

ENJOY SEX AFTER CHILDBIRTH AGAIN S.O.O.L

ENJOY
SEX
AFTER
CHILDBIRTH
AGAIN

The Sex Reset Method™

The No-Pressure, No-Shame Way
to Feel Wet, Warm and Ready for Sex
Again After Having Your Baby

RECONNECT.
RESTORE.
REIGNITE.
FEEL LIKE
YOURSELF
AGAIN.

S.O.O.L

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INTRODUCTION

The Village That Disappeared

"What your mother would have told you, if she had been told."

There was a time not so long ago when a Nigerian woman who had just given birth never faced this journey alone. The moment that baby arrived, the village arrived with it. Her mother came. Her aunties came. Her mother-in-law came. Women who had walked this road before her, who knew what her body needed, who understood that restoring a woman after childbirth was not a small thing but it was a sacred work.

The Yoruba woman was taken to her mother's house for months. She was fed and bathed with herbs. She was wrapped and bound and allowed to simply heal, Itoju. The Igbo woman had her Omugwo, her mother or mother-in-law taking full charge, protecting her from the pressures of everyday life. The Hausa and Fulani woman had her Kwanta — her confinement period in a specially heated room with daily ritual baths and food prepared specifically for restoration.

These women were not rushed, they were not expected to perform. They were given something that modern life has almost completely stolen from us: time, knowledge, and a community of women who held them.

You are reading this because that village is gone. Your mother may be in a different city, a different country, or no longer with you. The aunties who knew which roots to boil and which foods to eat their knowledge were never written down. It passed from mouth to ear, from elder to younger, through proximity and community. And when the community broke apart when we moved from compound living to just me and my husband or me and my wife that knowledge broke apart with it.

What remained? Twelve weeks of maternity leave. A husband at home who loves you but does not always understand. A body that feels unfamiliar, desire that has gone quiet. And a silence so thick around the topic of sex after childbirth that most Nigerian women suffer it alone, too shy to say the words out loud.

This guide exists to break that silence. It is not a medical textbook. It is not Western advice repackaged with an African face. It is a careful collection of what Yoruba, Igbo and Hausa/Fulani women have always known, filtered

for safety, translated for your modern life, and written in the voice of an older sister who has been through it herself.

Nothing in these pages is new. It is simply what worked before remembered, filtered, and brought back to you.

A Note on Safety

This guide draws on traditional wellness practices that have been used for generations across Yoruba, Igbo and Hausa/Fulani communities. All practices included here have been carefully selected for their safety and practicality in modern life. This guide does not replace medical advice. If you have specific medical concerns following childbirth, please consult your doctor alongside using this guide.

CHAPTER ONE

What You Will Have in 30 Days

"She is not broken. She is between. And between is where the restoration happens."

In 30 days — using the restoration wisdom of three Nigerian cultural traditions adapted for your life today — here is what you will have:

- ✓ A body that feels like yours again — not a stranger's, not a machine for feeding a baby, but yours.
 - ✓ An understanding of exactly what happened to you physically and emotionally after childbirth — in plain, honest language with no medical jargon.
 - ✓ A personal restoration practice drawn from Yoruba, Igbo and Hausa/Fulani tradition that you can do in your own home, with ingredients you can find in your home or anywhere Nigerian women live.
 - ✓ A reconnection with your own desire — on your terms, at your pace, without pressure.
 - ✓ The confidence and readiness to return to intimacy and genuinely enjoy sex again — not tolerate it, not endure it, but enjoy it.
 - ✓ The words to have an honest conversation with your partner about what you need.
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What This Guide Does Not Promise

This guide will not tell you to rush. It will not pretend that 30 days is enough for every woman — some need longer and that is completely right. What it promises is that in 30 days of following The Sex Reset Method, you will feel the shift begin. You will no longer be where you are today.

It will also not tell you that your experience is the same as every other woman's. Yoruba women, Igbo women, Hausa and Fulani women — their

specific practices differ. Their bodies do not. The restoration journey is the same. Only the ingredients and rituals change, and this guide gives you all three.

Who This Guide Was Written For

This guide was written for you if you recognise yourself in any of these:

- You had a baby and sex has felt wrong, painful, dry, disconnected or simply undesirable ever since.
- You want to get back to enjoying sex but do not know where to start or who to ask.
- You feel pressure from your partner, from expectation, from yourself to get back to normal but your body is not cooperating.
- You are curious about what your grandmothers knew but never had anyone to ask.
- You are a Nigerian woman in the diaspora who feels cut off from traditional knowledge.
- You had your baby months or even years ago and are still waiting to feel like yourself again.

The 30-Day Framework

The Sex Reset Method is structured across three phases of 10 days each.

Phase One — Restore (Days 1 to 10) Focus: Your body. Physical restoration through traditional practices — heat, nourishment, binding, rest, and remedies that address dryness, hormonal shifts and physical healing.

Phase Two — Reconnect (Days 11 to 20) Focus: Yourself. Rebuilding your relationship with your own body — desire, confidence, identity beyond motherhood, and the emotional preparation that makes intimacy possible again.

Phase Three — Return (Days 21 to 30) Focus: Your partnership. Easing back into intimacy with your partner — on your terms, at your pace, with practical guidance and the partner conversation included.

Each phase builds on the last. Do not skip ahead. The order is the method.

CHAPTER TWO

What Happened and Why Nobody Told You

"Your grandmother had two years, a mother's house, ritual baths and a whole community. You have 12 weeks and a husband waiting."

Let us be honest with each other before we go any further.

Something happened to your body when that baby came out. And nobody not your doctor, not your mother, not your friends sat down and explained it to you in plain language. So you have been trying to figure it out alone, in silence, wondering if something is wrong with you.

Nothing is wrong with you. But something did change. And you deserve to understand what it was.

Your Body Went Through Something Big

Think about it this way. For nine months your body was doing one job — growing a human being. Everything inside you shifted to make that possible. Your blood, your hormones, your organs, your emotions all of it rearranged itself around that baby.

Then the baby came out.

And just like that, your body received a new instruction: now feed the baby. Protect the baby. Recover from what just happened. And your body, being the faithful thing it is, obeyed.

In the middle of all of that, where exactly is there room for desire? Where is the energy for sex? Your body is not being difficult, It is being sensible. It is saying ‘ there is work to do here before we get back to that.

The problem is that nobody told you this. Nobody said this is normal, this is temporary, and here is what to do about it. So instead of understanding what was happening, you felt broken and guilty. Like you were failing your husband Like something had gone wrong with you that might never come back.

That is the lie this guide is here to correct.

Why You Feel Dry

This one causes the most shame and the most silence so let us address it directly.

After childbirth especially if you are breastfeeding your body becomes dry. Not just your skin. Inside too. Sex can feel uncomfortable, even painful. And because nobody explained why, many women think they have stopped being attracted to their husbands. Or that their body is damaged. Or that this is simply who they are now.

None of that is true.

What is happening is simple. While your body is busy making breast milk and recovering from delivery, it puts certain things on hold. Desire is one of them. Natural lubrication is another. This is not permanent, It is your body managing limited resources and once you begin the restoration process in this guide, it will shift.

Your grandmothers knew this. That is why the foods they ate, the baths they took and the rest they were given were all specifically chosen to bring that moisture, that warmth and that desire back. Not with medicine but with knowledge.

Why You Feel Nothing

Many women after childbirth describe the same experience they feel nothing. No desire, no interest. Not even curiosity. Their husband touches them and instead of feeling warmth they feel tired or irritated or just simply absent.

This is one of the most frightening experiences a woman can have in her marriage and one of the least talked about.

Here is the truth: your body is full, full of work, full of responsibility, full of the demands of a new baby. When a body is that full, it closes the door on desire. Not permanently, just until there is space again.

The restoration practices in this guide create that space. They do not force desire back because desire cannot be forced. They simply remove the barriers that are blocking the exhaustion, the disconnection from your own body and the unspoken pressure. One by one, the barriers come down. And desire which was never really gone, only buried finds its way back.

The Pressure Nobody Talks About

There is one more thing we need to name before we move forward. Something that most wellness guides are too polite to say.

You are afraid your husband will cheat.

Maybe he has said something. Maybe he has not said anything but his silence is louder than words. Maybe it is just the fear in your own head, the knowledge that he has needs, that you have not been meeting them and that the world is full of women who have not just had a baby. “Side Chick”

Your grandmother did not carry this fear when she had a baby, her husband had other options, other wives who could meet his needs while she healed. Nobody expected her to perform before she was ready; the whole structure of that world protected her healing.

Your world does not have that structure, you are in a monogamous marriage, in a small apartment or house, with a husband who is present every single day. The pressure is real and it is constant.

This guide is not going to pretend that pressure does not exist. It exists. But it is also going to tell you something important a body that is rushed heals more slowly, not faster. The more pressure you feel, the longer the journey back takes. The more supported and safe you feel, the faster everything returns.

Which means helping your husband understand what is actually happening is not just good for you — it is good for him too. Chapter Six of this guide will show you exactly how to have that conversation.

You Were Not Failed by Your Body. You Were Failed by the Silence.

Your body did everything right. It grew a baby. It delivered that baby. It is now recovering from one of the most demanding things a human body can do. The only thing that failed you was the silence around it — the missing knowledge, the absent village, the lack of anyone to sit with you and say: this is what is happening, and this is what to do.

That is what this guide is here to fix.

What the Women Before You Knew

Here is what is interesting about everything we just described — the dryness, the lost desire, the exhaustion, the pressure.

Every single one of those experiences was known to Nigerian women long before there were doctors and pharmacies and Google. And for every single one of them, there was a practice. Food. A ritual. A remedy passed from mother to daughter, from elder to younger woman, in the quiet of a compound or a mother's kitchen.

The Yoruba woman who felt dry after childbirth was not handed a lubricant from a pharmacy shelf. She was given specific foods and herbal baths that restored moisture and warmth from the inside. The Igbo woman who felt disconnected from her own body was not told to push through it. She was given time, ritual and the gentle guidance of women who had been through the same thing. The Hausa and Fulani woman who had lost her desire was not made to feel guilty. She was given a protected restoration period with specific ingredients that are still available in every Nigerian market today.

None of this knowledge disappeared. It was simply not passed to you.

The next three chapters are going to give it back to you. Phase by phase. Practice by practice. In plain language you can act on today — whether you are in Lagos, London or anywhere else in the world.

Your restoration starts in the next chapter.

CHAPTER THREE

Phase One — Restore

Days 1 to 10 | The First Mother — Yoruba Wisdom

"Before you can give pleasure, you must first give yourself healing."

This is where your restoration begins. Not with your husband. Not with intimacy. With you and your body — and ten days of deliberate, intentional care drawn from what Yoruba women have always known about healing after childbirth.

Do not rush this phase. Do not skip ahead. Everything that comes after the reconnection, the return to intimacy depends on the foundation you build here.

Each practice in this chapter is simple. The ingredients are things you can find in any Nigerian market or African grocery store wherever you are in the world. The time required is small. What matters is that you do it consistently, every day, for ten days.

Your grandmothers did not have a choice about this phase; their community enforced it. You are choosing it for yourself and that makes it even more powerful.

