

COMPANION GUIDE · BONUS 01

The Owambe & Party Survival Protocol

How to Enjoy Jollof Rice, Small Chops & Drinks at Weddings and Events Without Your Dress Tearing by 6:00 PM

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BONUS 01

The Owambe Dilemma

There is nothing quite like an African wedding, birthday, or thanksgiving celebration. The music is loud, the *aso-ebi* is tailored to perfection, and the aroma of smoky party jollof rice and fried small chops fills the air.

For women who deal with chronic bloating, however, owambes can be terrifying.

You spend weeks at the tailor making sure your lace gown or fitted corset hugs your curves. But two hours into the party, after eating a small plate of party rice and sipping a cold drink, your stomach puffs out.

Your dress feels like it is about to split at the zipper. You spend the rest of the reception sitting down stiffly, holding your purse over your midsection, and refusing to dance because you feel heavy and swollen.

This short protocol will protect your waistline so you can look stunning, dance freely, and wake up the next morning with a calm, flat stomach.

Step 1: The Pre-Party "Buffer Shot" (Take 30 Minutes Before Leaving Home)

Do not leave your house on an empty, unprepared stomach. Before you zip up your dress, take this 2-minute **Buffer Shot** in your kitchen:

- 2 tablespoons of warm water
- 1 tablespoon of raw apple cider vinegar (or fresh lime juice)

- 1/2 teaspoon of grated ginger juice
- A tiny pinch of sea salt

Why this works: The Buffer Shot primes your gastric lining and spikes your digestive enzymes in advance. Even if party food is delayed by two hours, your stomach remains acidic and ready to process heavy proteins and oils instantly, preventing sudden fermentation.

Step 2: The Party Buffet Strategy

When the food coolers open and the servers arrive at your table, follow this exact sequence:

- 1 **Prioritize the "Heavy Proteins":** Put the peppered goat meat, grilled chicken, or fresh fish on your plate first. Eat this before touching your carbohydrates.
- 2 **Be Selective with Small Chops:**
 - **Safe:** Peppered gizzard, mini meat pies, chicken skewers.
 - **Trigger Foods:** Deep-fried puff-puff and oily spring rolls. If you eat puff-puff, limit yourself to 1 or 2 pieces *after* eating your protein, never on an empty stomach.
- 3 **The Jollof Rule:** