

The
**FIBROID-
FIGHTING
KITCHEN**

A WEST AFRICAN
FOOD MEDICINE GUIDE



Healing Recipes.
Nourishing Traditions.
Real Relief.

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BONUS 1

THE FIBROID-FIGHTING KITCHEN

A West African Food Medicine Guide

A companion guide to The 4-Root Fibroid Map™

By Miriam Asante

A Note Before We Begin

This guide is for the woman who finished The 4-Root Fibroid Map™, found her root, understood her protocol — and then walked into her kitchen and stood there wondering exactly what to do next.

I know that moment. That pause between knowing and doing. Between understanding something and actually making it happen at six in the evening when you are tired and your children are hungry and you need to put something on the stove in the next twenty minutes.

This guide closes that gap.

Everything in here is built around food you already know, ingredients you can already find, and cooking methods that already feel like home. There is nothing exotic in these pages. No spirulina smoothie bowls. No ingredients with names you cannot pronounce. No recipes that require forty-five minutes of prep and a blender that costs twenty thousand naira.

Just real food. Used as medicine. The way our grandmothers always used it — even when they didn't call it that.

Your kitchen is already a pharmacy. This guide is the label on the bottles.

PART ONE: YOUR ROOT-BY-ROOT FOOD MEDICINE REFERENCE

The Hormonal Root — Top 10 Food Medicines

These are the foods that directly support oestrogen clearance, liver function, and hormonal balance. For Hormonal Root women, these are not occasional additions — they are the foundation of your daily eating.

1. Bitter Leaf (*Vernonia amygdalina*)

This is your most powerful hormonal root food and it is sitting in every Nigerian market for almost nothing. Bitter leaf contains compounds that directly support liver detoxification — specifically the phase two liver pathway responsible for packaging used oestrogen for excretion. Use it in soups, squeeze and rinse it lightly before adding to stews, or prepare it as a simple bitter leaf soup at least three times per week. The bitterness is the medicine. Do not rinse it so thoroughly that you wash the active compounds away.

2. Scent Leaf (Efirin / *Ocimum gratissimum*)

Scent leaf is antiestrogenic — it contains compounds that compete with oestrogen at receptor sites and reduce oestrogen's stimulating effect on uterine tissue. It is also a mild liver tonic. Add generously to pepper soup, use as a finishing herb on stews, steep fresh leaves in hot water as a simple tea. In diaspora kitchens, fresh scent leaf is available in African food shops and can be grown easily on a windowsill year-round.

3. Flaxseed (Ground)

The single most powerful dietary tool for oestrogen balance available to you. Ground flaxseed contains lignans that bind to oestrogen receptors and escort excess oestrogen out of the body through the gut. One to two tablespoons daily — ground, not whole. Add to the pap, stir into yoghurt, blend into smoothies, mix into soups just before serving. Store ground flaxseed in the fridge in a sealed container — it oxidises quickly at room temperature and loses potency.

4. Cabbage

Every market in Nigeria has it. Every supermarket in the UK and Canada has it. Cabbage contains indole-3-carbinol — a compound that directly shifts oestrogen metabolism toward the weaker, less growth-promoting forms of oestrogen. Eat it several times per week — lightly cooked, not boiled to softness. Sauté with garlic and a little palm oil, add to pepper soup, and use as a base for stir-fried vegetables. The lighter the cooking, the more active compounds survive.

5. Garden Egg (African Eggplant)

Garden egg is a gentle liver tonic and a consistent source of nasunin — an antioxidant that protects liver cells from the oxidative stress of continuous oestrogen processing. Eat roasted, boiled, or added to stews. Garden egg sauce — the simple preparation of blended garden eggs with crayfish and palm oil — is one of the most liver-supportive everyday Nigerian dishes and requires no modification for the Hormonal Root protocol.

6. Ugwu Leaf (Fluted Pumpkin)

Rich in phytoestrogens that modulate — rather than stimulate — oestrogen activity in the body, ugwu is a daily non-negotiable for Hormonal Root women. It is also rich in magnesium, which supports the liver enzymes responsible for oestrogen breakdown. Use generously in egusi soup, ofe onugbu, and vegetable stews. Fresh is best — use wilted or dried ugwu as a secondary option only.

7. Garlic

Garlic contains allicin, a sulphur compound that directly supports liver detoxification pathways. It also reduces the activity of aromatase — the enzyme responsible for converting androgens into oestrogen, which is one of the primary mechanisms of oestrogen excess in fibroid-prone women. Use raw garlic where possible — crush and let it sit for ten minutes before adding to food to activate the allicin. Add to stews, soups, and sauces at volume, not as a mere flavouring.

8. Turmeric

Curcumin — the active compound in turmeric — has documented anti-oestrogenic properties and directly supports liver function. Combined with black pepper, which increases curcumin absorption by up to 2000%, it becomes significantly more

bioavailable. Add turmeric to rice, stews, and soups. Make a simple turmeric and ginger tea. The bright yellow staining is the curcumin working — do not be deterred by it.

9. Oily Fish — Mackerel, Sardines, Tuna

The omega-3 fatty acids in oily fish — EPA and DHA specifically — reduce the production of pro-oestrogenic inflammatory compounds and support the cellular membrane health that affects how oestrogen receptors function. Eat three to four times per week. Grilled, smoked, fried, or added to stews — preparation method matters less than consistency of consumption.

10. Unripe Plantain

Unripe plantain is rich in resistant starch — a form of fibre that feeds beneficial gut bacteria and directly supports the gut's role in oestrogen excretion. Ripe plantain has converted much of this resistant starch to sugar — it is the unripe version that carries this specific benefit. Boil, roast, or pound unripe plantain. Use it as a swallow alternative or as a side. The firmer and starchier, the better.

