

THE FAT BURNER AND SLIM PROTOCOL

*The Simple Natural Method That Helps
Your Body Release Stubborn Fat*

As taught by Iya Funke
and carefully documented by Adeola Odunlade

A complete step-by-step home guide using common
herbs, roots and leaves available in any Nigerian market

For educational and informational purposes only.
Individual results vary. Always consult your doctor before starting.

A Personal Welcome from Adeola

My name is Adeola Odunlade. I am not a doctor, a nutritionist, or a fitness coach. I am simply a woman who spent years trapped inside a body that felt heavier every month. Clothes tore at the seams. Simple housework left me breathless. My confidence slowly disappeared. I tried almost every product that appeared on Facebook and Instagram. None of them stayed.

Everything changed after a naming ceremony. An elder named Iya Funke heard me pouring out my frustration and later called me aside. She did not scold me. She simply explained that the body has a natural fat-burning switch. When modern food, stress and certain habits turn that switch off, fat becomes locked. When the switch is turned back on, the body begins to release what it no longer needs to protect.

She taught me a simple protocol using ordinary herbs, roots and leaves that anyone can find in the market. I followed it exactly. Within 14 days I saw clear changes — clothes fitted better, my body felt lighter, and the quiet shame I carried began to lift. This guide contains everything she taught me, written in plain language so you can begin tonight.

Please follow the steps carefully. Do not look for shortcuts. And remember the most important thing Iya Funke told me: you were never weak. Your body was only protecting itself the only way it knew how.

With genuine love for your healing,

Adeola Odunlade

How to Use This Guide

This guide is designed to be practical. You do not need to read everything in one sitting. Here is the recommended way to use it:

1. Read the section on Understanding the Fat-Burning Switch first. It will help you understand why the protocol works.
2. Study the Core Protocol and the Ingredient Guide carefully before you start buying anything.
3. Follow the Exact Daily Steps and the 14-Day Schedule without adding extra things.
4. Use the Maintenance Plan once you have completed the first 14 days and seen positive changes.
5. Refer to the Troubleshooting and FAQ section whenever you have questions or face challenges.

Print this guide if possible, or keep it on your phone for easy reference. Consistency is more important than intensity.

Understanding the Fat-Burning Switch

Before starting any protocol, it is important to understand why body fat becomes stubborn and why many common methods fail to produce lasting results.

Your body is naturally designed to store and burn fat according to its needs. However, modern life has created conditions that cause the body to keep the “fat-storage” mode switched on for too long. When this happens, the body treats stored fat as something to protect rather than something to use for energy.

What Turns the Switch Off?

- Chronic stress and high cortisol levels
- Regular consumption of highly processed foods and sugary drinks
- Poor or insufficient sleep
- Long hours of sitting with very little movement
- Frequent yo-yo dieting that confuses the metabolism
- Eating large meals very late at night
- Dehydration and low intake of natural fibre
- Constant exposure to artificial ingredients and excess salt

Why Most Products Fail

Many teas, powders and capsules only chase the fat or try to force the body. They do not address the underlying reason the fat keeps being recreated. As soon as you stop the product, the old pattern returns — sometimes stronger than before. This protocol is different because it focuses on creating the conditions that allow the body to turn its natural fat-burning processes back on.

When the switch is restored, the same body that held onto the fat begins to release it more readily. This is why people often notice changes in how clothes fit, reduced bloating, improved energy, and a general feeling of lightness — even before the scale moves dramatically.

The protocol you are about to learn uses common herbs, roots and leaves together with correct timing and a few supportive daily habits. It is deliberately simple so that ordinary people with busy lives can follow it consistently.

The Core Fat Burner Protocol

This is the heart of the method. It is designed to take less than five minutes each morning and requires only ingredients you can find in any local market.

The Foundation: Morning Activation Drink

Every morning, prepare and drink this mixture on an empty stomach. This is the most important part of the entire protocol. Do not skip it.

Ingredients (for one adult):

- 1 medium cup of warm water (not boiling — comfortably warm)
- Fresh ginger root — a piece about the size of the tip of your thumb
- 1 small clove of garlic, peeled and crushed
- Juice of half a fresh lemon or lime
- Optional: a very small pinch of turmeric powder or a thin slice of fresh turmeric
- Optional: a tiny pinch of cinnamon

Preparation Steps:

1. Wash and grate (or finely crush) the ginger into a clean cup.
2. Crush the garlic and add it to the same cup. Allow it to sit for about one minute.
3. Add the warm water and the lemon or lime juice. Stir well.
4. If using turmeric or cinnamon, add the tiny pinch now and stir again.
5. Allow the mixture to rest for 2–3 minutes, then drink it slowly.
6. Wait at least 25–30 minutes before eating breakfast.

Why These Ingredients?

Ginger has been traditionally used to support digestion and circulation. Garlic is valued for its general wellness properties. Lemon and lime provide natural acidity and vitamin C that many people find supportive for morning routines. Turmeric and cinnamon are optional additions that some people include for extra support. Together, taken consistently on an empty stomach, they form a simple daily signal to the body.

Midday Support Habit

After your main meal of the day, take a gentle walk of 8–15 minutes. This can be around your compound, along the street, or even up and down the corridor of your house. The purpose is to help the body use the energy from the meal instead of storing excess. You do not need to sweat or walk very fast.

Evening Support (Optional but Recommended)

Three to four evenings per week, prepare a very mild infusion using either bitter leaf or scent leaf (nchuanwu / efirin). Use only a few clean leaves. Pour hot water over them, allow to steep for 3–5 minutes, then remove the leaves. Drink a small cup 1–2 hours before bed. The tea should be light, not strong or bitter to the point of discomfort.

Critical Rules for Best Results

- Drink the morning mixture every single day for the first 14 days.
- Do not add sugar, honey, milk or any sweetener to the morning drink.
- Use fresh ingredients as much as possible. Dried ginger can be used if fresh is unavailable, but fresh is better.
- If your stomach is sensitive, start with half the quantity of ginger and garlic for the first 3–4 days.
- Drink plenty of plain water throughout the day (aim for 2.5 to 3 litres if your health allows).
- Do not combine this protocol with other strong “fat burner” products at the same time.
- Be patient for the full 14 days before deciding whether it is working for you.

Complete Guide to Herbs, Roots & Leaves

Below is a clear explanation of every major ingredient used in this protocol. All of them are commonly available in markets across Nigeria.

1. Ginger (Root)

Ginger is one of the most widely used roots for supporting digestion and a feeling of internal warmth. Fresh ginger is preferred. Peel the skin and grate or crush it. For the morning drink, a piece roughly the size of the tip of your thumb is sufficient. Too much can make the drink overly strong.

2. Garlic (Clove)

Garlic has a long tradition of use for general wellness. Crush one small clove and allow it to rest for a short time before adding warm water. This short rest is believed by many traditional users to improve its properties. Start with half a clove if you are new to taking garlic this way.

3. Lemon or Lime

Fresh lemon or lime juice adds a pleasant sharpness and natural vitamin C. Always prefer fresh fruit over bottled juice. Half a fruit per day is enough. If lemons are expensive in your area, lime works equally well.

4. Turmeric (Root or Powder)

Turmeric is optional. A very small pinch of powder or a thin slice of fresh root can be added to the morning drink. It has a strong taste, so less is better. Many people use it for its traditional wellness reputation.

5. Cinnamon

Also optional. A tiny pinch can be added to the morning drink. Some people find it helps them feel more satisfied and less inclined to snack unnecessarily. Do not use large quantities.

6. Bitter Leaf

Bitter leaf is very common across Nigeria. For this protocol it is used only as a light evening infusion a few times per week. Wash the leaves thoroughly. Use just a few leaves — the tea should be mild, not intensely bitter. Strong bitter leaf preparations are not recommended for daily long-term use in this guide.

7. Scent Leaf (Nchuanwu / Efirin)

Scent leaf has a pleasant aroma and is widely used in cooking and traditional home practices. It can be used as a mild evening tea in the same way as bitter leaf. Many people prefer its taste.

