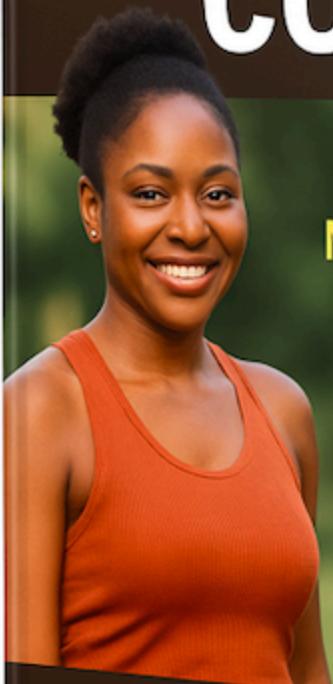


THE FAT BURNING CODE



How Ghanaian
Mums Are Melting
Baby Fat Naturally
Without Tea,
Diets, or
Gym Problem

TONYE ABRAHAM

INTRODUCTION

Sis, I never planned to write this book.

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

But here we are.

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

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

I tried all the usual things:

Slimming teas? Made me sick.

Keto? Too hard.

Gym? With no house help and hubby back at a 9-5, it wasn't even possible.

I was tired... and quietly depressed.

Then, during Christmas, my mother-in-law visited (she's my bestie).

One night, she shared a secret. A natural "reset" ritual passed down from women in her village.

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

I started it with zero expectations.

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

I shared it with friends. The results shocked me.

So many women kept asking for it, I couldn't keep up.

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

So here it is.

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

Because you deserve this too.

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

With love,

Tonye Abraham

PART 1: The Hidden Truth About Baby Fat

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

And all of that is thanks to one powerful hormone.

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

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

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

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

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

But here's the truth nobody told you:

It's not your fault.

Your body isn't stubborn. It's just still operating on the last instruction it got — "We are still pregnant."

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

Now let's talk about that belly FAT!

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

Why? Because your belly remembers.

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

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

Then the well-meaning advice starts:

"Go to the gym."

"Try flat tummy tea."

"Just do keto."

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

Yet no matter how hard you try, nothing changes.

That's because you're trying to fix a reset problem with surface solutions.

And now? You're about to do it differently.

You're about to go deeper.

You're about to reset.

And the next part will show you how.

PART 2: The CraveBurn Switch Method™

***(The Natural Reset Your Body Has Been
Waiting For)***

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

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

Let me explain...

A. Ritual 1: The Herbal Tea Protocol

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

Note: *If you're doing exclusive breastfeeding, it's not advisable because your baby might lose weight as well.*

However, if your baby is taking solid at any age or your baby is more than 8 months, it won't affect the baby's weight.

Here's what you need:

- 2 litres of water
- 1 medium lemon (cut, don't squeeze)
- 12 sticks of Negro pepper
- $\frac{1}{2}$ piece of Aidan fruit
- 2 handfuls of hibiscus leaves
- $\frac{1}{2}$ teaspoon cloves
- 2 sticks of cinnamon

Boil for 20 minutes.

Let it cool.

Take 1 cup in the morning.

Take 1 cup at night.
No sugar. No sweetener.

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

Now this tea will help:

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

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

B. Ritual 2: Fasting + Clean Eating

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

We'll use a simple approach. Modern fitness calls it "intermittent fasting."

This means you eat only during a specific time window.

What worked for me is eating **only from 12 noon to 6 pm** every single day.

After 6 pm, no more food. You can create your own eating window that suits you, but be consistent.

Of course, it'll be tough at first, but after a few days, your body will adjust and you'll feel fine.

If you want to go further, you can eat once a day, 3 or 4 times a week. That works faster, but I advise going slow — listen to your body and your willpower.

In the morning, take your herbal tea or warm water to help your body detox.

When it hits 12 noon, break your fast with real food, not snacks or junk.

Avoid or limit:

- Fried foods like fried plantain and fried fish (kenkey and fried fish sometimes)
- Sugary drinks and sodas
- Processed snacks and biscuits
- White bread every day

Instead, eat wholesome Ghanaian meals like:

- Jollof rice with vegetables
- Beans and fried ripe plantain (kelewele on the side is okay but limit)
- Banku or fufu with okra soup or groundnut soup
- Yam with kontomire stew or garden eggs sauce
- Alele (beans cake)
- Boiled eggs
- Fresh fruits like mango, pineapple, pawpaw

This simple way will help your body burn fat naturally without starving or feeling weak.

Eat slowly. Stop when full. No overfeeding.

At night, eat something light. Tea and Steamed bean cake, Or swallow and soup.

No Eba even at 6pm.

This helps your body burn fat. Because you're not eating all day.

You're eating right. At the right time.

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

With this ritual, you no really need to dey go gym every time. All you need be say, just move your body small-small.

Here's how you fit do am:

- Dance small to like 3 songs every day
- Stretch your body well-well
- If you get stairs for house, try climb am
- Walk small for your estate or compound
- Use skipping rope if you get
- Or find simple home exercise videos for YouTube and do am every day. (The koko be to dey sweat small-small every day, sis)

These small small things really work.

They burn fat fast.

They shape your waist.

And they make your body tight.

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

You'll feel stronger. You'll feel lighter.

And more importantly, you'll lose belly FAT massively, I promise.

Listen attentively: these 3 rituals are your switch. They are how you reset your body. Do them daily. And watch your shape return. I'll be waiting for your stories. But before we wrap it up, I know it's NOT easy to do it as I've said... Which is why I decided to put up another chapter for you.

