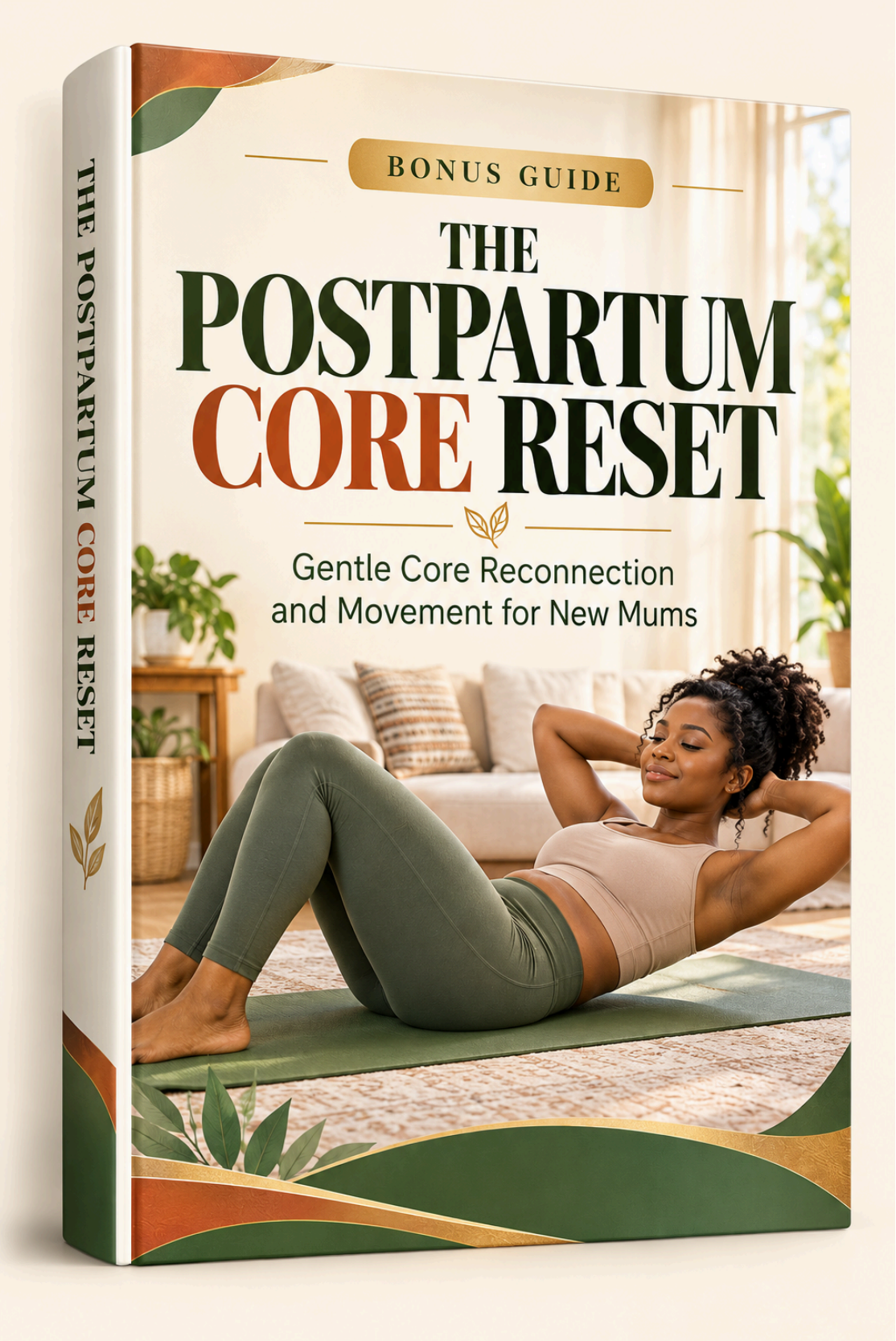

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The Post Baby Intimacy Reset

By Chiamaka Eze

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❓❓ Introduction

Why I Wrote This Book (And Why It Matters To You)

I grew up in a home where *herbal remedy* was the first line of defense. My dad doesn't play with anything that came from the soil.

He grew up in the village, so his belief in roots and herbs was unshakable. If any of us don't feel well, he already has a herbal mixture in mind.

Going to the chemist or hospital was Plan B… Plan A was always,

“Let’s try something natural first”

I remember when I used to suffer from runny nose — the very stubborn kind. Just a little dust or smoke, and my nose would start running like a tap, followed by endless sneezing.

My dad told me to start applying red oil inside my nose, morning and night.

This became my go-to remedy whenever I have runny nose. Over time, the runny nose disappeared completely.

Till today, that’s the same method I use for my kids — and it still works.

For sore throat, he would mix red oil, salt with original honey (the one he always ordered from the village), and say “Oya lick this thing.”

And guess what?
It always worked.

Now, this man didn’t just stop there. He loved telling stories about people who were healed with herbs.

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Maybe it was his way of making us believe too. Maybe it was his own version of passing down family wisdom.

Whatever it was… it shaa entered my head.

He told us about my young cousin who was hit by a car while crossing the road. The impact broke his left thigh bone— *as in, snap into two like firewood*.

When they lifted him, his leg was swinging from side to side like a

pendulum - zero control. ��

Instead of rushing him to the hospital, his dad carried him to a *herbal bone setter* in my village.

And here's where it gets wild…

The herbal bone setter first *broke a chicken's leg* on purpose. Yes o, chicken. Then he carefully adjusted my cousin's bone — *without cutting him open* — and casted it.

From there, he began applying the same herbal mixture on both the chicken's leg *and* my cousin's leg.

As the chicken began to heal, my cousin started healing.

As the chicken began to limp, he started limping.

As the chicken recovered fully, so did he.

It was as if I was watching a Nollywood movie when my dad

explained. And that wasn't the only one.

My dad told us of a woman in our village who could cure pile with one herbal mixture.

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Once she grinds it, she'll just touch the pile with one finger, and the thing will *retract instantly* — like magic. And it won't come back. Ever.

But you see… These powerful remedies are not written anywhere.

Once the person carrying the knowledge dies… that's it.

The remedy is gone too. Like the woman with the pile solution — no one knows what she used. And it's painful.

This is what inspires me to write this book.

To document the things that work — the remedies our mothers and grandmothers swore by.

Things that are safe.
Things that are natural.
Things that helped them look good, feel good, and stay desirable even after multiple babies.

And this one you're about to read?

It's not *Instagram remedy*.

It's not "try your luck" mix.

It's tested and trusted old-school wisdom.

It worked for me.

It has worked for other women. And now, it's your turn.

Let's make you super tight down there and bring back your

confidence.

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Chapter 1: The Ingredients You Need

You only need two(2) ingredients for this vjay tightening ritual: 1.

Bagaruwa (Hausa) OR esoboni (Yoruba) OR Acacia seed (English)



