give you that precision without having to carry the full guide everywhere.

You already began on the night you read Page 2 and took the aloe vera gel drink. Everything in this guide is the support structure for what you already started.

- Biodun Adeyemi, Lagos / Ibadan

Ingredient Preparation and Sourcing Guide | The Ancestral Stomach Seal | By Biodun Adeyemi

This guide is for educational and informational purposes only. The preparation methods and quantities in this guide are drawn from the same research and traditional knowledge base as the main Ancestral Stomach Seal guide. This guide does not replace professional medical advice. Consult a qualified healthcare provider before making changes to any medication or health routine. Results described represent individual experiences and observations. Your results may vary.

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Thank You

From Biodun Adeyemi

You now have everything you need to walk into any Nigerian market with confidence and prepare every compound in this protocol correctly. The knowledge that was missing is no longer missing.

These seven herbs have been in Nigerian compounds and kitchens for generations. They were never secret. They just needed someone to sit down and explain exactly what to do with them, and why, and in what order. I hope this guide does that job well for you.

I WOULD LOVE TO HEAR FROM YOU

How did the preparations go? Which herb surprised you most? Was there anything in the sourcing guide that was hard to find in your city? Your feedback makes the next version of this guide better for everyone who follows. Write to me at any point - before, during, or after the protocol.

therootsandremedies@gmail.com

Also from Roots and Remedies

The Ancestral Stomach Seal

The Ancestral Body Reset

The main 21-day protocol this sourcing guide supports. Seven herbs, three phases, every preparation explained with the science behind each compound.

The 90-day recovery guide for after the Stomach Seal is complete. Rebuilding the microbiome, liver support, and the cortisol-stomach loop - using Nigerian market ingredients.

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