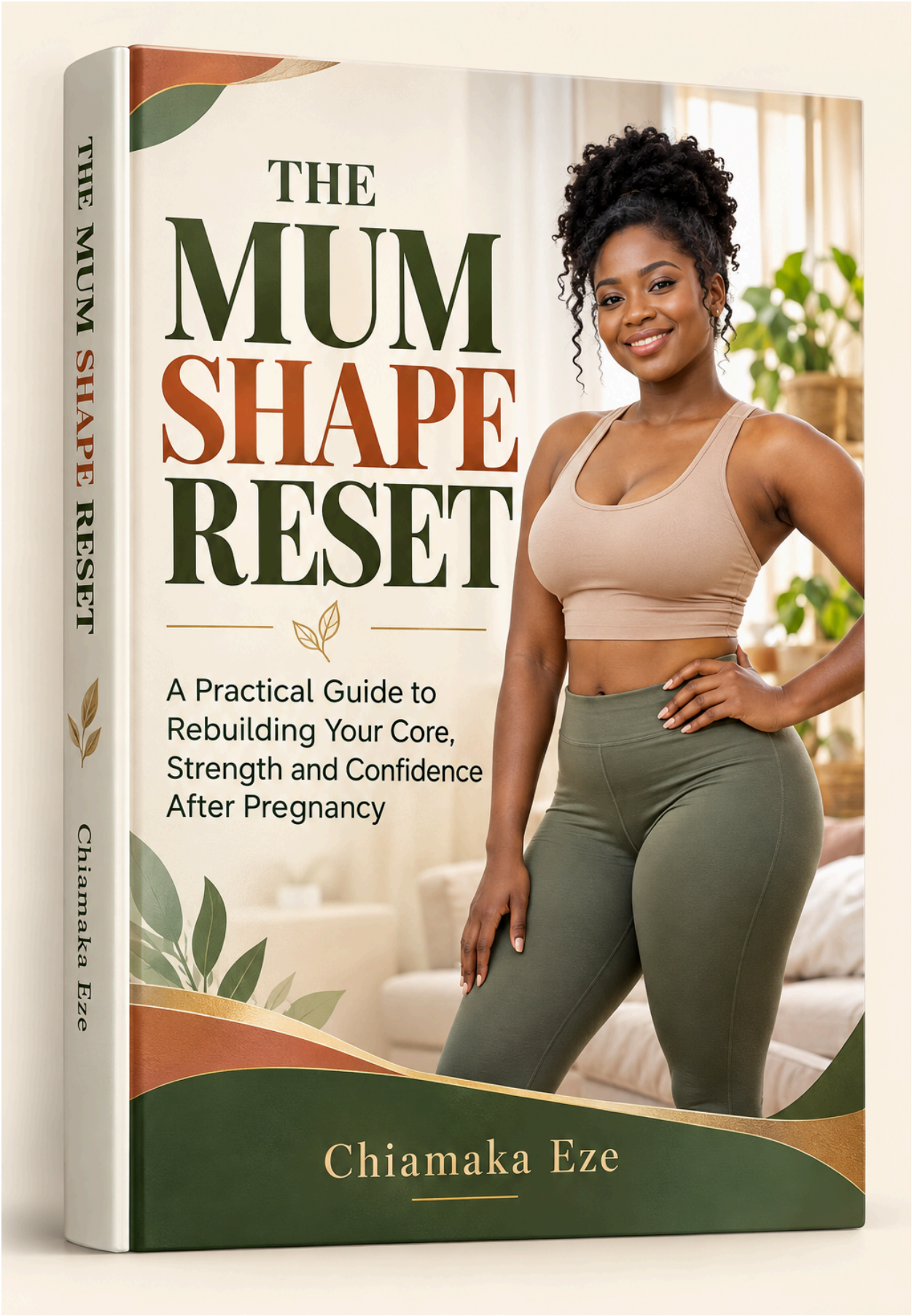

THE MUM SHAPE RESET
Chiamaka Eze
THE
MUM
SHAPE
RESET
A Practical Guide to Rebuilding Your Core, Strength and Confidence After Pregnancy
Chiamaka Eze

INTRODUCTION

Sis, I never planned to write this book.

In fact, if someone had told me I'd be teaching women how to burn fat naturally, I would have laughed.

But here we are.

You see, before pregnancy, I was that girl. Figure eight. Flat tummy. Confidence for days.

But after I had my baby, everything changed. My belly refused to go down. My hips spread. My thighs rubbed like sandpaper. I couldn't recognize myself anymore.