Practice One — The Herbal Steam Bath (Ojojo Omo)

What it is: Yoruba women used warm herbal baths and steam after childbirth to restore circulation, reduce internal swelling, ease discomfort and bring warmth back to a body that had just been through a great deal. The heat carries the herbal properties deep into the body and creates a space of calm that most new mothers never give themselves.

What you need:

- Bitter leaf — (Ewe ewuro in yoruba used to detoxify the body heal internal wounds and reduce swelling)
- Scent leaves — a small handful, fresh or dried (Ewe efinin in Yoruba, found in any market or African grocery store abroad)
- A large pot or basin of hot water
- A towel or wrapper

What to do — step by step:

1. Boil your water and add the bitter leaf and scent leaves directly into the pot.
2. Let it boil together for 5 minutes so the herbs release fully into the water.
3. Pour the herbal water into your basin.
4. If you are doing a full bath, add cool water until the temperature is warm and comfortable not scalding.
5. Sit in the bath or place the basin under you and sit over the steam, covered with your wrapper from the waist down, for 15 to 20 minutes.
6. Let your body sweat gently. Breathe slowly. This is not a task to rush through — it is medicine.
7. After, pat dry and rest for at least 20 minutes. Do not immediately go back to chores.

How often: Every two days during Phase One. That is five steam baths across your ten days.

What to expect: After the first two or three sessions you will notice warmth returning to your lower body. Some women notice reduced dryness within the first week. Be consistent.

Practice Two — Abdominal Binding

What it is: After childbirth the Yoruba tradition bound the new mother's abdomen tightly with a long cloth. This was not about looking slim. It was about supporting the womb as it contracted back to its original size, easing lower back pain and giving the woman a physical sense of being held and contained in her own body. Many women who try this describe it as an immediate relief they did not know they needed.

What you need:

- A long piece of fabric — at least 2 metres, plain cotton or your wrapper
- Or a postpartum belly band if you can find one

What to do — step by step:

1. In the morning, before you start your day, lie down flat on your back for two minutes.
2. Take three slow deep breaths, exhaling fully each time.
3. Stand up and wrap the cloth firmly around your lower abdomen — from just below your navel down to your hips.
4. Wrap it snugly — firm enough to feel supported, not so tight that it is uncomfortable or restricts your breathing.

5. Wear it for 3 to 4 hours each morning. Remove it in the afternoon.

How often: Every day during Phase One.

Important: If you had a caesarean section, wait until your scar has started healing — typically from 6 weeks after delivery — and wrap more gently around that area. If there is any pain, stop and consult your doctor.

Practice Three — The Traditional Wetness Remedy

What it is: This remedy is at the heart of this guide. It comes directly from Hausa and Fulani women's traditional postpartum practice — a combination of ingredients specifically used for generations to restore natural lubrication and warmth to a woman's body after childbirth.

The key ingredient is Gorontula — also known as Tsamiyar Kogi. This is the ingredient that Hausa and Fulani women have always known about and passed quietly between themselves. It is a dried pod and it has been used specifically for restoring natural moisture and lubrication in women for as long as anyone can remember.

Combined with raw honey and dates it becomes a gentle, consistent remedy that works from the inside out — not as an aphrodisiac, not as a quick fix, but as part of a deliberate restoration process that builds steadily over your thirty days.

Finding Gorontula:

Gorontula is not always easy to find depending on where you are but the mallams in your local market selling spices would have it or help you to get it at a later time.

If you genuinely cannot find it: The honey and date version below still works as part of the overall restoration process — it is simply gentler and slower. Do not let the absence of Gorontula stop you from starting.

THE FULL TRADITIONAL RECIPE — with Gorontula

Use this version if you can find Gorontula

What you need:

- 4 to 5 pieces of dried Gorontula — Tsamiyar Kogi
- 6 large dates — pitted and chopped
- 3 tablespoons of raw honey — not processed supermarket honey, it must be raw
- One and a half cups of water
- A small pot
- A clean glass jar for storing

What to do — step by step:

1. Wash your Gorontula pieces gently under cool water.
2. Place the Gorontula and chopped dates together in your small pot.
3. Add the water and place on low to medium heat.

4. Let everything simmer together gently for 10 to 15 minutes you will notice the water becoming darker and slightly thick as the Gorontula releases into it.
5. Remove from heat and allow to cool until warm but not hot.
6. Remove the Gorontula pieces and discard them — they have released what you need into the liquid.
7. Add your raw honey and stir well until everything is smooth and combined.
8. The dates will have softened completely then you can blend the whole mixture for a smoother syrup or leave it with the soft date pieces for texture.
9. Pour into your clean glass jar and store in the refrigerator. It keeps for weeks.

How to take it: One tablespoon every morning on an empty stomach, first thing before any food or drink. Follow immediately with a full glass of warm water.

How often: Every single day. All thirty days if possible. This remedy is cumulative — the longer and more consistently you take it the more noticeable the effect.

What to expect: Most women begin to notice a difference in natural moisture and warmth between Day 3 and Day 10 of consistent use. By Day 30 the difference is significant. Be patient and be consistent.

THE ACCESSIBLE VERSION — Honey and Dates only

Use this version if you cannot find Gorontula

What you need:

- 6 large dates — pitted and chopped
- 3 tablespoons of raw honey
- Half a cup of warm water
- A small pot
- A clean glass jar

What to do — step by step:

1. Place your chopped dates in the small pot with the warm water.
2. Heat on low for 5 to 7 minutes until the dates are completely soft.
3. Remove from heat and cool slightly.
4. Add the raw honey and stir until smooth and combined.
5. Blend for a smoother texture or leave as is.
6. Store in a clean glass jar in the refrigerator for up to one week.

How to take it: One tablespoon every morning on an empty stomach followed by a full glass of warm water.