The Inflammatory Root — Top 10 Food Medicines

These foods work to cool the chronic inflammatory state that is amplifying fibroid growth. For Inflammatory Root women, think of every meal as either adding to the fire or taking something away from it.

1. Fresh Ginger

Ginger is the most accessible and most potent anti-inflammatory food in the West African kitchen. Gingerols and shogaols — the active compounds — directly inhibit the inflammatory enzymes (COX-2 and LOX) most responsible for prostaglandin production and period pain. Use fresh ginger daily — grated into teas, blended into pepper base, added to soups. Dried ginger has some benefits but significantly less than fresh. Buy fresh ginger in volume, keep it in the freezer, and grate it directly from frozen — it grates more easily and retains full potency.

2. Iru (Fermented Locust Beans / Dawadawa)

Iru is a traditional West African fermented food that most Nigerian women already use in cooking without knowing it is one of the most powerful gut health foods in their kitchen. Fermented locust beans contain beneficial bacteria that directly support gut microbiome balance — which is the foundation of inflammatory regulation for the Inflammatory Root. Use it in egusi, vegetable soups, and stews. The stronger the smell, the more active the fermentation. Do not substitute with non-fermented locust bean products.

3. Cloves

Cloves contain eugenol — one of the most potent natural anti-inflammatory compounds known, with documented COX-2 inhibitory properties comparable to some pharmaceutical anti-inflammatories at culinary doses. Add to pepper soup, rice dishes, stews, and teas. Clove tea — three to four whole cloves steeped in hot water for ten minutes — is a simple, powerful daily anti-inflammatory drink for Inflammatory Root women.

4. Titus Fish (Chub Mackerel)

Titus is the most affordable and most widely available oily fish in Nigerian markets and in African food shops across the diaspora. Its omega-3 content directly counters the omega-6 inflammatory excess caused by refined cooking oil consumption. Eat it at least three times per week — fried, grilled, or added to stews. The bones, when softened through cooking, are an additional source of calcium that supports inflammatory regulation.

5. Onions

Onions are rich in quercetin — a flavonoid with significant anti-inflammatory and antioxidant properties that specifically reduces the inflammatory markers most elevated in fibroid-prone women. Red onions contain significantly more quercetin than white or yellow onions. Use them generously and consistently — in every stew, every sauce, every soup base. Eat some raw where possible, in salads or as a side, because cooking reduces quercetin content.

6. Red Palm Oil

Unrefined red palm oil — the traditional Nigerian variety, not refined bleached palm oil — is rich in tocotrienols (a form of vitamin E) and carotenoids that are potently anti-inflammatory and antioxidant. It is stable at high cooking temperatures and does not oxidise and produce inflammatory aldehydes the way refined vegetable oils do. Switch to red palm oil as your primary cooking oil immediately and permanently. The colour and flavour are the signs of the active compounds — refined, bleached palm oil has had these removed.

7. Okra

Okra is rich in quercetin, vitamin C, and a specific type of soluble fibre called mucilage that coats and soothes the gut lining — directly addressing the gut permeability that drives the systemic inflammation at the root of the Inflammatory Root. The mucilaginous texture that many people try to cook away is precisely the medicinal component. Eat okra regularly — in soups, lightly cooked, or in okra water (soaked overnight and the water drunk in the morning).

8. Tomatoes (Cooked)

Cooked tomatoes are a significant source of lycopene — a carotenoid with strong anti-inflammatory and antioxidant properties that is specifically concentrated in reproductive tissue. Lycopene bioavailability increases dramatically with cooking and with the presence of fat — meaning the tomato-and-palm-oil base of virtually every Nigerian stew is actually one of the most effective lycopene delivery mechanisms possible. Your everyday stew base is already medicine. Make sure it contains real tomatoes, not only tomato paste.

9. Tiger Nuts (Ofio)

Tiger nuts are a prebiotic food — they feed the beneficial gut bacteria that regulate the inflammatory response. They are also rich in resistant starch, vitamin E, and magnesium. Eat as a snack, blend into tiger nut milk, or use tiger nut flour as a partial wheat flour substitute. Tiger nuts are deeply embedded in Nigerian food culture and widely available — they require no special sourcing.

10. Cinnamon

Cinnamon regulates blood sugar — directly reducing the insulin spikes that trigger inflammatory cascades. It also has direct anti-inflammatory properties through its cinnamaldehyde content. Add to teas, porridge, and pap. A daily cinnamon and ginger tea — one cinnamon stick simmered with fresh ginger for ten minutes — is one of the most complete anti-inflammatory daily drinks available to the Inflammatory Root woman.

The Circulatory Root — Top 10 Food Medicines

These foods actively improve pelvic blood flow, support lymphatic drainage, and warm the lower body from the inside. For Circulatory Root women, food is circulatory medicine.

1. Ginger (Fresh and Dried)

Ginger is vasodilatory — it actively dilates blood vessels and improves peripheral and pelvic circulation. For the Circulatory Root specifically, ginger works by increasing blood flow to the uterine region and supporting the elimination of stagnant blood from the pelvic environment. Drink ginger tea daily. Add fresh ginger to every pepper base. Use dried ginger in spice blends. More is more for the Circulatory Root woman.

2. Cloves

Beyond their anti-inflammatory properties, cloves are one of the most warming circulatory herbs in the West African traditional pharmacopoeia. They are used specifically in traditional medicine across Nigeria for conditions involving pelvic heaviness and menstrual stagnation. Add generously to pepper soup — which is itself a traditional circulatory tonic — to rice, to stews, and to daily tea.

3. Crayfish

Crayfish is a circulatory food through its iodine content — which supports thyroid function, and a sluggish thyroid is one of the most common hidden contributors to poor peripheral circulation. Use crayfish generously and consistently in all soups and

stews. Think of it as medicine that your food happens to need for flavour rather than a seasoning that is merely functional.

