

Finally Fresh

The 21-Day Private Protocol

For Women Who Have Tried Everything
and Are Still Living With the Shame

Because you deserve to be fully present in your own body

Root Cause Identification • Internal Reset • Permanent Protection

A Letter to You

Dear Adaeze,

You have never said it out loud.

Not to your best friend. Not to your mother. Not to your doctor. Not even, fully, to yourself. You have carried this thing in silence for so long that the silence has started to feel like the only safe place.

You shower twice a day. You buy every product you can find — the washes, the wipes, the sprays — and you use them with a discipline most people don't bring to anything. And still. You know it is there. You can sense it. And that knowledge follows you into every room, every conversation, every moment of closeness.

When your husband reaches for you, something in you goes elsewhere. You are physically present but mentally managing — checking, worrying, bracing. You have pulled away without explanation. You have cancelled plans. You have left rooms convinced that everyone could tell. You have Googled this — in private, in the middle of the night — more times than you can count.

You are not dirty. You are not broken. You are not imagining it.

What you are is a woman who has been solving the wrong problem. Every product you have tried was treating a symptom. None of them addressed the cause — because the cause is internal. It lives in your body's bacterial balance, in your diet, in your hormonal fluctuations, in hygiene practices that seem correct but are quietly making things worse.

That is what this protocol is for.

In 21 days, we are going to find your exact root cause. Then we are going to correct it from the inside out, using a layered system that addresses what no feminine wash has ever been able to reach. And then we are going to protect you — so this does not come back.

You did not imagine this. You were not being dramatic. You were not weak for letting it affect you as deeply as it did.

And you are not alone anymore.

Let's begin.

How to Use This Protocol

Finally Fresh is built in three phases. Read the entire protocol once before you begin, then follow it day by day. Do not skip to Phase 2 before completing Phase 1. The diagnosis determines everything that follows.

| | | | |
|----------------|------------------------|-----------------|---|
| PHASE 1 | Days 1–3 | Diagnose | Identify your exact root cause type |
| PHASE 2 | Days 4–18 | Reset | Three-layer internal and external correction |
| PHASE 3 | Days 19–21+ | Protect | Permanent maintenance and recurrence prevention |

Important Notes Before You Begin

- Keep this document private. Save it to your phone or personal device only.
- You do not need to tell anyone you are doing this protocol.
- Results begin within 48 hours for most women. Full correction takes 21 days.
- If you are pregnant or breastfeeding, consult your doctor before beginning Phase 2.

PHASE 1 — DIAGNOSE | Days 1–3 | Find Your Root Cause

Why This Step Cannot Be Skipped

Most women have been treating the wrong root cause for years. Persistent intimate odour has four distinct biological drivers — and each one requires a completely different solution. A protocol built for bacterial vaginosis will not correct a hormonal cause. Read through all four Root Cause Types below. Your profile is the one where you answer YES to at least three of the five questions.

ROOT CAUSE TYPE 1

Bacterial Vaginosis (BV) Imbalance

Do at least 3 of these describe you?

- The odour is ‘fishy’ — particularly noticeable after intimacy or during your period
- The odour comes and goes — it is worse some weeks than others
- You have taken antibiotics for this before and it returned within weeks or months
- You notice a thin, greyish or white discharge alongside the odour
- Douching or scented washes temporarily reduce the smell but it always returns

The Biology Behind This:

BV occurs when the protective lactobacillus bacteria in your vagina are outnumbered by anaerobic bacteria. This disrupts pH and produces the characteristic odour. Antibiotics kill both good and bad bacteria — which is why BV returns. The solution is rebuilding the good bacteria from inside, not repeatedly killing everything.

Your Phase 2 path: Follow the BV Protocol in Phase 2 (Layer 1A + Layer 2A)

ROOT CAUSE TYPE 2

Yeast Overgrowth (Candida)

Do at least 3 of these describe you?

- The odour is yeasty or bread-like rather than fishy
- You experience itching or irritation alongside the odour
- The odour is worse after eating sugary foods, white rice, or processed bread
- You have taken antifungal treatment — it helped briefly then the odour returned
- You are on or have recently taken antibiotics, the pill, or a high-sugar diet

The Biology Behind This:

Candida overgrows when diet is high in sugar and refined carbohydrates, or when antibiotics destroy the protective bacteria that keep it in check. The Nigerian diet — high in white rice, eba, and processed carbohydrates — can chronically feed yeast overgrowth without a woman ever knowing the connection.

Your Phase 2 path: Follow the Yeast Protocol in Phase 2 (Layer 1B + Layer 2B)

ROOT CAUSE TYPE 3

Hormonal Fluctuation

Do at least 3 of these describe you?

- The odour is cyclical — noticeably worse at specific points in your monthly cycle
- It is worst just before your period or immediately after
- You are postpartum (within 18 months of delivering a baby)
- You are approaching perimenopause (age 38–52) with changing cycles
- The odour is significantly worse during high-stress periods

The Biology Behind This:

Oestrogen levels directly influence vaginal pH and the composition of vaginal bacteria. When oestrogen fluctuates — before a period, postpartum, under stress, or during perimenopause — pH shifts temporarily, creating an environment where odour-producing bacteria thrive. This is not an infection. It is a hormonal management issue.

Your Phase 2 path: Follow the Hormonal Protocol in Phase 2 (Layer 1C + Layer 3)

ROOT CAUSE TYPE 4

Hygiene Practice Disruption

Do at least 3 of these describe you?

- You use scented feminine washes, douches, or sprays near the vaginal opening
- You wash the internal vaginal area with soap
- You wear synthetic, tight-fitting underwear most days
- The odour is more consistent than cyclical — it does not have strong good days and bad days
- You have never had a confirmed BV or yeast diagnosis — you have simply always had this issue

The Biology Behind This:

The vagina is self-cleaning. Its natural pH of 3.8–4.5 is maintained by lactobacillus bacteria that produce lactic acid. Scented products, internal washing, and synthetic fabrics disrupt this pH daily — creating the exact conditions in which odour-producing bacteria flourish. The more you try to clean it with products, the worse the problem becomes.

Your Phase 2 path: Follow the Hygiene Reset in Phase 2 (Layer 2C + Layer 1A)

What If I Match More Than One Type?

This is common. If you match Types 1 and 4, begin with Layer 2C (stop all disruptive products) before starting the BV protocol. If you match Types 1 and 3, follow both the BV protocol and the Hormonal Layer simultaneously — they are compatible.

PHASE 2 — THE THREE-LAYER RESET | Days 4–18

Phase 2 works in three simultaneous layers: what you eat and take internally (Layer 1), how you care for yourself externally (Layer 2), and how you manage your hormonal cycles (Layer 3). All three must run together.

LAYER 1 — The Internal Reset: Diet and Microbiome Rebuilding

THE IMMEDIATE ELIMINATIONS — Begin Day 4, No Exceptions

These foods actively feed odour-producing bacteria or suppress the protective bacteria your body needs. Remove them for the full 21 days.

STOP — Remove These Immediately:

- ✗ White sugar in all forms — soft drinks, bottled juices, sweets, sugar in tea and coffee
- ✗ White bread and white rice eaten more than once per day, processed crackers and biscuits
- ✗ Alcohol of any kind — beer, palm wine, spirits (alcohol destroys lactobacillus bacteria)
- ✗ Scented feminine products used internally — wash, douche, or deodorant spray near vaginal opening
- ✗ Heavily processed soy products — soy milk, processed soy-based snacks

THE MICROBIOME BUILDERS — Add From Day 4

These foods rebuild the lactobacillus colonies that protect your vaginal pH. They must be eaten consistently, not occasionally.

| Food | Amount / Frequency |
|--|---|
| Plain yoghurt (no sugar, no flavouring) | 1 cup daily — morning or evening |
| Garlic — raw or lightly cooked | 2–3 cloves daily; natural antibacterial |
| Fermented locust beans (iru / dawadawa) | Add to soups 3–4 times per week — natural probiotic |
| Ogiri (fermented melon seeds) | Traditional probiotic condiment — use in soups |
| Tiger nuts (ofio / aya) | Prebiotic — feeds and strengthens good bacteria |
| Ugu (pumpkin leaf), bitter leaf, waterleaf | Daily — support oestrogen clearance |
| Garlic water: 3 cloves crushed in warm water | Drink first thing every morning, empty stomach |
| Coconut water — natural, unsweetened | Replaces sugary drinks; antifungal and alkalisng |

THE PROBIOTIC SUPPLEMENT GUIDE

Food alone rebuilds the microbiome slowly. A targeted probiotic supplement accelerates the process — but the strain matters. Most over-the-counter probiotics do not colonise the vaginal microbiome.

The Strains That Matter:

For BV (Type 1): Lactobacillus rhamnosus GR-1 + Lactobacillus reuteri RC-14. Look for products that specify these exact strains. Clinically proven to colonise the vaginal microbiome.

For Yeast (Type 2): Lactobacillus acidophilus + Saccharomyces boulardii. The Saccharomyces directly competes with and suppresses candida overgrowth.

For Types 3 and 4: Any multi-strain lactobacillus probiotic with a minimum of 10 billion CFU per dose.

Dosage: Take daily with the first meal. Take on the opposite end of the day from garlic water.

Where to find in Nigeria: Gynophilus and Lactogyn are available in Lagos, Abuja, and Port Harcourt pharmacies. **Diaspora:** Jarrow Formulas Fem-Dophilus (Amazon or iHerb) contains the correct strains.

LAYER 1A — BV Protocol Additions (Root Cause Type 1 only)

→ Boric acid suppositories (600mg): Insert vaginally every other night for 7 days from Day 4. Restores vaginal pH to the protective acidic range (3.8–4.5) directly. Available at select Lagos pharmacies and international online pharmacies. Do not use during pregnancy.

→ Increase garlic to 4–5 raw cloves daily for the first 7 days — the allicin compound directly suppresses anaerobic bacteria.

→ Avoid sexual intercourse for Days 4–10 to allow the vaginal ecosystem to restabilise without introduction of external bacteria.

LAYER 1B — Yeast Protocol Additions (Root Cause Type 2 only)

→ Caprylic acid supplement (1000mg with meals) — directly antifungal, suppresses candida without harming beneficial bacteria. Available in health stores.

→ Reduce rice to once per day for 21 days. Replace second portions with sweet potato (ede), unripe plantain, or boiled yam.

→ Apple cider vinegar: 1 tablespoon in a glass of warm water each morning. Creates an internal environment that suppresses candida.

→ Avoid fruit juices entirely. Eat fruit whole. Limit very sweet fruit (mango, pineapple) to 3 times per week during the protocol.

LAYER 1C — Hormonal Support (Root Cause Type 3)

→ Seed cycling — Days 1–14 of your cycle: 1 tablespoon each of ground flaxseed and pumpkin seeds daily. Days 15–28: 1 tablespoon each of ground sesame and sunflower seeds daily. This supports oestrogen and progesterone balance across the cycle.

→ Spearmint tea: 2 cups daily — demonstrated in clinical studies to reduce androgen levels and support hormonal balance in women.

→ Ashwagandha supplement (300mg daily): Reduces cortisol, which directly stabilises the hormonal fluctuations that worsen odour in Type 3 women.

LAYER 2 — The Topical Reset: External Care Ritual

This layer addresses what you do externally and stops the hygiene practices that are quietly making things worse. This is not about being less clean. It is about understanding what clean actually means for this part of your body.

THE DAILY INTIMATE CARE RITUAL — All Root Cause Types

MORNING RITUAL

1. Wash the external vulva area only — the outer lips, not inside — with warm water and unscented cleanser or plain water alone.
2. Pat dry (do not rub) with a clean, dedicated towel. Do not share this towel.
3. Apply a thin layer of raw, unrefined coconut oil to the outer vulva area — antifungal, antibacterial, and forms a protective barrier.
4. Wear cotton underwear only during the 21-day protocol. No synthetic fabric, no thongs.

EVENING RITUAL

1. Repeat the warm water external wash.
2. If you are Type 1 (BV): perform the apple cider vinegar rinse (see below).
3. If you are Type 2 (Yeast): apply diluted tea tree oil solution to outer area only (3 drops tea tree in 1 tablespoon coconut oil — never undiluted, never internally).
4. Sleep without underwear where possible — night-time airflow is a significant and underrated factor in microbiome recovery.

THE APPLE CIDER VINEGAR RINSE — BV and Hygiene Types

This is one of the fastest-acting topical interventions in this protocol. Most women notice a measurable improvement within 48 hours of beginning this practice.

How to Prepare and Use:

1. Mix 1 tablespoon raw, unfiltered apple cider vinegar (with the mother) with 500ml of clean warm water.
2. Use a clean squeeze bottle to gently rinse the external vulva area during your evening wash.
3. Do NOT insert this solution internally. External use only.
4. Follow immediately with a plain warm water rinse, then pat dry.

5. Apply coconut oil barrier after drying.

6. Perform every evening for Days 4–14. Reduce to 3 times per week from Day 15.

Where to source: Any supermarket. Look for Bragg's Apple Cider Vinegar or any brand labelled raw, unfiltered, with mother.

LAYER 2C — Hygiene Practice Overhaul (Type 4 — Begin Day 1)

If you identified as Root Cause Type 4, this is your primary intervention. Everything else is secondary until these practices stop.

- ✗ Stop all douching permanently — this is the single most damaging practice for the vaginal microbiome
- ✗ Stop using any scented product near the vaginal opening — wash, spray, powder, scented toilet paper
- ✗ Stop washing inside the vaginal opening with soap or any cleanser
- ✗ Stop wearing synthetic underwear (polyester, nylon, lace without cotton lining) during the reset
- ✗ Stop using scented fabric softener or dryer sheets on your underwear

LAYER 3 — The Hormonal Layer (Types 3 & 4)

Oestrogen directly controls vaginal pH and the environment in which your vaginal bacteria live. When oestrogen fluctuates — before a period, under stress, postpartum, or in perimenopause — the vaginal environment temporarily destabilises. This layer stabilises that fluctuation.

THE HORMONAL CYCLE ODOUR MAP

Understanding when your symptoms are worst is the first step to managing them proactively.

| Phase | Days | What Happens | What To Do |
|--------------|------------|--|---|
| Menstruation | Days 1–5 | pH rises. Odour-producing bacteria can temporarily flourish. | Change sanitary products every 4 hours. Use unscented pads. Increase garlic and yoghurt during your period. |
| Follicular | Days 6–13 | Oestrogen rises. Usually your best phase — bacteria naturally rebalance. | Maintain your protocol. This is your window to reinforce the good bacteria. |
| Ovulation | Day 14 | Discharge increases. This is normal cervical mucus, not infection. | Do not treat. Simply maintain hygiene ritual. |
| Luteal | Days 15–28 | Progesterone peaks then drops. Oestrogen dips. Many women notice odour increase. | Add 1 extra serving fermented food. Continue ACV rinse. Reduce sugar in the 5 days before your period. |

STRESS AND CORTISOL — The Hidden Hormonal Trigger

Cortisol — your stress hormone — suppresses the immune cells that protect your vaginal lining. Chronic stress is one of the most overlooked drivers of persistent intimate odour. Many Nigerian women manage enormous domestic and professional loads with very little support. This is not weakness — it is reality. And it has a biological consequence.