Honey and dates are genuinely nourishing, warming and supportive of the overall restoration process. Raw honey supports natural balance and energy. Dates provide deep nourishment and warmth. Together they contribute meaningfully to what this guide is building across thirty days.

However this version works as part of the process — not as a standalone solution. The honey and date syrup combined with the herbal baths, the

restorative foods, the rest and the full three phase method is what produces the result. No single ingredient does it alone.

If you can find Gorontula — find it. It is worth the effort.

Practice Four — Restorative Eating

What it is: Yoruba postpartum cooking was not accidental. Every ingredient in the traditional meals served to a new mother was chosen for its ability to restore, warm and nourish. This is not a strict diet — it is a set of simple principles to guide your eating during Phase One.

Eat these every day:

- **Pepper soup** — with goat meat, catfish or chicken. Include uziza leaves and scent leaves wherever possible. Pepper soup is warming, anti-inflammatory and deeply restorative. Eat it at least three times a week during Phase One.
- **Palm oil** — use it generously in your cooking. Palm oil supports hormonal balance and provides the kind of deep nourishment a postpartum body needs.
- **Fresh ginger** — in your food, in your tea, in warm water. Ginger every day.
- **Warm water** — not cold. During Phase One drink your water warm or at room temperature. At least 8 to 10 full glasses every single day. This alone addresses a significant part of the dryness.

Reduce or avoid during Phase One:

- Cold drinks and cold food — they slow the restoration process that warmth is trying to support
 - Processed and packaged food as much as possible
 - Alcohol completely
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Practice Five — Protected Rest

What it is: Yoruba tradition considered rest after childbirth a prescription, not a luxury. The new mother was removed from all domestic duties specifically so her body could heal completely. You may not be able to do that fully — but you can create a version of it.

What to do — step by step:

1. Identify two 20-minute windows in your day — one in the morning, one in the afternoon or evening.
2. During those 20 minutes: lie down, close your eyes, put your phone face down and do not touch it.
3. This is not sleep necessarily — it is stillness. Your nervous system heals in stillness.
4. Tell your husband or whoever is with you: for these 20 minutes, I am not available. The baby is yours.
5. If 20 minutes is impossible even once then 10 minutes. But protect it. Every day.

How often: Twice daily during Phase One. Every single day.

Your Phase One Daily Routine At a Glance

Every morning:

- One tablespoon of honey and date syrup followed by a full glass of warm water
- Abdominal binding for 3 to 4 hours
- 20 minutes of protected rest

Every two days:

- Herbal steam bath — 15 to 20 minutes

Every day through your meals:

- Warm foods, pepper soup when possible, fresh ginger, plenty of warm water

Every evening:

- 20 minutes of protected rest

A Word Before You Move to Phase Two

By the end of Day 10 your body will feel different. Not completely transformed because restoration is not a switch. But warmer. More yours. The dryness would have reduced. The physical exhaustion will have softened slightly. You will have done something that most modern Nigerian women never do — you will have spent ten deliberate days putting yourself first.

That is the foundation everything else is built on.

Phase Two begins on Day 11. It is where the work goes inward.

CHAPTER FOUR

Phase Two — Reconnect

Days 11 to 20 | The Second Mother — Igbo Wisdom

"You cannot give yourself to another before you have returned to yourself."

You have spent ten days caring for your body. You have been consistent. You have shown up for yourself in a way that perhaps you have not done since before the baby arrived. That matters more than you know.

Now we go deeper.

Phase Two is not about your body on the outside. It is about what is happening on the inside — your sense of self, your relationship with your own femininity, your desire. This is the phase that most women skip because it feels less practical than taking a bath or eating pepper soup. But skipping it is exactly why many women complete physical restoration and still find that desire has not returned.

The Igbo tradition understood this completely. The Omugwo period was not just about physical healing. It was about surrounding the new mother with women who reminded her of who she was — beyond the baby, beyond the marriage, beyond the role of mother. Women who looked at her and saw her. A woman. Still whole. Still desirable. Still herself.

You may not have those women physically present. This chapter is their voice reaching you anyway.

Practice One The Waist Bead Ritual

What it is: In Igbo tradition, waist beads — Jigida were placed on a new mother during her postpartum period. They were not decorative. They served a specific purpose — to keep the woman connected to her own body during a time when it was easy to forget she had one beyond its function of feeding and carrying a baby.

The beads sat against her skin every single day. They moved with her. They reminded her quietly, constantly that she had a body. That her body was feminine. That her body belonged to her.

What you need:

- A waist bead strand — available in any market or African accessory store wherever you are in the world. Online options are also widely available. Choose a colour or style that you find beautiful.

What to do — step by step:

1. Choose your beads with intention. Do not grab any random thing. Pick something you find genuinely beautiful — a colour that makes you feel something when you look at it.
2. Tie them around your waist, sitting comfortably against your skin beneath your clothing.

3. Every morning when you dress, take one moment — just one — to place your hand on them. Feel them against your skin. Say nothing. Just notice.
4. Every evening when you undress, do the same. One hand, one moment, one breath.
5. That is the entire practice. It sounds too simple to matter. Do it anyway.

How often: Wear them every day from Day 11 through to Day 20 and beyond if you choose.

What to expect: Within a few days you will find yourself becoming more aware of your body throughout the day — not in a self-conscious way, but in a quiet, familiar way. Like reacquainting yourself with an old friend.

Practice Two — The Daily Body Oil Ritual

What it is: Many women after childbirth stop touching their own bodies with care. The body becomes functional — it feeds the baby, it carries the baby, it gets dressed and undressed in a hurry. The idea of touching it slowly and with gentleness feels almost foreign.