4. Pepper Soup

Pepper soup deserves its own entry because it is more than the sum of its ingredients. The combination of uziza leaves, utazi, ehuru, uda (negro pepper), and crayfish in a hot liquid base creates a warming, circulatory, and lymphatically stimulating preparation that traditional Nigerian medicine has used for postpartum recovery — which is itself a circulatory and uterine restoration context — for generations. For Circulatory Root women, pepper soup is not just comfort food. It is protocol food. Eat it at least once per week. Make it hot. Drink all the broth.

5. Uziza Leaves

Uziza — used in pepper soup and ofe akwu — contains piperine, the same active compound found in black pepper that increases bioavailability of other nutrients and directly supports circulation. Uziza has specific traditional use in Igbo medicine for uterine and pelvic conditions. Use it in pepper soup, add to stews, and use the seeds ground as a spice in sauces.

6. Uda (Negro Pepper / *Xylopia aethiopica*)

Uda is one of the most specifically uterine-circulatory spices in the West African traditional pharmacopoeia. It is used in virtually every traditional postpartum preparation across Southern Nigeria — because postpartum recovery is fundamentally a uterine circulation restoration process. For Circulatory Root women, uda in pepper soup, in spiced teas, and in postpartum-style preparations is directly addressing pelvic circulatory stagnation through traditional food medicine. Source it from your local market or African food shops in the diaspora.

7. Oily Fish

For the Circulatory Root, oily fish matters for its omega-3 content specifically — because EPA and DHA reduce blood viscosity, meaning they literally make blood flow more easily through vessels. Thicker, more viscous blood is more prone to the stagnation and pooling that characterises the Circulatory Root environment. Eat mackerel, sardines, or titus at least three times per week.

8. Beetroot

Beetroot is one of the most potent dietary sources of nitrates — which the body converts to nitric oxide, a compound that dilates blood vessels and dramatically improves peripheral and pelvic circulation. It is less traditional in Nigerian cooking but widely available in Nigerian markets and in every UK and Canadian supermarket. Roast it as a side dish, blend into a juice or smoothie, or grate raw into salads. Even small amounts consumed regularly produce measurable circulatory effects within two to three weeks.

9. Dark Leafy Greens — Ugwu, Bitter Leaf, Waterleaf

Dark leafy greens are rich in nitrates — like beetroot — and in folate, which supports the methylation process that produces nitric oxide and maintains healthy blood vessel function. For Circulatory Root women, the Nigerian tradition of eating generous amounts of leafy greens in every soup is already aligned with the protocol. The instruction is simply to maintain it deliberately rather than allowing it to slip when life gets busy.

10. Warm Spiced Bone Broth

Bone broth — made from beef bones, chicken carcass, or fish heads simmered for hours — provides glycine, proline, and collagen precursors that support blood vessel integrity and lymphatic tissue health. For Circulatory Root women, a warm cup of homemade bone broth with ginger, garlic, and cloves added is a deeply traditional, deeply effective circulatory tonic. Save your bones. Simmer them. Drink the broth.

The Nutritional Root — Top 10 Food Medicines

These foods address the four specific deficiencies — vitamin D, magnesium, iodine, and iron balance — that create the fibroid-friendly nutritional environment of the Nutritional Root.

1. Beef Liver and Chicken Liver

Liver is the single most nutritionally dense food available to you for the Nutritional Root. It contains haem iron in its most bioavailable form, vitamin A, the full B vitamin complex including B12 and folate, copper, and zinc. Eat it once to twice per week —

not more, because its vitamin A content is high and excess is not desirable. Prepare it as you would any offal — with peppers, onions, and tomatoes, or as a dry-fry with spices. Chicken liver is milder in flavour and adapts well to Nigerian-style preparations.

2. Mackerel, Sardines, Titus Fish

Oily fish is the most accessible dual-action nutritional root food — providing both vitamin D and iodine simultaneously. Three to four servings per week addresses two of the four core Nutritional Root deficiencies in a single food category. Smoked mackerel — available in both Nigerian markets and UK supermarkets — is particularly convenient because it requires no cooking and can be flaked into stews, eaten as a snack, or added to salads.

3. Crayfish (Used Generously)

Crayfish is your most culturally embedded iodine source. Used as a condiment in most Nigerian cooking, it is time to start using it as medicine — in volume, in every soup, in every stew, as a flavouring for unripe plantain and yam. The iodine in crayfish is bioavailable and consistently present across most Nigerian cooking methods. This requires no new behaviour — only a shift in the quantity and intention with which you use it.

4. Pumpkin Seeds (Egusi — Whole, Not Ground)

Whole pumpkin seeds — as distinct from the ground egusi used in soup — are one of the richest dietary sources of magnesium available. Eat them as a snack, toast them lightly with salt, or add them to salads. A small handful — approximately 30 grams — daily provides a meaningful contribution to magnesium intake that supports liver enzyme function, prostaglandin regulation, and progesterone receptor sensitivity simultaneously.

5. Ugwu Leaf

Ugwu is simultaneously a significant source of non-haem iron, magnesium, folate, and vitamin C — making it one of the most comprehensively nutritional root-supportive foods in the Nigerian kitchen. The vitamin C content is particularly important because it dramatically increases the absorption of the non-haem iron present in ugwu and in the other plant foods eaten alongside it. Use ugwu

generously and cook it lightly — prolonged cooking destroys both vitamin C and folate.

6. Eggs (From Pasture-Raised Hens)

Eggs are a modest but consistent source of vitamin D — particularly the yolk, which contains whatever vitamin D the hen synthesised from her sunlight exposure. Pasture-raised hens — hens that actually spend time outdoors — have significantly higher vitamin D in their yolks than conventionally raised hens. In Nigeria, local free-range eggs from markets are typically more nutritionally dense than commercial farm eggs. In the diaspora, look for eggs specifically labelled pasture-raised or free-range from outdoor hens.