Read on.

PART 3: Mindset, Habits, and Healing

(Because Weight Loss Is Also Emotional)

Another mindset prep talk?

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

See, I remember one evening back in Accra, after a long day at the market in Makola.

I was standing in front of my bedroom mirror, dressed in my comfortable wrapper, feeling frustrated and tired.

My belly was still soft and folded from my recent pregnancy. And I hardly recognized the woman staring back at me.

I tried to ignore it for months... avoiding family gatherings in Osu and skipping trips to Labadi Beach because I didn't feel ready to show my body.

Every time a photo was taken, I found an excuse to say, "Next time."

I even avoided dressing up for church in East Legon because I was ashamed.

But one day, I looked deeper into my own eyes and realized that this body... my body... had carried and nourished my child.

It was strong, beautiful, marked by the journey of motherhood.

And it deserved my love and care.

From that moment, I began to speak kindly to myself.

I told my belly, "You did an incredible job."

I massaged my thighs and arms gently, reminding myself that healing is a process.

I stopped waiting for the scale to decide my worth, and I chose to love myself through every step.

True transformation, I learned, starts with kindness and compassion.

Not just in the mirror, but deep within the heart.

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

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

Sister, life here in Ghana can be hectic. I know how it feels when you've spent all day running errands from Madina to Tema, the baby is crying, and your husband barely notices your exhaustion.

At those moments, your mind whispers, "Food."

That cold malt drink in the fridge, leftover waakye, or biscuits you saved from the kids... it feels like comfort, like a small relief in a busy day.

But deep down, you know you're not hungry.

You're eating because your heart is tired.

And no one teaches us how to sit with that sadness or stress without filling it with food.

So what I do now is simple:

I pause, take 3 deep breaths, and ask myself, "What do I really need right now?"

Sometimes it's water, sometimes rest, sometimes a kind word from a loved one.

Remember, food will not fix stress, but love, rest, and talking can.

So the next time cravings hit, wait two minutes.

Ask yourself: Is it my stomach that's hungry, or my heart?

It's hard. But is it doable? Yes.

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

Self-Image, Mirror Work, and Daily Affirmations

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

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

Look past the stretch marks, past the soft belly, past the tired eyes.

Look into your own eyes and say:

"I am healing."

"My body is learning."

"I am not broken. I am becoming."

It may feel weird at first, but keep doing it.

The mind listens, and soon your heart will believe.

Write these words on a sticky note and place it on your bathroom mirror:

"Dear body, thank you for carrying me."

Say it as a prayer, as a song, until your body begins to respond in love.

Because when you speak with kindness, your body obeys, not out of fear, but out of faith.

Part 4: The 30-Day Reset Challenge.

A. How the Challenge Works

Okay sis, here's the real deal.

This challenge is not for vibes.

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

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

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

Simple.

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

Accountability Tips

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

B. Meal Plan for 30 Days (Local Ghanaian Foods)

First Meal (12PM – 2PM)

- Boiled yam with garden egg stew
- Efo riro (spinach stew) with grilled chicken and small oat fufu
- Ofada rice with fish stew and steamed kontomire (cocoyam leaves)
- Steamed bean cake with boiled unripe plantain
- Boiled beans with small boiled plantain (not fried)

Tip: Eat until satisfied, not stuffed.

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

- Light pepper soup (chicken, goat, or fish)
- Okro soup with small oat fufu or wheat
- Small bowl of unripe plantain porridge (ampesi mpotompoto style)
- Grilled tilapia with steamed kontomire or garden eggs
- Zobo smoothie (unsweetened, just blended zobo and fruits like pineapple or orange)

Snacks (Optional – only within eating window!)

- Apple slices with roasted groundnuts
- Handful of cashew nuts or tiger nuts
- Boiled corn with coconut (small portion)
- Plain Greek yogurt (no added sugar)

Rules:

- No food before 12PM
- No snacking after 6PM (or create your window and stick to it)
- Water, herbal tea, or black coffee is okay outside eating window

This is not starvation; it's science. You're giving your body time to burn fat for energy instead of constantly digesting.

Portion Control Hack:

- Protein (meat, egg, fish) = size of your palm
- Carbs (rice, yam, fufu) = size of your fist
- Fill the rest of your plate with veggies

Or you can track your meals with apps like MyFitnessPal or Cronometer if you want.

C. Sample Shopping List for Ghanaian Markets

(This is not a supermarket list... think places like Madina, Makola, or Agbogbloshie market style)

Vegetables & Fruits:

- Kontomire (cocoyam leaves)
- Waterleaf
- Okro
- Tomatoes
- Garden eggs (African eggplant)
- Bananas (cooking bananas)
- Pawpaw
- Apples (small packs)
- Ginger
- Garlic

Proteins:

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

- Beans (black-eyed peas or brown beans)

Carbohydrates (eat in small portions):

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

CraveBurn Herbal Ingredients:

- Negro pepper
- Aidan fruit
- Hibiscus
- Cloves
- Cinnamon sticks
- Lemon

Extras:

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

That's it, sis.

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

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

The CraveBurn Method is not magic. It might look common...

But it works, because it's rooted in nature, in tradition, and in the truth of what real women like you go through every day.

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

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

It was YOU.

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

If you have questions or just want to share your story/testimonial, you can always reach out to me on WhatsApp or email (tonyeabraham489@gmail.com)