8. Cucumber

Cucumber is excellent for hydration and provides a satisfying crunch with very few calories. It can be eaten as a snack between meals or added to water. It is especially useful when hunger appears in the afternoon.

9. Pineapple (Fresh)

Fresh pineapple contains natural enzymes that many people find supportive for digestion. A small portion after a meal or as a mid-morning snack can be helpful. Avoid canned pineapple packed in heavy syrup.

10. Watermelon

Watermelon is high in water content and naturally refreshing. It makes a good light snack, especially during hot weather or when energy feels low in the afternoon.

Other Supportive Kitchen Items

- Plain warm water — the foundation of the entire protocol
- Leafy green vegetables such as ugu, spinach, and scent leaf used in soups
- Garden eggs, carrots, cabbage and other high-fibre vegetables
- Fresh fruits in moderate portions (prefer whole fruit over juice)
- Eggs, fish and modest portions of chicken or beans for protein

Shopping Tip

You can usually buy enough ginger, garlic, lemon/lime and a small bunch of leaves for a full week for well under ₦2,000 in most Nigerian markets. There is no need for expensive imported powders or capsules.

Exact Daily Steps

Morning Routine (Most Important)

1. Upon waking, drink one full glass of plain water.
2. Prepare the ginger-garlic-lemon warm drink exactly as described.
3. Drink it slowly while sitting calmly.
4. Wait a minimum of 25–30 minutes before taking any food.
5. Eat a normal, balanced breakfast. Include some protein and vegetables if possible.

Midday / Afternoon Routine

1. Eat your main meal without rushing. Avoid eating while scrolling on your phone.
2. After the meal, take a gentle walk of 8–15 minutes.
3. Continue sipping water throughout the afternoon.
4. If hunger appears, choose cucumber, a small portion of fruit, or a handful of groundnuts instead of processed snacks.

Evening Routine

1. Aim to finish your last main meal at least 2–3 hours before bedtime.
2. Keep dinner lighter than lunch when possible.
3. On 3–4 evenings per week, prepare the mild bitter leaf or scent leaf infusion.
4. Try to maintain a consistent sleep time. Good sleep strongly supports the body's natural processes.

What to Do If You Miss a Day

Simply resume the protocol the next morning. Do not attempt to “catch up” by taking double quantities. Missing an occasional day will not destroy your progress. What matters is returning to the routine and maintaining it over weeks.

Sample 14-Day Action Schedule

This schedule is a practical guide. You do not need to follow it perfectly, but it helps many people stay organised and consistent.

Days 1–3: Foundation Phase

Focus only on the morning activation drink and drinking enough water. Take the short walk after your main meal if possible. Keep your normal meals. Observe how your stomach responds. If the drink feels too strong, reduce the ginger and garlic by half.

Days 4–7: Building Phase

Continue the morning drink daily. Begin introducing the optional evening leaf infusion two or three times. Start reducing soft drinks and very late-night heavy meals. Pay attention to morning bloating and energy levels.

Days 8–11: Momentum Phase

You should now be fully comfortable with the routine. Maintain the morning drink, the short walks, and better food awareness. Many people begin to notice that clothes feel less tight and the body feels lighter during this period.

Days 12–14: Assessment Phase

Stay consistent. At the end of Day 14, honestly assess how your clothes fit, how your face looks, your energy levels, and your overall sense of lightness. This is the point where most people who followed the protocol properly can see clear differences.

The #1 Mistake and Other Common Errors

The single biggest reason people fail with natural protocols is **stopping too early because results are not dramatic in the first few days**.

They follow the steps for three or four days, see little visible change, become discouraged, and quit. Or they begin adding random extra ingredients and methods, which confuses the body. The protocol works through steady, repeated signals. Interrupting the process resets the progress.

Other Frequent Mistakes

- Adding sugar, honey, or milk to the morning drink
- Making the evening leaf tea far too strong
- Expecting the scale to drop significantly in the first five days
- Continuing to drink soft drinks and eat heavy meals late at night
- Not drinking enough plain water during the day
- Comparing your speed of results with someone else's
- Giving up exactly when the body is beginning to respond
- Combining this protocol with several other strong products at the same time

If you avoid these mistakes and remain consistent for the full fourteen days, your likelihood of seeing meaningful improvement increases substantially.