7. Black-Eyed Beans (Cowpeas)

Black-eyed beans are rich in magnesium, folate, non-haem iron, and zinc — addressing multiple Nutritional Root deficiencies simultaneously. They are also high in resistant starch, which feeds the beneficial gut bacteria that support nutrient absorption across the board. Eat beans at least four times per week — moi moi, akara, bean porridge, and beans paired with plantain are all protocol-aligned preparations that require no modification.

8. Sesame Seeds (Beni Seed)

Sesame seeds are rich in calcium, magnesium, zinc, and lignans — the same plant compounds found in flaxseed that modulate oestrogen receptor activity. Beni seed is deeply embedded in Nigerian cooking and snacking culture. Use beni seed candy as a snack, sprinkle sesame seeds over salads and rice dishes, and add tahini — ground sesame paste, available in most UK and Canadian supermarkets — to sauces and dressings.

9. Dark Chocolate (70% Cacao and Above)

Dark chocolate at 70% cacao and above is one of the most magnesium-dense foods available — and one that requires very little behavioural change to incorporate. One to two squares daily provides a meaningful magnesium contribution alongside significant antioxidant content. In Nigeria, 70% dark chocolate is available in

supermarkets in Lagos, Abuja, and Port Harcourt. In the diaspora, it is available everywhere. This is, genuinely, medicine that tastes like a reward.

10. Ground Flaxseed

Flaxseed appears in the Nutritional Root list as well as the Hormonal Root list because its benefits span both. For the Nutritional Root specifically, ground flaxseed provides magnesium, manganese, and plant-based omega-3 fatty acids that support the anti-inflammatory environment in which nutritional restoration is most effective. One to two tablespoons daily — in pap, yoghurt, smoothies, or soups — is consistent, easy, and cumulative in its impact.

PART TWO: FIVE FIBROID PROTOCOL RECIPES

These five recipes are built specifically for The 4-Root Fibroid Map™ protocol. Each one addresses multiple roots simultaneously, uses ingredients available in Nigerian markets and diaspora African food shops, and takes thirty minutes or less to prepare.

Recipe 1: The Bitter Leaf and Flaxseed Morning Smoothie

(Primarily for Hormonal Root — benefits all roots)

This smoothie uses bitter leaf as its primary active ingredient — making a medicinal food that most Nigerian women associate only with soup into a quick morning preparation that takes four minutes and delivers significant hormonal root benefit before the day has properly started.

Ingredients:

- 1 cup fresh bitter leaf, thoroughly washed (or 2 tablespoons dried bitter leaf rehydrated in warm water for 10 minutes)
- 1 ripe banana

- 1 tablespoon ground flaxseed
- 1 cup unsweetened plant milk or water
- 1 teaspoon fresh ginger, grated
- 1 teaspoon raw honey (optional)
- Juice of half a lemon

Method:

1. If using fresh bitter leaf, wash thoroughly and squeeze gently — do not squeeze so hard that all the bitter compounds are removed, just enough to reduce the intensity slightly.
2. Add all ingredients to a blender.
3. Blend until completely smooth — approximately 60 seconds.
4. Drink immediately. Do not store — the active compounds in bitter leaf begin to degrade within an hour of blending.

Why it works: Bitter leaf supports liver oestrogen detoxification. Flaxseed provides lignans for oestrogen receptor modulation. Ginger adds anti-inflammatory and circulatory support. Lemon activates bile production and supports phase one liver detoxification. The banana provides potassium and makes the bitterness of the leaf palatable. Together, this four-minute preparation delivers more hormonal root benefits than most supplements.

Diaspora note: Dried bitter leaf is available in African food shops across London, Birmingham, Toronto, and most major diaspora cities. Rehydrate in warm water for ten minutes before blending.

Recipe 2: The Ginger-Clove Anti-Inflammatory Pepper Soup Base

(Primarily for Circulatory and Inflammatory Roots — benefits all roots)

This is not a modification of pepper soup — it is pepper soup prepared with deliberate attention to the specific ingredients that make it one of the most medicinally complete traditional Nigerian dishes for fibroid management. The base

can be used for any protein — chicken, fish, goat meat, or simply as a vegetable broth.

Ingredients:

- 1 medium onion, roughly chopped
- 4 cloves garlic, crushed
- 1 thumb-sized piece fresh ginger, roughly chopped
- 6–8 whole cloves
- 2 uda (negro pepper) seeds
- 1 tablespoon uziza seeds, lightly crushed
- 2 ehuru (calabash nutmeg) seeds, lightly crushed
- 1 teaspoon ground crayfish (or 2 tablespoons whole dried crayfish)
- Salt to taste
- 1.5 litres water
- Protein of choice (optional — the base itself is medicinal as a broth)
- Fresh uziza leaves or scent leaf to finish

Method:

1. Add water to a pot and bring to a boil.
2. Add onion, garlic, ginger, cloves, uda, uziza seeds, and ehuru.
3. Simmer for 15 minutes to extract the active compounds from the whole spices.
4. Add your protein if using, and crayfish.
5. Continue cooking until the protein is fully cooked.
6. Add salt and fresh leaves in the final two minutes of cooking — do not cook the fresh leaves for longer than this, as heat destroys their active compounds.
7. Serve hot and drink all the broth. The broth is the medicine.

Why it works: Uda (negro pepper) specifically supports uterine circulation and has traditional use in postpartum recovery across Southern Nigeria. Cloves provide eugenol for anti-inflammatory effect. Ginger provides circulatory and anti-inflammatory support. Uziza provides piperine for bioavailability. Crayfish provides iodine. Together, this preparation addresses three of the four roots in a single pot.

Recipe 3: The Anti-Inflammatory Egusi Variation

(Primarily for Inflammatory Root — benefits Hormonal and Nutritional Roots)

This is egusi soup prepared with specific modifications that significantly increase its anti-inflammatory profile without changing its fundamental character as a dish. The base flavour is the same. The medicinal effect is substantially higher.