This practice is about reclaiming your body as yours. Before anyone else touches it. Before your husband touches it. You touch it first — with care, with slowness, with the kind of attention you would give something precious.

This is not sexual. It is an act of ownership. It is you saying to your body — I see you. I am here. You are mine and I am taking care of you.

What you need:

- Raw shea butter — or if you love the scent of coconut oil, or any natural oil you love the scent of
- 10 minutes of privacy each evening

What to do — step by step:

1. After your evening bath or wash, while your skin is still slightly warm, take a small amount of your shea butter or oil in your palms.
2. Start at your feet. Work slowly upward — feet, legs, thighs, hips, abdomen, arms, shoulders.
3. Move without rushing. This is not lotion applied quickly before bed. This is a deliberate touch.
4. When you reach your abdomen — where your baby grew, where your body changed most visibly — pause. Place both hands there, take three slow breaths.
5. Continue upward.
6. The whole practice takes 10 minutes. Do not shorten it.

How often: Every evening during Phase Two. All ten days.

What to expect: The first few evenings may feel awkward or even emotional. Some women cry during this practice without knowing why. That is the body releasing things it has been holding. Let it happen. By the end of Phase Two this practice will feel like something you cannot imagine stopping.

Practice Three — Dress for Yourself Once a Day

What it is: This one sounds almost too simple to include. But it is one of the most powerful practices in this entire guide — because of how completely most new mothers abandon it.

After a baby arrives, getting dressed becomes purely functional. Something clean. Something that fits. Something easy for breastfeeding. The idea of putting on something beautiful — something chosen because it makes you feel like a woman rather than a mother — feels almost self-indulgent.

It is not self-indulgent. It is necessary. How you dress is how you see yourself. And how you see yourself determines everything about how desire returns.

What to do — step by step:

1. Once a day — it does not have to be for long, even 30 minutes counts — put on something that makes you feel beautiful.
2. Not for your husband. Not for a function. For yourself.
3. It can be a favourite dress worn at home. A fabric you love tied as a wrapper. Earrings worn while you cook. Whatever it is that makes you look in the mirror and see a woman, not just a mother.
4. Stand in front of a mirror and look at yourself for one full minute. Not to criticise. Not to compare to how you looked before. Just to see yourself as you are right now.

What to expect: This practice reconnects you to your femininity without any pressure or agenda. It creates a private relationship between you and

your own sense of beauty that does not depend on your husband's attention or anyone else's approval.

Practice Four — Name What You Are Feeling

What it is: Nigerian women are raised to be strong. To carry things. To not burden others. We are not generally given permission to name difficult emotions — especially not emotions connected to marriage, to our bodies, to sex.

But unspoken emotion sits in the body and it blocks restoration. It is very difficult for desire to move through a body that is holding grief, or resentment, or fear that has never been named out loud.

This practice asks you to name what is actually there. Not to fix it. Not to share it with anyone necessarily. Just to name it.

What to do — step by step:

1. Find a notebook or note on your phone and keep it private. This is yours alone.
2. Each evening during Phase Two, before you sleep, open the notebook and write the answer to this one question: *What am I actually feeling today?*
3. Do not edit yourself. Do not write what you think you should be feeling. Write what is actually there.

4. Some days it will be tiredness. Some days it will be love for your baby. Some days it will be resentment, or loneliness, or fear, or grief about things you have not let yourself grieve. Write all of it.
5. You do not need to do anything with what you write. The writing itself is the practice.

What to expect: By Day 5 or 6 of this practice, many women begin to feel lighter. Not because the difficult feelings are gone — but because they are no longer being carried silently and alone. Named things have less power over us than unnamed ones.

Practice Five — Protect Your Sleep Like It Is Medicine

What it is: We spoke about rest in Phase One. Phase Two goes further. Because here is something most people do not tell you — desire and sleep are directly connected. A body that is consistently deprived of rest cannot generate desire. It is not a character flaw. It is biology. The nervous system cannot hold both exhaustion and desire at the same time. It will choose exhaustion every single time.

Protecting your sleep during Phase Two is not laziness. It is the most direct thing you can do to invite desire back.

What to do — step by step:

1. Identify the longest possible sleep window available to you and protect it completely.

2. Have a direct, honest conversation with your husband: during these ten days, I need one uninterrupted sleep period per night. This means he takes the baby for one night feed or one early morning stretch.
3. Remove your phone from the bedroom or place it face down across the room. Scrolling after midnight is stealing from your own restoration.
4. If your baby is still waking multiple times and uninterrupted sleep feels impossible — then prioritise afternoon sleep or in complete silence increase the phase 2 rest to at least one hour. No phone. No thinking about the house. Just horizontal and still.

A Gentle Warning About Phase Two

This is the phase where many women want to quit — not because it is too hard, but because it feels too slow. You are not seeing dramatic physical changes the way you might have in Phase One. The work here is quieter.

Stay with it.

The woman who comes out of Phase Two is different from the one who entered it. She has spent ten days touching her own body with care. Ten days noticing herself. Ten days naming what she carries. Ten days sleeping and resting without apology.

She is ready for what comes next.

And what comes next is the return.

Ready for Chapter Five?

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CHAPTER FIVE

Phase Three — Return

Days 21 to 30 | The Third Mother — Hausa/Fulani Wisdom

"She is ready not when time says so, but when she says so."

You made it here.

Twenty days of showing up for yourself. Twenty days of warmth, of care, of deliberately and intentionally putting your own restoration first. If you have followed Phases One and Two consistently, something has already shifted. You may not be able to name it exactly — but you feel it. A little more like yourself. A little warmer. A little more present in your own body.

Phase Three is where all of that work finds its destination.