I tried all the usual things:
Slimming teas? Made me sick.
Keto? Too hard.
Gym? With no house help and hubby back at a 9–5, it wasn't even possible. I

was tired… and quietly depressed.

Then, during Christmas, my mother-in-law visited (she's my bestie). One night, she shared a secret. A natural "reset" ritual passed down from women in her village.

It involved a simple herbal drink, clean eating, light movement, and a mindset shift. I

started it with zero expectations.

But in two weeks? My belly shrank. My cravings dropped. My confidence returned. No teas. No gym. No starvation.

I shared it with friends. The results shocked me.
So many women kept asking for it, I couldn't keep up.

That's when hubby said, "Let's turn it into a book."
So here it is.

I'm only charging a token to cover the setup.

Because you deserve this too.

Let’s help your body remember who she was, and feel like *you* again.

With love,
Timi Jackson

PART 1: The Hidden Truth About Baby Fat

When you get pregnant, everything about your body begins to change. It creates room for the baby. Your hips spread. Your nose gets bigger. Your feet swell. You start to gain fat.

And all of that is thanks to one powerful hormone.

This hormone is like your silent helper. It tells your body, “We’re growing a baby now. Let’s protect it.” So it makes you eat more. It slows down your metabolism. It stores fat in all the “right” places.

But here’s the twist… after the baby is born, this hormone doesn’t just disappear. It stays behind. That’s where the real problem begins.

In the old days, our grandmothers and traditional midwives knew this. After childbirth, they didn’t just let you walk away. They helped you reset. With food. With herbs. With belly binding. It was their way of telling the body, “Hey, the baby is out. It’s time to return to normal.”

Today? Hospitals give you a drip and say “Congratulations, go home.” No reset. No support. Just vibes.

So your body stays in pregnancy mode. Confused. Holding on to fat. Moving slow. Your belly stays big. Your cravings get worse. You gain weight even when you eat small.

But here’s the truth nobody told you:
It’s not your fault.
Your body isn’t stubborn. It’s just still operating on the last instruction it got — “We are still pregnant.”

It’s not broken. It’s just waiting for a reset.

Now let’s talk about that belly FAT!

You try all the tips you see online. You diet. You detox. You even try jumping jacks at midnight. But the belly won't go.

Why? Because your belly remembers.
It carried a child. It stretched. It held life. And now, it's full of memory. That memory stores fat like it's a souvenir. Add in stress. Add in sugar. Add in sleepless nights. And boom — the fat becomes even harder to lose.

You're barely sleeping. You're eating when you can. You feel exhausted. You feel guilty. And eventually… you give up.

Then the well-meaning advice starts:
"Go to the gym."
"Try flat tummy tea."
"Just do keto."

But they don't understand. You're not lazy. You're not careless. You're overwhelmed. You don't even have help. You're doing your best.

Yet no matter how hard you try, nothing changes.

That's because you're trying to fix a reset problem with surface solutions.
And now? You're about to do it differently.

You're about to go deeper.
You're about to reset.
And the next part will show you how.

PART 2: The CraveBurn Switch Method™ *(The Natural Reset Your Body Has Been Waiting For)*

There are actually 3 rituals you need to do to lose your baby fat in the shortest possible time.

- The herbal protocol
- Fasting + Clean eating
- Body movement

Let me explain…

A. Ritual 1: The Herbal Protocol

This is the first step. You will drink a special herbal mix.
It is natural. It is safe.

> **Note:** *If you're doing exclusive breastfeeding, it's not advisable because your baby might lose weight as well.*
>
> *However, if your baby is taking solid at any age or your baby is more than 8 months, it won't affect the baby's weight.*

Here's what you need:

- 2 litres of water
- 1 medium lemon (cut, don't squeeze)
- 12 sticks of Negro pepper (Uda)
- ½ piece of Aidan fruit
- 2 handfuls of hibiscus leaves (zobo)
- ½ teaspoon cloves
- 2 sticks of cinnamon

Boil for 20 minutes.

Let it cool.
Take 1 cup in the morning.
Take 1 cup at night.
No sugar. No sweetener.

Put in a flask or fridge.
Warm before drinking.
Do this daily.
You'll notice changes within 2 weeks.

Now this tea will help:

- Remove waste from your belly
- Balance your hormones
- Speed up digestion
- Cut down sugar cravings

It’s not magic. It’s ancient tested, And it works like mad.