Ingredients:

- 2 cups ground egusi
- 500g assorted meat or fish (oily fish preferred for Inflammatory Root women)
- 1 large bunch uguwu leaves, washed and shredded
- 1 cup bitter leaf, washed
- 1 large onion, blended
- 5 fresh tomatoes, blended
- 3 scotch bonnet peppers, blended (adjust to tolerance)
- 4 tablespoons unrefined red palm oil (not bleached — the deep red variety)
- 2 tablespoons ground crayfish
- 1 tablespoon ground dried ginger (in addition to any fresh ginger in your pepper base)
- 1 teaspoon ground turmeric
- ½ teaspoon ground black pepper (to activate turmeric)
- Salt to taste
- 2 uda seeds, ground

Method:

1. Heat palm oil in a pot — do not bleach it. The deep red colour is the medicine. Add onions and fry until softened.

2. Add blended tomato and pepper mixture. Cook down for 15 minutes, stirring regularly, until the raw smell leaves and the oil begins to float.
3. Add ground egusi, stirring to combine with the tomato base. Cook for 8 minutes, stirring frequently.
4. Add your cooked meat or fish, crayfish, ground ginger, turmeric, black pepper, and uda. Stir well.
5. Add just enough water to achieve your preferred consistency. Simmer for 10 minutes.
6. Add ugwu and bitter leaf in the final 3 minutes. Do not overcook the leaves.
7. Adjust salt and serve.

The modifications and why they matter: Unrefined red palm oil instead of bleached — to preserve tocotrienols and carotenoids that are destroyed in refining. Ground turmeric with black pepper — curcumin for direct anti-inflammatory effect, piperine for 2000% increased absorption. Ground dried ginger — additional gingerol content beyond what is typically used for flavour. Bitter leaf added alongside ugwu — liver and hormonal support layered into a dish that already contains significant nutritional value. This egusi is not different from the egusi you know. It is the same dish, made with the same love, with the medicine turned up.

Recipe 4: The Magnesium-Rich Ugwu and Sardine Stew

(Primarily for Nutritional Root — benefits Hormonal and Inflammatory Roots)

This is a simple everyday stew built specifically around the most magnesium and iron-dense ingredients available in the Nigerian kitchen. It is fast to prepare, deeply familiar in flavour, and nutritionally comprehensive for Nutritional Root women.

Ingredients:

- 2 tins sardines in tomato sauce or brine (not oil)
- 1 large bunch ugwu leaves, shredded
- 3 medium tomatoes, blended
- 2 scotch bonnet peppers, blended

- 1 medium onion, finely chopped
- 3 cloves garlic, crushed
- 1 thumb fresh ginger, grated
- 2 tablespoons red palm oil
- 1 tablespoon ground crayfish
- 2 tablespoons pumpkin seeds (whole, added at the end)
- Salt to taste
- Juice of one lime or lemon (added at serving)

Method:

1. Heat palm oil, add onion, garlic, and ginger. Fry until softened and fragrant — approximately 4 minutes.
2. Add blended tomato and pepper. Cook down for 12 minutes until oil surfaces.
3. Add sardines, breaking them gently into the stew. Add crayfish and salt.
4. Simmer for 5 minutes.
5. Add ugwu leaves. Cook for no more than 3 minutes — ugwu loses magnesium, folate, and vitamin C with prolonged cooking.
6. Remove from heat. Scatter pumpkin seeds over the top — do not cook them, as heat reduces their magnesium content.
7. Squeeze lemon or lime juice over the stew just before serving. The vitamin C dramatically increases absorption of the non-haem iron in the ugwu.
8. Serve with unripe plantain, brown rice, or yam.

Why it works: Sardines provide vitamin D, omega-3, and haem iron. Ugwu provides non-haem iron, magnesium, folate, and vitamin C. Pumpkin seeds added raw preserve their full magnesium content. Lemon juice at serving maximises iron absorption from plant sources. Crayfish provides iodine. This single dish addresses all four Nutritional Root deficiencies in one preparation.

Recipe 5: The Hormone-Supportive Pap Preparation

(Benefits all roots — particularly Hormonal and Nutritional)

Pap — ogi or akamu — is one of the most underrated protocol foods in the Nigerian kitchen. Plain, it is a gentle, easily digestible base. Prepared with the additions below, it becomes a comprehensive morning protocol delivery system that addresses hormonal balance, nutritional deficiency, and inflammation simultaneously.

Ingredients:

- 1 cup prepared pap (ogi — yellow, white, or sour, based on preference)
- 1 tablespoon ground flaxseed
- 1 tablespoon ground pumpkin seeds (blend whole pumpkin seeds briefly)
- 1 teaspoon ground cinnamon
- ½ teaspoon ground turmeric
- A pinch of black pepper (to activate turmeric)
- 1 teaspoon raw honey or date syrup
- 1 tablespoon tiger nuts, soaked overnight and blended with a little water into a cream (optional — adds prebiotic benefit)
- Warm full-fat milk, plant milk, or tiger nut milk to thin to desired consistency

Method:

1. Prepare your pap as normal with hot water, whisking to your preferred consistency.
2. While still hot, stir in ground flaxseed, ground pumpkin seeds, cinnamon, turmeric, and black pepper. The heat helps the active compounds incorporate evenly.
3. Add your milk of choice to thin if needed.
4. Stir in honey or date syrup.
5. Add tiger nut cream if using.
6. Eat warm, immediately.

Why it works: Flaxseed provides lignan-based oestrogen modulation and omega-3. Ground pumpkin seeds provide magnesium. Cinnamon stabilises blood sugar and reduces the insulin spike that would otherwise follow the pap's carbohydrate content. Turmeric with black pepper provides anti-inflammatory curcumin. Tiger nuts provide prebiotic fibre for gut microbiome support. Honey provides antimicrobial compounds and natural sweetness without refined sugar's inflammatory effect. This bowl takes

six minutes to prepare and delivers protocol benefits across four simultaneous mechanisms.