But let us be clear about something before we begin. The return to intimacy does not start with sex. It starts with readiness — and readiness is something only you can feel and only you can decide. No calendar date, no husband's patience level, no outside pressure determines when you are ready. You do.

The Hausa and Fulani women understood this. Their Kwanta — the confinement and restoration period — ended not when a fixed number of days had passed but when the woman herself had been fully prepared.

When her body was warm, nourished and restored. When her mind was settled. When she emerged from that protected space as a whole woman, not a depleted one.

That is the standard this chapter holds for you.

Practice One — The Ritual Bath

What it is: The daily ritual bath of the Hausa and Fulani Kwanta period was not simply for cleanliness. It was a ceremony. Each bath was an act of intention — the body being cleansed, warmed and prepared for the next phase of life. The woman who stepped into that bath was still in restoration. The woman who stepped out was moving toward return.

During Phase Three you will adopt a version of this ritual. It is different from the Phase One steam bath — this one is full body, more deliberate, and charged with intention.

What you need:

- Fresh ginger — sliced, a thumb-sized piece
- Whole cloves — a small handful, about 10 to 15 pieces
- Black soap — ose dudu — if available, or any natural soap you love
- A warm bath or bucket of warm water

What to do — step by step:

1. Boil your ginger and cloves together in a pot of water for 10 minutes.
2. Pour the herbal water into your bath or bucket and adjust the temperature with cool water until it is warm and comfortable.
3. Light your candle if you have one. Reduce other lighting if possible.

4. Bathe slowly and completely using your black soap or natural soap. Move with intention — not rushing to finish.
5. Pay particular attention to your whole body — not just the functional areas. Every part of you is being prepared.
6. After, wrap yourself in a warm towel and sit quietly for 5 minutes before dressing. Do not immediately rush to the next task.

How often: at least once during Phase Three. Two or more ritual baths will be most ideal depending on your time availability across your ten days.

Practice Two — The Return Foods

What it is: The Hausa and Fulani tradition was very specific about the foods eaten in the final phase of postpartum restoration — the period just before the return to intimacy. These foods were chosen specifically to restore warmth, natural lubrication and desire from the inside. They are all still available today in every Nigerian market and in African grocery stores worldwide.

Tiger Nuts — Aya or Ofio

Tiger nuts are one of the most powerful traditional foods for restoring desire and natural lubrication in Nigerian tradition. They are not actually nuts — they are small dried tubers with a slightly sweet, earthy flavour.

How to use them:

- Eat a small handful as a daily snack — straight from the bag, raw.
- Or make Kunu Aya — tiger nut milk. Soak a cup of tiger nuts overnight in water. The next morning blend them with the soaking

water, a few dates and a pinch of ginger. Strain through a cloth and drink one glass each morning. It is sweet, warming and deeply nourishing.

Clove and Ginger Tea

This combination has been used across Hausa and Fulani tradition for its warming, circulation-improving and energy-restoring properties. It is simple and takes less than 10 minutes to prepare.

How to make it:

1. Bring two cups of water to a boil.
2. Add 5 whole cloves and a thumb-sized piece of fresh sliced ginger.
3. Let it simmer on low heat for 7 minutes.
4. Strain into a cup and add a teaspoon of raw honey.
5. Drink warm — one cup every morning during Phase Three on an empty stomach.

Continue the honey and date syrup from Phase One

Do not stop this remedy during Phase Three. If anything, be more consistent with it. Take your tablespoon every morning before the clove and ginger tea.

Fresh pepper and uziza in your cooking

Warmth in food creates warmth in the body. Continue cooking with fresh pepper, uziza leaves, scent leaves and palm oil throughout Phase Three. These are not just flavour — they are restoration.

Practice Three — Beginning the Return to Touch

What it is: This is where intimacy re-enters — gently, on your terms, without pressure and without agenda.

The return to intimacy does not begin with sex. It begins with touch. Safe touch. Comfortable touch. Touch that has no destination except closeness.

This practice involves your husband — but it requires a conversation first. Before Day 21 arrives, tell him what Phase Three means. Tell him that you are beginning the return and that it starts with touch only, with no expectation of where it leads. Give him Chapter Six of this guide to read if he is willing.

A man who understands what you are doing and why will approach this differently than a man who simply feels that finally something is happening. The difference between those two men in that moment is everything.

What to do — step by step:

1. On one of the first evenings of Phase Three, after the children are settled, sit with your husband without your phones.
2. Ask him to simply hold you. Nothing more. His arms around you, your body against his, for as long as feels comfortable.
3. Notice what you feel. Not what you think you should feel — what you actually feel. Warmth, safety, tension, relief — whatever is there, notice it.

4. Do this for several evenings before anything progresses further.
There is no rush. This closeness itself is the practice.
5. When you feel ready to progress — when it comes from inside you, not from guilt or pressure — follow that feeling. You will know the difference.

How often: At least times during Phase Three, building gradually as your readiness grows.

Practice Four — Practical Guidance for the Return to Sex

What it is: When the moment comes — and it will come, in its own time — here is the practical guidance for making that return as comfortable and as enjoyable as possible.

Use lubrication without shame. Natural lubrication may still be rebuilding when you first return to intimacy. This is normal and does not mean the remedies have not worked — it means the process is still underway. Use coconut oil or shea butter as a natural lubricant freely and without apology. It is not a sign of failure. It is practical care.

Start slowly and communicate. Your body may feel different from how it felt before. Positions that were comfortable before may need adjusting. Sensations may feel different. You are allowed to direct what happens. You are allowed to say what feels good and what does not. A husband who is on this journey with you will welcome that communication — because what he wants is for you to enjoy this too, not just to endure it.