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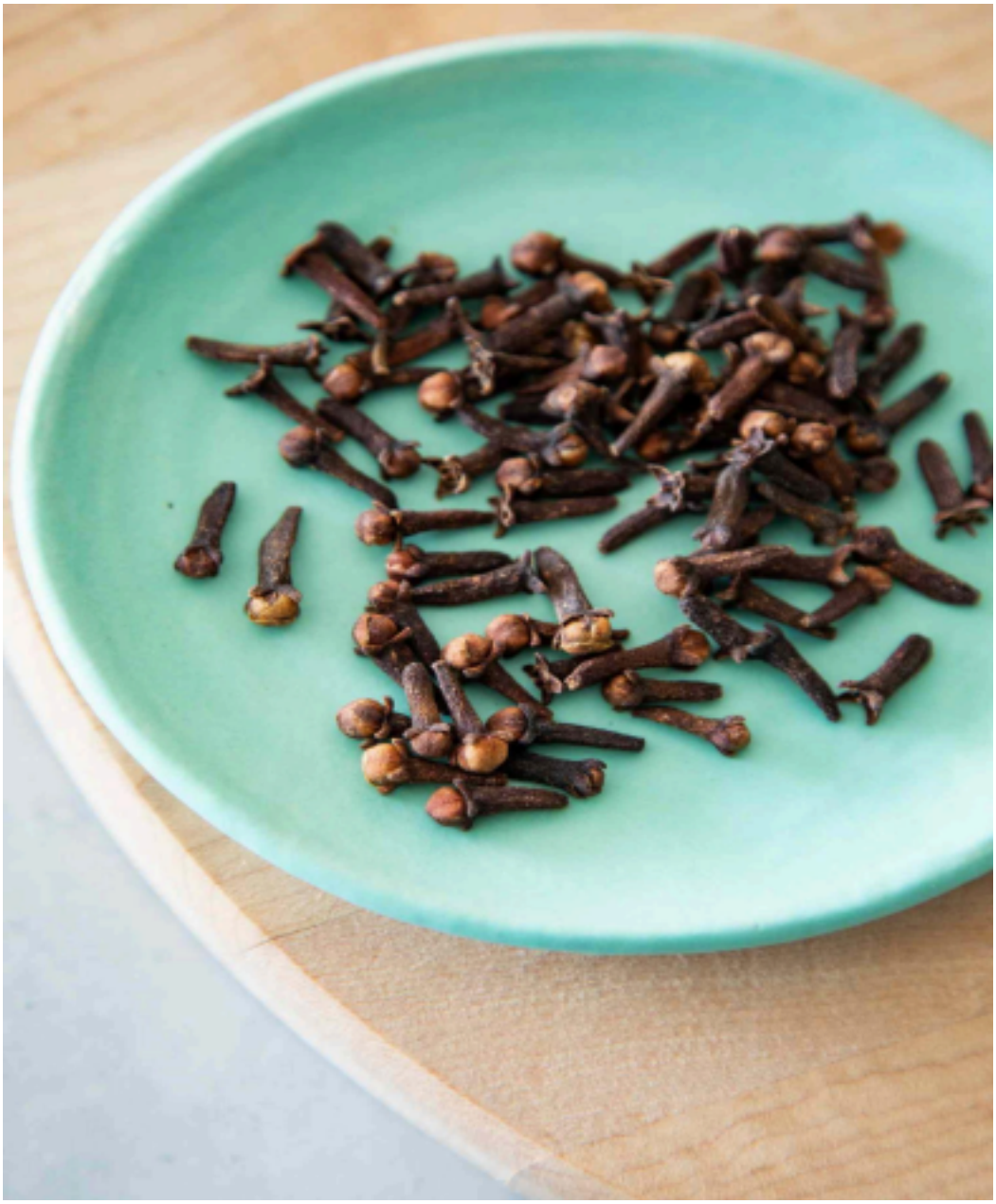
2. Cloves



You’ll find these ingredients in every market. Just ask.

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Chapter 2: The Vjay Tightening Ritual - Step-by-Step

✅ Wash the ingredients properly

Take 1 cup of Bagaruwa seeds and 1 cup of cloves.
Put both in a clean bowl of water and wash thoroughly to remove dirt or debris.



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✅ Boil the mixture

Now, pour the washed seeds and cloves into a clean pot.
Add enough water to cover them well.

Boil on medium-low heat until the colour changes — it should look **brown like Lipton tea**.



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✅ Let it cool then filter and sieve

Once it’s boiled, turn off the heat and allow the mixture to cool down. Then use a clean sieve to filter out the seeds. Pour the liquid into a

clean container with a cover — something you can use daily.



How to Use:

- Use this mixture to wash the **entrance** of your vjay twice a day
- Do this **3–4 times a week only**
- After washing, take your normal bath and rinse well
- Once you feel your desired tightness, **stop using it**

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⚠️ Important:

- DO **NOT** use this every day
- DO **NOT** consume this mixture — it has some serious side

effects ● If you're **pregnant**, **avoid** it completely

- If you've **not given birth before**, DO **NOT** drink it — it can affect fertility. Only use it for **steaming**.

Alternatively, you can wash your vjay with this mixture and also steam your vjay with it. You can do both OR do either. Depends on how convenient it is for you.

For Steaming:

Want to steam instead? Or do both? Here's how:

- Pour some of the steamed mixture into a large bowl.
- Make sure the mixture is **hot but manageable** (not warm — we need the steam)
- Sit over the bowl so the steam rises toward your vjay
- Wrap a big cloth or wrapper around your waist down to trap the

heat ● Sit for **10–15 minutes**, until it cools

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Do this 3 times a week if steaming only.

If you’re doing both wash and steam, limit steaming to once a

week. Make sense?

⚠️ Quick Note on Drinking Bagaruwa or the Mixture (For Those Who’ve Heard About It)

Now, let’s talk about something important…

Some women swear by **drinking** Bagaruwa.

They say it works for internal cleansing, tightening from the inside, and even managing certain feminine health issues.

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But before you rush off to boil and drink, please read this carefully.

If You Must Drink It, Here's What You Need to Know:

1. It must be taken in VERY small quantity.

Yes — **very small**. I'm talking just **1 or 2 sticks max**. Bagaruwa is very potent, and too much of it can do more harm than good.

2. Don't drink it on an empty stomach.

Make sure you've eaten before taking it. This helps reduce any side effects like nausea or discomfort.