PART THREE: YOUR SHOPPING GUIDE

The Lagos Market Guide

What to buy weekly, where to find it, and what to look for:

At your local market:

- Bitter leaf — buy fresh weekly, wash and store in the fridge wrapped in a damp cloth. Lasts 4–5 days.
- Scent leaf (efirin) — buy fresh weekly. Grow a small pot at home for daily access without repeated market trips.
- Ugwu leaf — buy fresh twice weekly. Do not buy wilted ugwu — the nutrient content of wilted leaves is significantly reduced.
- Uziza leaves and seeds — buy in small quantities weekly. Seeds keep well dried.
- Uda (negro pepper) — buy dried, store in an airtight container. Lasts several months.
- Fresh ginger — buy in bulk, store half in the freezer. Frozen ginger grates more easily and keeps indefinitely.
- Garden eggs — buy weekly, eat within 5 days.
- Unripe plantain — buy firm, completely green. Avoid any that show yellow.
- Crayfish — buy dried in quantity. Store in an airtight container in a cool dry place.
- Liver (beef or chicken) — buy fresh from the butcher weekly. Freeze what you won't use within two days.
- Titus fish — available fresh, smoked, or frozen. All forms are appropriate for the protocol.

At your local supermarket or pharmacy:

- Ground flaxseed — Shoprite, Game, and most Lagos supermarkets stock it. Buy pre-ground or buy whole and grind in a blender in batches. Store in the fridge.
- Whole pumpkin seeds — available in health food sections of major supermarkets.
- Dark chocolate 70% and above — available in major Nigerian supermarkets.
- Magnesium glycinate supplement — available in pharmacies. Ask specifically for glycinate, not oxide.
- Vitamin D3 with K2 — available in pharmacies and health stores. Specify D3 combined with K2.

The Diaspora Shopping Guide

(UK, US, Canada)

African food shops — your primary source:

Every major UK and Canadian city with a significant African population has African food shops that stock the culturally specific ingredients central to this protocol. For women in London — Peckham, Brixton, Dalston, and Woolwich markets. Birmingham — Lozells and Handsworth. Manchester — Moss Side and Hulme. Toronto — Scarborough and the Eglinton West corridor. Calgary and Edmonton — specific African grocery stores in each city's ethnic food district.

From your African food shop, source weekly:

- Dried bitter leaf (rehydrate in warm water before use)
- Dried crayfish
- Dried uziza leaves and seeds
- Uda (negro pepper)
- Smoked titus or mackerel
- Unripe plantain (available fresh or frozen)
- Palm oil — ensure it is unrefined red palm oil, not the bleached variety

From mainstream supermarkets (Tesco, Sainsbury's, Walmart, Loblaws):

- Fresh ginger — buy in large pieces, freeze half immediately
- Fresh sardines or tinned sardines and mackerel
- Pumpkin seeds — in the health food or baking aisle
- Ground flaxseed — in the health food aisle
- Dark chocolate 70% and above — in the confectionery aisle
- Cabbage — red cabbage preferred for quercetin content
- Beetroot — fresh or pre-cooked vacuum-packed
- Eggs — look for pasture-raised or free-range outdoor hens specifically

From health food shops or online (Holland and Barrett UK, iHerb, Amazon):

- Magnesium glycinate — specify glycinate form
- Vitamin D3 with K2 combined — specify D3 not D2
- Tiger nuts — available in health food shops and online
- Ferrous bisglycinate — if iron supplementation is needed

The irreducible minimum — five things to always have in your kitchen:

On your hardest week — when cooking from scratch is not realistic and life has overtaken protocol — these five things between them address the core nutritional requirements of every root:

1. Eggs — vitamin D, protein, B vitamins
2. Tinned sardines or mackerel — vitamin D, omega-3, iodine, haem iron
3. Dried crayfish — iodine, protein, flavour that makes everything feel like home
4. Ground flaxseed — lignans, omega-3, magnesium, fibre
5. Pumpkin seeds — magnesium, zinc, anti-inflammatory fatty acids

These five items cost less than ₦5,000 in Nigeria and under £15 in the UK. They keep well, require no preparation, and between them they will hold your protocol on the days when everything else is too much.

A Final Word From Miriam

Your kitchen has always been a place of nourishment. What this guide asks is simply that you extend that nourishment to include yourself — your hormones, your uterus, your internal environment — with the same deliberateness and love with which you feed the people you care for.

The foods in this guide are not foreign to you. They are not new. Many of them are the foods your mother cooked and her mother cooked before her — foods that carried medicine in them long before anyone called it medicine. What has changed is your understanding of why they work, and the intention with which you now reach for them.

Cook with that intention. Season with that knowledge. And trust that every meal prepared with your protocol in mind is a message to your body — a clear, consistent, cumulative message that says: I am paying attention. I am taking care of you. I know what you need.

Your body has been waiting for that message.

Now send it.

This guide is a companion to The 4-Root Fibroid Map™ by Miriam Asante. It is intended for educational purposes and does not constitute medical advice. Always work alongside your healthcare provider when managing a fibroid diagnosis.

My
90-DAY
FIBROID RECOVERY
TRACKER

TRACK. HEAL. TRANSFORM.
ONE DAY AT A TIME.

MONTH: _____

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

DAILY CHECK-IN



BLEEDING
Light / Moderate / Heavy

☐

PAIN / DISCOMFORT
None / Mild / Moderate / Severe

☐

ENERGY LEVEL
Low / Medium / High

☐

MIRIAM ASANTE

BONUS 2

MY 90-DAY FIBROID RECOVERY TRACKER

A Companion Tool for The 4-Root Fibroid Map™

By Miriam Asante

This tracker is yours.