Redefine what great sex means for this season. Great sex after childbirth may not look exactly like great sex before childbirth — and that is completely fine. Your body has changed. Your life has changed. Approach intimacy in Phase Three with curiosity rather than comparison. Ask yourself what feels good now, in this body, in this life. The answer may surprise you.

If there is pain, stop. If sex is painful — not just unfamiliar, but genuinely painful — stop. Do not push through pain. Rest and give your body more time. Some women may need more time than others but the body will still respond to your partners touch and warmth.

Practice Five — Celebrate the Small Returns

What it is: This final practice is not a bath or a food or a ritual. It is a mindset.

As the return begins, you will notice small moments. A morning where you wake up and feel warmth toward your husband. A touch that feels welcome rather than like a demand. A moment of desire that flickers briefly — maybe just a few seconds — before disappearing again. An evening of closeness that feels genuinely good.

These moments are not small. They are everything.

Your grandmothers' grandmothers felt these same flickering returns after their Kwanta, after their Omugwo, after their Itoju period. They recognised them. They honoured them. They did not dismiss them by comparing to how things were before or measuring against how far there still was to go.

Do the same. Notice each return, however small and continue to nourish your body . Tell your husband if you feel safe to try again.

Each small return is proof that the restoration is working. That what the three mothers knew was real. That it has found its way back to you.

You Have Come a Long Way

Thirty days ago you were where you were. Dry, depleted, pressured and silent about all of it.

Today you have done something most Nigerian women never do. You went looking for the knowledge that was always meant to reach you. You found it. You followed it. Phase by phase, day by day, practice by practice.

The return is not a destination you arrive at once and stay forever. It is a practice — like everything in this guide. Some days will be better than others. Some weeks the desire will be strong and some weeks life will press down and it will go quiet again. That is not failure. That is life.

What you now have — that you did not have before — is the knowledge. The practices. The understanding of what your body needs and how to give it to those needs. That knowledge does not leave you.

CHAPTER SIX

The Partner Conversation

What He Needs to Understand — and How to Tell Him

"A man who understands his wife's restoration is not a man who waits patiently. He is a man who participates in it."

This chapter is short. But do not let its length fool you into thinking it is less important than the others. Everything you have done across the previous five chapters — every bath, every remedy, every quiet evening of body oil and journaling — can be supported or undermined by one thing: whether your husband understands what you are going through.

A husband who understands becomes your greatest support. A husband who does not understand — however much he loves you — becomes an unintentional source of pressure that slows everything down.

This chapter gives you the words.

What He Probably Does Not Know

Most Nigerian men were not taught anything about what happens to a woman's body after childbirth. Nobody sat them down and explained it. Their fathers did not tell them. Their friends do not talk about it. And the cultural assumption — that a woman simply recovers and returns to normal after a few weeks — means that many good, loving husbands are completely in the dark about what their wives are actually experiencing.

This is not his fault. But it is something that needs to change.

Here is what he needs to know:

The dryness is not about him. When you feel dry, when sex feels uncomfortable, when your body does not respond the way it used to — none of that means you have stopped being attracted to him. It is a physical change caused by the hormonal shift that happens after every childbirth. It is temporary. It is being addressed. It has nothing to do with how you feel about him as a man.

The six-week clearance is not a finish line. When the doctor said you were cleared for sex at six weeks, that meant it was physically safe to resume — not that your body was fully restored and ready. Those are two very different things. Many women are cleared medically but nowhere near ready emotionally, hormonally or physically. Six weeks is the beginning of recovery, not the end of it.

Pressure makes everything slower. This is the most important thing he can understand. Every time you feel pressured — even silently, even without words — your body responds by closing further, not opening. Stress and desire cannot exist in the same space. The more relaxed and safe you feel, the faster everything returns. The more pressured you feel, the longer it takes. His patience is not just kindness — it is the most practical thing he can do to speed up the very outcome he wants.

His participation matters more than he knows. The single most effective thing your husband can do to support your restoration is to be available and participate, not helping — taking responsibility. Every time you are freed from a task, every time you are allowed to rest without guilt, every time he steps in without being asked — that directly creates the space in which

desire can return. He is not waiting on the sidelines while you recover. He is an active participant in your restoration.

How to Start the Conversation

Choose a calm moment. Not in the bedroom. Not at night when both of you are tired. Not in the middle of a disagreement. Find a quiet time — perhaps a weekend morning when the baby is settled, or an evening when things are calm — and tell him you want to share something important with him.

You might say something like this:

"I want to talk to you about something that matters to both of us. I miss our intimacy too — I want you to know that. But my body has been going through a real recovery since the baby came and I have not had the knowledge or the support to address it properly until now. I am working on it actively and I am seeing changes already.

What I need from you during this time is not just patience — I need your participation. The more rested I feel, the more supported I feel, the faster everything comes back. Every time you take the baby without being asked, every time you let me sleep, every time you hold me without expectation — that is not just kindness. That is directly helping us get back to where we both want to be.

I am not asking you to wait forever. I am asking you to wait with me, not against me. There is a difference and it changes everything."

You do not have to use those exact words. Say it in your own voice, in whatever language feels natural between the two of you. The message is what matters — not the wording.

What to Ask Him to Do

Once you have had the conversation, give him something specific. Men respond better to clear, concrete requests than to general appeals for understanding. Here is what to ask:

Touch you with no agenda. Ask him to hold you, sit close to you, rest his hand on yours — with nothing expected to follow from it. So that your body can learn again that his touch is safe and welcome before it is anything else.

Say something specific he finds beautiful about you now. Not before pregnancy. Not "you used to." Now. Something true about you as you are today. This matters more than most men realise.

Read this chapter. If he is the kind of man who will receive it well, hand him this guide and ask him to read at least this chapter. Understanding what you are going through is the most intimate thing he can offer you right now.