3. Only once or twice a week.

No daily drinking here. Limit it to once or twice a week — and that's only if your body handles it well.

�? My Honest Take?

I personally don't take it.

The one time I tried drinking it… I vomited. ?? My stomach just couldn't handle it.

But I know a few women who take it with no issues— so I guess it depends on your body. We all react differently.

Very Important Distinction:

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The **dosage for steaming/washing** is different from the **dosage for drinking**.

● For **washing or steaming**, you can use **plenty Bagaruwa** — no problem.

● But for **drinking**, just **1–2 sticks only.** Please don’t get it mixed up.

Are we clear?

Okay then — let’s move to the next chapter. You're doing well ✨ Old

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Chapter 3: How To Know When the Ritual is Working

Okay sis, so how do you know this thing is working?

Simple. No long story.

Once a week, after you shower, **gently dip your middle finger inside your Vjay**.

No need to go too deep o. Just enough to feel the inside walls.

Now, if you've been consistent with the ritual (whether you're steaming or washing), you'll feel the difference.

⚠️ VERY Important:

Once you've reached a level of tightness you're happy with… **stop using it**. No need to overdo it.

Else pastor will find it hard to enter Jerusalem gate.

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Chapter 4: What to Avoid

Quick Warnings You Must Never Ignore

As you already know, too much of anything is bad.

Even too much water can cause wahala, talk less of a mixture this powerful. So please **use it exactly as I explained in the last chapter**.

And just to be clear, here are some **important things to keep in mind**:

✅ **Do NOT use it every day.**
This is not ordinary. The herbs are strong and work like fire. 3 - 4 times a week is enough.

✅ **Do NOT drink the mixture.**
It can cause serious side effects if taken carelessly. (If you still want to

drink it, scroll back to the earlier chapter where I explained how to do it safely.)

✅ **Do NOT use it if you're pregnant.**
Abeg, wait until after delivery.

✅ **If you've never given birth before, don't drink it.**
It may affect your ability to conceive. Instead, **stick to steaming** — it's safer for you.

✅ **Do NOT use the mixture when you're on your period.** Let your body finish its natural cleansing. You can resume afterward.

If you're ever confused or not sure about anything, feel free to reach me via email at: **enomadam6@gmail.com**

I'll do my best to give you clarity. We're in this together. ��

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Chapter 5: How to Stay Tight Even After Your Next Baby

If it works for your first baby, it can work for your next baby and the baby after that.

Don't wait till it's bad before you act

Start your tightening ritual 6–8 weeks after delivery (after your doctor clears you). Don't wait till you feel "loose" — prevention is better.

Be intentional about what you eat

Some foods help nourish the muscles inside and keep you naturally firm:

● **Okro soup** – Rich in mucilage, helps keep things naturally juicy and supple

● **Avocados** – High in healthy fats and Vitamin E for skin and muscle elasticity

● **Dates (Dabino)** – Known to strengthen the uterus and aid postpartum recovery

● **Tiger nuts** – Improves libido and moisture

● **Water** – Stay hydrated. Tightness is harder if your body is dry inside

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Bonus Guide: Extra Tips for Staying Fresh & Sweet All Day

Staying fresh and sweet down there isn’t rocket science — it just

takes a few intentional habits. Here's what every woman should know:

1. Change your undies daily

Sounds basic, but you'll be surprised. Cotton pants are your best friend. They allow air in and reduce odour-causing moisture.

2. Wash with only warm water

Avoid soaps or perfumed washes inside your vjay. They mess up your pH and can make you smell off. Warm water is enough — your body is self-cleaning.

3. Sleep without pants

Let your vjay breathe at night. This helps reduce sweat and prevents bacteria build-up that causes odour.

4. Eat these as often as you can:

- **Pineapple** – Helps your body smell and taste sweeter
- **Greek yoghurt** – Balances bacteria and improves vaginal health ● **Cucumber & watermelon** – Flush out toxins and keep you hydrated
- **Fenugreek seeds (methi)** – Known to make you smell fresh from within **5. Stay away from:**

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- Tight nylon underwear
- Sitting too long in wet clothes (like after gym or bath)
- Sugary drinks in excess (they throw off your pH)

Remember, smelling fresh is not about sprays or wipes — it starts from the inside. Eat right, stay dry, and stay clean — you'll notice the difference.

Thank you for reading sweetheart. I can’t wait for you to share your testimonies with me.