Daily Cortisol Management (5 minutes — non-negotiable):

Morning: Before checking your phone, sit quietly for 3 minutes. Breathe in for 4 counts, hold for 4, out for 6. This activates the parasympathetic nervous system and reduces cortisol within minutes.

Evening: Before sleep, write 3 things that happened today. Not gratitude — simply events. This process reduces the amygdala's stress response during sleep.

Weekly: One 30-minute walk with no phone, no podcast, no voice notes. Movement clears cortisol from the bloodstream more efficiently than any supplement.

Your 21-Day Daily Tracker

Tick each item every evening. Consistency produces results — not perfection.

WEEK 1 — Days 1–7: Diagnose & Begin

| Task | D1 | D2 | D3 | D4 | D5 | D6 | D7 |
|---------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Eliminations kept | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Microbiome foods eaten | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Probiotic taken | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Morning ritual done | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Evening ritual done | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| ACV rinse (if applicable) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| No scented products | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Cotton underwear | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Stress practice (5 min) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

WEEK 2 — Days 8–14: Deep Reset

| Task | D8 | D9 | D10 | D11 | D12 | D13 | D14 |
|---------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Eliminations kept | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Microbiome foods eaten | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Probiotic taken | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Morning ritual done | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Evening ritual done | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| ACV rinse (if applicable) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| No scented products | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Cotton underwear | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Stress practice (5 min) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

WEEK 3 — Days 15–21: Consolidate & Protect

| Task | D15 | D16 | D17 | D18 | D19 | D20 | D21 |
|------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Eliminations kept | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Microbiome foods eaten | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Probiotic taken | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Morning ritual done | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

| | | | | | | | |
|---------------------------|---|---|---|---|---|---|---|
| Evening ritual done | ■ | ■ | ■ | ■ | ■ | ■ | ■ |
| ACV rinse (if applicable) | ■ | ■ | ■ | ■ | ■ | ■ | ■ |
| No scented products | ■ | ■ | ■ | ■ | ■ | ■ | ■ |
| Cotton underwear | ■ | ■ | ■ | ■ | ■ | ■ | ■ |
| Stress practice (5 min) | ■ | ■ | ■ | ■ | ■ | ■ | ■ |

PHASE 3 — PROTECT | Days 19–21 and Beyond

This is the phase that every antibiotic course skipped. This is the phase surgery never gave you. Phase 3 is why this problem will not come back.

THE MONTHLY MAINTENANCE RHYTHM

Daily Non-Negotiables

- One serving of fermented food — yoghurt, iru, ogiri, or tiger nuts
- Cotton underwear only — synthetic fabrics are now permanently retired
- No internal washing. Warm water external only. Always.
- Garlic in your cooking minimum 4 days per week

Weekly Practices

- One apple cider vinegar rinse — maintenance dose, not daily
- Coconut oil external application 3–4 times per week
- One full day with minimal sugar — your microbiome recovery day

Monthly Practices

- In the 5 days before your period: eliminate sugar completely, increase fermented foods
- After any antibiotic course: immediately begin 14-day probiotic intensive at double normal dose
- After any significant stress period: return to daily ACV rinse for 7 days

THE ANTIBIOTIC RECOVERY PROTOCOL

For women whose BV keeps returning after antibiotic treatment — this is your most important tool. Antibiotics eliminate both harmful and protective bacteria. Without immediate reconstruction of the good bacteria, the bad bacteria repopulate first. This is why BV returns within weeks of every course.

Every time you take any antibiotic — for any reason — do this:

Day 1 of antibiotic: Begin probiotic at double normal dose. Take it 2 hours after each antibiotic dose — not simultaneously.

During course: Add 2 cups of plain yoghurt daily. Eat fermented locust beans or ogiri with meals.

For 14 days after finishing: Continue double-dose probiotic. Return to daily ACV rinse. Eliminate sugar entirely for 7 days post-course.

This single protocol breaks the recurrence cycle that has kept many women on repeated antibiotic courses for years.