A Word About What This Conversation Cannot Fix

If there is deep resentment between you and your husband — if the distance is not just postpartum but older and heavier than that — this conversation alone will not resolve it. This guide is for the restoration of your body and your desire. It is not a relationship repair manual.

If you feel that the challenges in your marriage go beyond what this guide addresses, please consider speaking with a counsellor or trusted elder alongside using this guide. You deserve support at every level — not just the physical one.

One Last Thing

You have now done something remarkable. You have gone through six chapters of honest, practical, culturally rooted guidance on one of the most difficult and least discussed experiences in Nigerian women's lives. You have not skipped the hard parts. You have not looked away from the pressure or the silence or the things most people are too polite to name.

That courage — the courage to seek the knowledge and follow it — is the same courage the women before you had. The ones who sat in the heated room. The ones who were bound and fed and held by their mothers and aunties. They did not recover by accident. They recovered because someone created the conditions for their recovery and they committed to it.

You are doing the same thing. In a different time, without the village, with fewer resources and more demands on your time. And you are doing it anyway.

The Action Plan is next — short, direct and designed to make sure you start today, not tomorrow.

Ready for the Action Plan?

What To Do Today

Before You Close This Guide

Do not put this guide down and return to normal life. That is the moment most guides stop working — when the reading ends and nothing actually changes.

You do not need to do everything today. You need to do five things. Right now. Before tonight ends.

1. Drink a Full Glass of Warm Water Right Now

Not after you finish reading. Now.

This is not symbolic. Dehydration is one of the most common and most overlooked causes of dryness — inside and out. Most Nigerian women, especially breastfeeding mothers, are chronically under-hydrated. Start correcting that today. Warm water, not cold. A full glass.

This is the smallest action in this guide and also one of the most powerful — because a woman who does the smallest thing today is a woman who will do the larger things tomorrow.

2. Get Your Honey and Dates Before Tomorrow Morning

Today — not next week, not when you get around to it — identify where you will get your raw honey, gorontula and dates or just honey and date if you are unable to get gorontula.

Your honey and date syrup needs to be ready by tomorrow morning so Day 1 can begin properly. If you have honey and dates at home already — go and make your first batch tonight. The recipe is in Chapter Three.

3. Have One Sentence Ready for Your Husband Tonight

You do not need to have the full Chapter Six conversation tonight. You just need one sentence — a seed that plants the conversation before it fully begins.

Tonight, when the moment feels calm, say this or something like it:

"I have been reading something that is helping me understand what my body has been going through. I want to share it with you soon."

That is all. No pressure on either of you. Just an opening. The full conversation can happen when you are both ready — but the seed needs to be planted today.

4. Identify Your Steam Bath Ingredients

Before you sleep tonight, check what you have at home:

- Bitter leaf — do you have it? If not, add it to tomorrow's shopping.
- Scent leaves — efiren — do you have access? If not, identify where you will get them.
- A large basin or pot for the steam — do you have one set aside?

Your first herbal steam bath happens on Day 1 or Day 2. Having everything ready removes the one excuse that stops most women — I will do it when I have the things I need.

Get the things you need today.

A Final Word Before the Closing Letter

Every woman who has ever followed this path — whether she called it Omugwo or Kwanta or Itoju or simply what her mother showed her — started exactly where you are right now. At the beginning. With the knowledge fresh in her mind and the practices not yet begun.

The difference between the woman who transforms and the woman who stays stuck is not intelligence or willpower or even time. It is simply whether she starts.

Start today.

BONUS

Your 30-Day Sex Reset Tracker

The Three Mothers Method — Daily Restoration Checklist

Tick what you complete each day. Do not stress over missed days — simply continue the next day. Consistency over perfection.

PHASE ONE — RESTORE

Days 1 to 10 | First Mother — Yoruba Wisdom

Focus: Your body

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Phase One Reminder:

- Honey and date syrup — every morning on empty stomach
- Herbal steam bath — every two days
- Abdominal binding — every morning for 3 to 4 hours
- Warm water — at least 8 glasses every day
- Restorative food — pepper soup, ginger, palm oil, warm meals
- Protected rest — two 20-minute rest windows daily

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Phase Two Reminder:

- Continue honey and date syrup every morning
- Waist beads — wear daily, one mindful moment morning and evening
- Body oil ritual — every evening, 10 minutes, slow and deliberate
- Dress for yourself — once daily, something that makes you feel like a woman
- Journal — every evening, answer one question: what am I actually feeling today?
- Protected sleep — one uninterrupted sleep period every night, non-negotiable

PHASE THREE — RETURN

Days 21 to 30 | Third Mother — Hausa/Fulani Wisdom

Focus: Your partnership

Day	Honey & Date Syrup	Clove & Ginger Tea	Tiger Nuts or	Ritual Bath	Return to Touch	Partner Conversation	Notes
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Phase Three Reminder:

- Continue honey and date syrup every morning
- Clove and ginger tea — every morning on empty stomach before food

- Tiger nuts or Kunu Aya — daily as snack or morning drink
- Ritual bath — every two days, slow and intentional
- Return to touch — closeness with your husband, no agenda, building gradually
- Partner conversation — ongoing, open, honest

YOUR 30-DAY PROGRESS NOTES

Use this space at the end of each phase to write one honest reflection.

End of Phase One — Day 10 *How does my body feel compared to Day 1?*

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End of Phase Two — Day 20 *How do I feel about myself and my body compared to Day 10?*

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End of Phase Three — Day 30 *What has changed? What have I returned to? What do I want to continue?*

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The Sex Reset Method Rooted in Yoruba, Igbo and Hausa/Fulani Wisdom
Nothing new. Just what worked before — remembered, filtered, and
brought back to you.