Food and Lifestyle Support Guide

Foods That Quietly Support Progress

- Leafy vegetables: ugu, spinach, scent leaf, bitter leaf (in soups)
- Cucumber, carrots, cabbage, garden eggs, okra
- Fresh fruits in moderate amounts (watermelon, pineapple, orange, apple, garden egg)
- Beans, lentils and other legumes prepared with less oil
- Eggs, fish, and modest portions of chicken
- Unripe plantain in reasonable portions
- Plenty of plain water and the recommended herbal infusions

Foods and Habits That Quietly Block Progress

- Soft drinks, malt drinks, energy drinks and sugary beverages
- Excessive fried snacks, pure oil-heavy soups and stews
- Very late dinners eaten close to bedtime
- Continuous snacking on biscuits, chin-chin, and packaged processed foods
- Regularly sleeping less than six hours
- High unmanaged stress with no recovery time

You do not need a perfect diet. Extreme restriction usually fails. Instead, steadily reduce the biggest blockers and increase the supportive foods. Small, consistent improvements produce better long-term results than short periods of harsh dieting.

Hidden Daily Habits That Keep Fat Locked

Even when the main protocol is followed, certain everyday habits can keep the body's fat-storage mode active. Becoming aware of these habits is an important part of lasting change.

1. Using the phone late into the night, which reduces sleep quality.
2. Eating while watching television or scrolling, which leads to unconscious overeating.
3. Remaining seated for many hours without standing or walking.
4. Drinking water only when extremely thirsty instead of steadily throughout the day.
5. Using food as the primary way to cope with stress, boredom or emotion.
6. Skipping breakfast and then overeating later in the day.
7. Weighing yourself every single morning and allowing the number to control your mood.
8. Keeping soft drinks and snacks constantly visible and within easy reach.

You do not need to correct every habit at once. Choose one or two to improve while you follow the main protocol. Over time these small changes compound.

What to Expect Week by Week

Week 1

Some people experience mild digestive adjustment or more frequent bowel movements. Morning bloating may begin to reduce. Energy can improve slightly towards the end of the week. Clothes may start to feel a little less tight. Dramatic scale changes are uncommon in the first seven days. Focus on consistency.

Week 2

This is the period when many people notice clearer differences. Clothes often fit better. The face may look less puffy. The heavy feeling in the body reduces. Energy during daily activities improves. Some individuals also see movement on the scale. This is the point where belief in the protocol usually strengthens.

Week 3 and Beyond

If you continue with good consistency, further improvements commonly occur. At this stage most people transition into the maintenance approach described in the next section so that results are preserved without needing the full intensive routine every single day.

Important reminder: Response speed varies. Age, starting point, stress, sleep quality, and how closely the instructions are followed all influence results. Compare your progress only to your own starting point.

Monthly Maintenance Plan

After completing the first 14 days and observing positive changes, you do not need to continue the full daily intensive protocol indefinitely. Transition into a lighter maintenance routine so the results remain.

Recommended Maintenance Routine

- Take the morning ginger-garlic-lemon drink 4 to 5 days per week instead of every day.
- Keep the short post-meal walks as a permanent daily habit.
- Use the mild evening leaf infusion 2 to 3 times per week if you find it beneficial.
- Continue limiting soft drinks and very late heavy meals.
- Protect your sleep as much as your schedule allows.
- Maintain steady water intake every day.
- Stay aware of emotional or boredom eating.

If you notice bloating or tightness returning, simply return to the full daily protocol for 7 to 10 days as a reset, then resume the lighter maintenance approach.

Extended Protocol for Stubborn or Long-Standing Cases

If you have carried significant body fat for many years, or if progress feels unusually slow after the first 14 days of consistent effort, use the extended version below.