It is where you record what you do, what you notice, and how your body responds across 90 days of your fibroid recovery protocol. It is not a test. There are no right or wrong entries. It is simply a record — an honest, consistent account of your journey that will show you, clearly and measurably, how far you have come.

Fill it in weekly. Be honest with your scores. Return to the beginning when you need to remember why you started.

Your body is changing. This is where you watch it happen.

Fields for personalisation (at the bottom of the cover page):

Name: _____

My Dominant Root: _____

My Secondary Root (if applicable): _____

Date I Started: _____

My 90-Day Target End Date: _____

One thing I want to feel differently in 90 days:

FOUNDATION ASSESSMENT

(Filled in ONCE — on Day 1, before starting the protocol)

My Starting Point — Day 1 Baseline

Fill this page in completely before you begin your protocol. Do not estimate — be as accurate and honest as possible. These numbers are your reference point. You will compare everything that follows against what you write here today.

SECTION A: SYMPTOM BASELINE SCORES

(Score each from 0 to 10 — where 0 = not present at all and 10 = as bad as it gets)

Symptom	My Today (0–10)	Score	Notes
---------	--------------------	-------	-------

Period pain (cramping)

Flow heaviness

Pelvic heaviness between periods

Bloating

Energy level (0 = exhausted, 10 = excellent)

Mood stability in week before period

Sleep quality (0 = terrible, 10 = excellent)

Hair shedding (0 = none, 10 = severe)

SECTION B: PERIOD PROFILE

(Based on your most recent period)

Date of last period: _____

Duration of last period: _____ days

Flow description (circle one): Light / Moderate / Heavy / Very Heavy

Clots present? Yes / No

If yes — clot size (circle one): Small (pea-sized) / Medium (grape-sized) / Large (larger than a 50 naira coin)

Blood colour at start of period (circle one): Bright Red / Dark Red / Brown / Mixed

Blood colour at end of period (circle one): Bright Red / Dark Red / Brown / Pink / Mixed

Days of significant pain: _____

Pain management used (painkillers, hot water bottle, etc.):

SECTION C: CURRENT HABITS SNAPSHOT

How many glasses of water do you drink daily on average? _____

How many days per week do you exercise or walk for 30+ minutes? _____

How many hours of sleep do you get on average? _____

Do you currently take any supplements? Yes / No

If yes, list them: _____

What cooking oil do you currently use most often?

SECTION D: MY MOST DISRUPTIVE SYMPTOM

Of everything I experience because of my fibroids, the ONE symptom that most affects my daily life is:

This symptom affects me specifically by:

I will know this symptom is improving when:

MONTHLY TRACKER SHEETS

(One identical sheet per month — Month 1, Month 2, Month 3)

Page heading: Month [1 / 2 / 3] — Weeks [1–4 / 5–8 / 9–12]

Month start date: _____ **Month end date:** _____

SECTION 1: WEEKLY PROTOCOL CONSISTENCY TRACKER

Instructional note: Tick the box each day you complete each habit. At the end of each week, count your ticks and write your weekly consistency score in the final column. Aim for 5 out of 7 minimum — perfection is not the goal, consistency is.

Layout: A grid with habits as rows and days as columns

[illegible]

2 litres of water		☐	☐	☐	☐	☐	☐	☐	___/7
Root-specific practice	morning	☐	☐	☐	☐	☐	☐	☐	___/7
Ground flaxseed (1–2 tbsp)		☐	☐	☐	☐	☐	☐	☐	___/7
Protocol-aligned cooking oil		☐	☐	☐	☐	☐	☐	☐	___/7
Vitamin D3 + K2 supplement		☐	☐	☐	☐	☐	☐	☐	___/7
Magnesium (evening)	glycinate	☐	☐	☐	☐	☐	☐	☐	___/7
30-minute movement	walk or	☐	☐	☐	☐	☐	☐	☐	___/7
Evening wind-down practice		☐	☐	☐	☐	☐	☐	☐	___/7
Alcohol-free day		☐	☐	☐	☐	☐	☐	☐	___/7

This grid repeats four times on the page — one grid per week, labelled Week 1 (or 5, or 9), Week 2 (or 6, or 10), Week 3 (or 7, or 11), Week 4 (or 8, or 12).

SECTION 2: WEEKLY SYMPTOM SCORES

Instructional note: At the end of each week, score each symptom honestly from 0 to 10. Compare week by week — the trend matters more than any single score.

Symptom	Week 1	Week 2	Week 3	Week 4	Month Trend
Period pain					↑ ↓ →
Flow					↑ ↓ →
heaviness					

Pelvic heaviness	↑ ↓ →
Bloating	↑ ↓ →
Energy level	↑ ↓ →
Mood stability	↑ ↓ →
Sleep quality	↑ ↓ →
Hair shedding	↑ ↓ →

Note to designer: The Month Trend column should have three symbols the woman circles — an upward arrow (improving), downward arrow (worsening), or horizontal arrow (unchanged). Keep this visual and simple.

SECTION 3: THIS MONTH'S PERIOD RECORD

Instructional note: Fill this in during and immediately after your period this month. This is your most important monthly data point — period changes are the clearest measurable evidence of your internal environment shifting.

Period start date this month: _____

Period end date this month: _____

Total duration: _____ days

Flow description (circle one): Light / Moderate / Heavy / Very Heavy

Compared to last month my flow was (circle one): Lighter / The Same / Heavier

Clots present? Yes / No

If yes — clot size compared to last month (circle one): Smaller / The Same / Larger

Blood colour at start (circle one): Bright Red / Dark Red / Brown / Mixed

Blood colour at end (circle one): Bright Red / Dark Red / Brown / Pink / Mixed

Pain level this month (0–10): _____

Compared to last month my pain was (circle one): Less / The Same / More

Days I needed pain relief: _____

How many days after my period ended before I felt fully normal: _____ days

One thing I noticed about this period that was different from before:

SECTION 4: MONTHLY REFLECTION PROMPTS

Instructional note: Answer these three questions at the end of each month. Give yourself ten quiet minutes with this page — no phone, no interruptions. These reflections are as important as the symptom scores.