THE PARTNER HYGIENE GUIDE

You do not need to have this conversation directly. Simply implement these changes in your shared environment — they require no discussion and no confrontation.

- Switch all shared laundry detergent to unscented — this is one of the most common silent contributors to intimate imbalance
- Remove scented fabric softener or dryer sheets from the home entirely
- Replace shared bathroom soaps and body wash near the bathroom with unscented versions
- Ensure your partner showers before intimacy during your 21-day reset
- Use a condom during the reset period if possible — semen temporarily raises vaginal pH and can slow microbiome recovery

The Finally Fresh Shopping Lists

Nigerian Market Version

Foods — Market & Supermarket

- Plain yoghurt — Hollandia or Chi brand, no sugar, large tub
- Garlic — fresh bulbs (you will use a lot)
- Tiger nuts (ofio / aya) — market or health food stores
- Iru / dawadawa (fermented locust beans) — any market
- Ogiri (fermented melon seeds) — Igbo market or online
- Ugu (fluted pumpkin leaf) — fresh, buy weekly
- Bitter leaf — fresh or dried
- Unripe plantain — for replacing white rice portions
- Sweet potato (ede) — for replacing white rice portions
- Coconut water — fresh or bottled, unsweetened only

Health Store & Pharmacy

- Apple cider vinegar — raw, unfiltered with mother (Bragg's or equivalent)
- Raw, unrefined coconut oil — cold-pressed
- Probiotic supplement — ask for Gynophilus or Lactogyn by name
- Boric acid suppositories 600mg — BV Type 1 only (ask pharmacist; available in Lagos and Abuja)
- Tea tree essential oil — for yeast type external use only
- Caprylic acid supplement — yeast type only (health food stores)

Household Changes

- Unscented laundry detergent — replace existing product
- Unscented bar soap or body wash
- Dedicated soft towel for intimate drying
- 100% cotton underwear — minimum 7 pairs
- Squeeze bottle for ACV rinse preparation

Diaspora Version — UK / US / Canada

All items above are available in African and Caribbean grocery stores. The following are the most reliable sources for the key supplements.

- Plain yoghurt: Any unsweetened full-fat Greek yoghurt — Fage or Chobani plain
- Fermented locust beans / iru: African grocery stores in Peckham, Brixton, Dalston (UK) or any African market in Houston, Atlanta, or Toronto
- Tiger nuts: Holland & Barrett (UK), Whole Foods (US / Canada), or Amazon

- Probiotic — correct strains: Jarrow Formulas Fem-Dophilus (Amazon or iHerb) — contains L. rhamnosus GR-1 and L. reuteri RC-14
- Apple cider vinegar: Bragg's Organic ACV — any supermarket or Amazon
- Boric acid suppositories: Love Wellness or Intimate Rose brand (Amazon US / UK)
- Caprylic acid: NOW Foods Caprylic Acid (iHerb or Amazon)
- Coconut oil: Any supermarket — cold-pressed unrefined

You Made It Through.

Twenty-one days ago, you were carrying something alone. You had never said it to your best friend. Never typed it into a search field without deleting it immediately. Never let yourself sit with it long enough to call it what it was. You just carried it — quietly, daily, in every room you walked into, every moment of closeness you managed from a distance.

You did not imagine it. You were not being dramatic. You were not weak for how much it affected you.

What you were was a woman dealing with a biological problem that nobody had ever properly explained to you — in a culture that taught you to handle these things in silence, with products designed to mask rather than correct.

You found a different way.

By now — if you followed the protocol consistently — you already know it is working. The internal ecosystem has had enough time to rebuild. The protection you have built is not a mask. It is structural. It is yours.

Get dressed tomorrow morning. Walk into the room. Be fully present.

That is the point of all of this. Not the protocol. Not the shopping list. Not the probiotic strains. The point is you — present, unguarded, fully in your own life.

You did not imagine this. You were not being dramatic. And you are not alone anymore.

Go and live in your body.

Finally Fresh • The 21-Day Private Protocol

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