B. Ritual 2: Fasting + Clean Eating

Now you don’t need to starve, you just need to eat smart and clean.

We’ll use a simple style. Modern fitness calls it “intermittent fasting.” This means you have a eating window. And what worked for me is that you ONLY eat from 12 noon to 6 pm, every single day.

After 6pm, no more food. You should create your own window, and stick to it.

Of course, it’ll be hard when starting out, but after a few days, your body will adjust, and you’ll be just fine.

Now you can go extreme like EATING once a day for 3-4 times a week. This works faster, but I advise you go slowly. Or well, according to your system and willpower.
In the morning, take your tea.
You can also drink water.

When it’s 12 pm, break your fast.
Eat real food.
Not snacks.
Not junk.

Here’s what to limit or avoid completely:

- Fried foods
- Sugary drinks
- Snacks

- Bread every day

Here's what to eat:

- Rice with veggies
- Beans with plantain
- Swallow with okro or ogbono
- Yam with garden egg sauce
- Moi moi
- Boiled eggs
- Fruits

Eat slowly. Stop when full. No overfeeding.

At night, eat something light. Tea and moi moi. Or swallow and soup. No Eba even at 6pm.

This helps your body burn fat. Because you're not eating all day.
You're eating right. At the right time.

C. Ritual 3: Move, But Don't Stress It

With this ritual, you don't necessarily need the gym. You just need to move.

Here's what you can do:

- Dance to 3 songs every day
- Stretch your body
- Climb stairs if you have
- Walk around your estate
- Use Skipping rope
- Look for home exercise on Youtube and do every day. (the goal is to sweat every day, sis)

These things work. They burn fat fast. They shape your waist.
And they make your body tight.

If you can do this every day.
Even if it's just 10 minutes.

You'll feel stronger. You'll feel lighter.
And more importantly, you'll lose belly FAT massively, I promise.

Listen attentively: these 3 rituals are your switch. They are how you reset your body. Do them daily. And watch your shape return.

I'll be waiting for your stories.

But before we wrap it up, I know it's NOT easy to do it as I've said…

Which is why I decided to put up another chapter for you.

Read on.

PART 3: Mindset, Habits, and Healing (*Because Weight Loss Is Also Emotional)*

Another mindset prep talk?

Well… yes, because it actually works, and sis, you need it in this journey…

I remember one evening after a long day in Lagos.

I stood in front of my mirror, wrapped in my Ankara cloth, feeling a mix of frustration and sadness.

My belly was still soft and folded from my pregnancy, my thighs rubbed together in ways they never used to, and the reflection staring back at me didn't feel like the confident woman I once was.

I avoided family gatherings, skipped hanging out with friends, and said "next time" to every party, wedding, or even church event.

I dressed in the dark, hoping no one would notice the new folds and marks on my body. But one day, I realized something important.

This body… this beautiful, stretched, scarred body… has been fighting for me from day one. It carried my child, it healed, and it deserves my love.

That night, I looked deep into my own eyes and started speaking kind words to myself. I touched my belly gently and said, “Thank you for carrying me.”

I massaged my thighs and arms with care, not judgment. I didn’t wait for the scale to give me permission to feel worthy.

Because real transformation doesn’t begin with weight loss.
It begins with compassion.

And the good news is: you’ve already started.

Now Here’s How to Stop Using Food to Soothe Stress

Sis, let’s talk.

You know that moment when life just feels too much—your chest is tight, your mind is spinning, the baby is crying, and your husband doesn’t even notice you’ve been on your feet all day?

And then, like clockwork, your brain whispers one thing: *food*.

That cold Coke in the fridge. The rice and stew from last night. The biscuit you hid in the top drawer. It feels like comfort, right? Like the only soft place left in your day.

But deep down… you know it’s not hunger.

You’re not eating because your body needs food. You’re eating because your heart is tired.

And no one taught us how to sit with sadness or stress without chewing on it.

Here’s what I do now when those moments come: I pause. I take three deep breaths. I sit with the feeling instead of rushing to fix it. Then I gently ask myself, *“What do I really need right now?”*

Sometimes it's just water.
Sometimes I need a nap.
Sometimes I just want someone to hold me and say, "You're doing okay."

Because food won't fix stress.
But love will.
Rest will.
Talking will.

So next time the craving sneaks in like a thief, try waiting for two minutes.
Just two.
Then ask yourself: *Is it my belly that's hungry… or my heart?*

Now let's shift focus—from food to *you*. You reading this now..