Additional Steps for the Extended Approach

1. Increase the waiting time after the morning drink to 35–40 minutes before breakfast.
2. Lengthen the post-meal walk to 15–20 minutes whenever your schedule allows.
3. Add one extra glass of warm water with a few drops of lemon in the mid-morning.
4. Be stricter for a full 21 days with soft drinks, fried snacks, and late-night eating.
5. Make dinner noticeably lighter and more vegetable-focused.
6. Prioritise sleep even more strongly — protect a consistent bedtime.
7. Consider reducing screen time in the hour before bed to improve sleep depth.

Remain on the extended approach for a complete 21 days before evaluating results. People who have carried extra weight for a long time often need this longer period of steady signals before the body fully responds.

Mindset and Emotional Support

Lasting change is not only physical. Many people carry years of disappointment, shame, and quiet frustration about their bodies. These feelings can sabotage consistency if they are ignored.

When discouragement appears, return to Iya Funke's words: you were never weak. Your body was only protecting itself. The protocol is simply giving it new instructions.

Avoid announcing your journey to many people at the beginning. Quiet consistency is more powerful than public declarations. Let the changes in your clothes, energy, and confidence speak for you.

If you have a difficult day and fall off the routine, do not waste energy on guilt. Simply resume the next morning. Progress is built by returning, not by never stumbling.

Troubleshooting and Frequently Asked Questions

Q: The morning drink upsets my stomach. What should I do?

A: Reduce the ginger and garlic to half the recommended amount for the first 4–5 days. You may also take the drink after a very small piece of food instead of completely empty stomach until your system adjusts. Most people adapt within a few days.

Q: Can I use this protocol if I have high blood pressure, diabetes, or other conditions?

A: You must speak with your doctor before starting. This guide is educational only and does not replace professional medical advice.

Q: How soon will I see results?

A: Many people notice changes in how clothes fit and overall lightness between days 10 and 14. Some respond faster, others more slowly. Consistency is the strongest predictor of results.

Q: Can men use the same protocol?

A: Yes. The method is suitable for both men and women.

Q: Do I need to do intense exercise?

A: No. The short walks after meals are sufficient for most people following this protocol. Additional movement is beneficial but not required.

Q: Can I continue my regular medications?

A: Yes, but always inform your doctor that you are starting a new natural routine.

Q: Is it safe while breastfeeding or pregnant?

A: Pregnant and breastfeeding women should not start this protocol without clear approval from their doctor.

Q: What if I don't like the taste of the morning drink?

A: You can adjust the amount of lemon or lime to make it more acceptable. The taste usually becomes more tolerable after a few days as you get used to it. Do not add sugar or honey.

Final Words

You now hold everything Iya Funke shared with me. The protocol is simple by design. Complicated methods are difficult to maintain. Simple methods performed consistently are the ones that produce real change.

Do not look for magic. Look for steady daily action. Drink the morning mixture. Take the short walks. Make slightly better food choices. Protect your sleep. Repeat these actions long enough for your body to respond.

You were never weak. Your body was only waiting for clearer instructions. Give it those instructions with patience and consistency.

Stay consistent. Be patient. Choose yourself.

With love for your healing,

Adeola Odunlade

Important Disclaimer

This guide is provided strictly for educational and informational purposes. It is not medical advice, diagnosis, or treatment. The information contained here is based on traditional knowledge and personal experience shared by the author. It has not been evaluated by any regulatory authority as a treatment for any disease or medical condition.

Individual results vary widely. Factors such as age, starting weight, genetics, consistency, diet quality, sleep, stress levels, existing health conditions, and medications all influence outcomes. No specific result is guaranteed.

Always consult a qualified healthcare professional before beginning any new diet, herbal routine, or weight-related programme. This is especially important if you are pregnant, breastfeeding, have existing medical conditions (including but not limited to high blood pressure, diabetes, kidney or liver issues), or are taking prescription medication.

The herbs, roots, and leaves mentioned are commonly used traditional items. However, they may cause adverse reactions in some individuals. Discontinue use immediately and seek medical attention if you experience any negative effects.

The author and publisher accept no responsibility or liability for any loss, injury, or adverse outcome arising from the use or misuse of the information in this guide. By reading and applying the contents of this guide, you accept full personal responsibility for your health decisions.

— End of The Fat Burner and Slim Protocol —

Thank you for trusting this guide. May your body respond with lightness and strength.