Prompt 1 — What changed most this month?

(Think about your body, your energy, your habits, your emotions. What is different compared to where you started?)

Prompt 2 — What habit did I struggle with most — and what does that tell me?

(The habit you skipped most is usually the one your body needs most. Be honest. What got in the way and how will you address it next month?)

Prompt 3 — What is my body telling me right now?

(Set aside what the protocol says and simply listen. What does your body need more of? Less of? What is it asking for that you haven't given it yet?)

SECTION 5: MY MOST DISRUPTIVE SYMPTOM — MONTHLY CHECK

At the start of this tracker, I identified my most disruptive symptom as:

This month, that symptom (circle one):

Improved significantly / Improved slightly / Stayed the same / Worsened slightly / Worsened significantly

What specifically changed about it this month:

SECTION 6: NEXT MONTH INTENTIONS

Three things I will do differently or more consistently next month:

1.

2.

3.

One thing I am proud of from this month:

3-MONTH COMPARISON SUMMARY

(Filled in at the end of Month 3 — Day 90)

Page heading: My 90-Day Transformation — Where I Started vs. Where I Am Now

Instructional note at the top:

You have reached Day 90. Before you do anything else — before you plan your next steps, before you book your scan, before you share your results with anyone — sit with this page for a moment. Fill it in completely. Then read it from the beginning. You have done something significant. This page is the evidence.

SECTION A: SYMPTOM COMPARISON TABLE

Instructional note: Go back to your Day 1 Foundation Assessment and transfer your starting scores into the first column. Then score yourself honestly today in the second column. Calculate the difference in the third column.*

Symptom	Day 1 Score	Day 90 Score	Change
Period pain			
Flow heaviness			
Pelvic heaviness			
Bloating			
Energy level			
Mood stability			

Sleep quality

Hair shedding

TOTAL

Note to designer: The Change column should have a simple +/- format with space to write the number. A positive change in pain/heaviness/bloating/shedding = a lower number (improvement). A positive change in energy/mood/sleep = a higher number (improvement). Consider using green for improvement and a neutral colour for unchanged.

SECTION B: PERIOD COMPARISON

Period Marker	Month 1	Month 2	Month 3	Overall Trend
Flow heaviness				↑ ↓ →
Clot size				↑ ↓ →
Blood colour at start				↑ ↓ →
Pain level (0–10)				↑ ↓ →
Duration (days)				↑ ↓ →
Recovery days after period				↑ ↓ →

SECTION C: PROTOCOL CONSISTENCY SUMMARY

Looking back across all 12 weeks, my most consistently followed habit was:

The habit I struggled with most consistently across all 12 weeks was:

My overall protocol consistency across 90 days (honest estimate): _____ %

SECTION D: MY MOST DISRUPTIVE SYMPTOM — 90-DAY VERDICT

At the start of this journey, my most disruptive symptom was:

Today, 90 days later, that symptom is (circle one):

Gone completely / Significantly improved / Moderately improved / Slightly improved / Unchanged / Worsened

What I want to say about this symptom and this journey in my own words:

SECTION E: THE THREE HABITS I AM KEEPING FOREVER

These are the three protocol practices that made the biggest difference to how I feel — and that I am committing to as permanent lifestyle habits beyond this 90-day framework:

1. _____
2. _____
3. _____

SECTION F: MY NEXT 90 DAYS

Based on what I learned about my body across this first 90-day framework, my focus for the next 90 days is:

My next medical appointment or scan is scheduled for:

What I want to tell my doctor at that appointment:

CLOSING TEXT — sits at the bottom of the comparison page:

You started this tracker on Day 1 not knowing exactly what would change or how fast. You showed up anyway. You tracked honestly. You kept going on the weeks when the protocol felt hard and life felt harder.

That is not nothing. That is everything.

Whatever the numbers on this page show — whether the change is dramatic or quiet, fast or slow — your body has been responding to every single intentional choice you made across these 90 days. The internal environment is different from what it was. The root is less fed. The conditions are less hospitable.

Keep going. The next 90 days build on these ones.

You know your roots. You know your body. You know what to do.

— *Miriam Asante*

MY PERSONAL NOTES

Page heading: My Notes — Observations, Questions, Discoveries

Instructional note:

This page is yours to use however you need it. Use it for anything the tracker's structured sections didn't give you room for — a specific observation after trying a new recipe, a question you want to ask your doctor, something you read that resonated, a bad week you need to process, a good day you want to remember. There are no rules here. Just write.

Note to designer: This page should be clean lined paper — horizontal lines across the full page, generously spaced for comfortable handwriting. No boxes, no prompts, no structure. Just lines. The heading sits at the top and the rest is open space.

COMPLETE DOCUMENT STRUCTURE SUMMARY

Page	Content	Fill-in Frequency	
1	Cover + Personalisation fields	Once — Day 1	
2	Foundation Assessment — Baseline	Once — Day 1	
3	Month 1 Tracker (Weeks 1–4)	Weekly	throughout Month 1
4	Month 2 Tracker (Weeks 5–8)	Weekly	throughout Month 2
5	Month 3 Tracker (Weeks 9–12)	Weekly	throughout Month 3
6	90-Day Comparison Summary	Once — Day 90	
7	Personal Notes	Anytime	

Total fill-in time per week: Approximately 10–15 minutes

Total fill-in time per month: Approximately 45–60 minutes including the monthly reflection

Total fill-in time across 90 days: Approximately 3–4 hours spread across 12 weeks