Self-Image, Mirror Work, and Daily Affirmations

Every morning, before the world sees you… let yourself see *yourself*.

I'm talking about standing in front of the mirror, not to criticize, but to connect. Look beyond the stretch marks. Beyond the mummy tummy. Beyond the tired eyes.

Look into your own eyes.

And say something kind.

Start with a whisper if you have to.
"I am healing."
"My body is learning."
"I am not broken. I am becoming."

It might feel strange at first. But do it anyway. Because the mind listens. And over time, your heart will believe it.

You can even write it on a sticky note. Paste it on your bathroom mirror:
"Dear body, thank you for carrying me."

Say it like a prayer.
Say it like a song.
Say it until your body starts responding in love.

Because when you speak to your body with kindness, it starts to obey… not from fear, but from faith.

Part 4: The 30-Day Reset Challenge.

A. How the Challenge Works

Okay sis, here's the real deal.

This challenge is not for vibes.

It's for real women who are tired of hiding behind wrappers and oversized bubu gowns. For

30 days, we're going to do 4 things every single day:

1. Drink your CraveBurn tea (Morning + Night)
2. Eat clean Nigerian food (No starvation. No stress.)
3. Move your body (Even 5 minutes counts!)
4. Speak kind words to your body (Because healing starts inside.)

Simple.

You'll get a printable tracker where you tick each one daily. If you miss a day? It's okay. Just continue. No shame, no guilt.

Accountability Tips

- Choose an accountability partner (someone doing this too or a friend who checks in).
- Take a mirror selfie every week (watch your body change).
- Join the WhatsApp group and share your wins, even the small ones. You're not alone.

B. Meal Plan for 30 Days (Local Foods)

First Meal (12PM – 2PM)

- Boiled yam + garden egg sauce

- Efo riro + grilled chicken + oat fufu (small)

- Ofada rice + fish stew + steamed veggies
- Moi moi + unripe plantain
- Boiled beans + small plantain (boiled, not fried)

Tip: Eat till satisfied, not stuffed.

Second Meal or Light Dinner (5PM – 6PM)

- Pepper soup (chicken, goat, or fish)
- Okro soup + small oat fufu or wheat
- Unripe plantain porridge (small bowl)
- Grilled fish + steamed vegetables
- Zobo smoothie (unsweetened, just blended zobo + fruit)

Snacks (Optional – only within the eating window!)

- Apple slices + groundnut
- Handful of cashews or tiger nuts
- Boiled corn + coconut (small)

- Greek yogurt (no sugar added)

No food before 12PM.
No snacking after 6PM.
Water, tea, or black coffee is okay outside the eating window.

This is not starvation, it's science.
You're giving your body the time it needs to burn fat for fuel instead of constantly digesting food.

Portion Control Hack:
Use your palm. Your protein (meat, egg, fish) should fit your palm.
Your carbs (rice, yam, swallow) should be no bigger than your fist.
Fill the rest of your plate with veggies.

Or you use a paid App like: MyFitnessPal, Lose It!, and Cronometer.

C. Sample Shopping List for Nigerian Markets

This isn't fancy supermarket list. This is Mile 12 market list.

Vegetables & Fruits:

- Ugu
- Waterleaf
- Okro
- Tomatoes
- Garden egg
- Banana

- Pawpaw
- Apple (buy small pack)
- Ginger
- Garlic

Protein:

- Eggs
- Titus fish
- Goat meat
- Chicken (buy in bulk and freeze) ●

Moi moi leaves or tins

- Beans

Carbs (Eat small):

- Brown rice or ofada
- Sweet potatoes
- Unripe plantain
- Oat fufu
- Wheat
- Yam (buy medium size)

CraveBurn Herbal Ingredients:

- Uda (Negro pepper)
- Aidan fruit
- Zobo leaves (hibiscus)
- Cloves
- Cinnamon sticks
- Lemon

Extras:

- Olive oil
- Natural peanut butter
- Greek yogurt (if affordable)
- Seasoning cubes (go low on Maggi)

That's it, sis.

If you've read this far, I want to say one thing:

What you've discovered in this book isn't just another "weight loss tip." It's a reset. A return to balance. A new way to understand and work with your body, not against it.

The CraveBurn Method is not magic. But it works, because it's rooted in nature, in tradition, and in the truth of what real women like you go through every day.

So start small. Sip the tea. Pick your eating window. Move your body with joy. Speak kindly to yourself.

And when the results start coming, remember: it wasn't just the method. It

was YOU.

Now go on and shine. Your glow-up season is here.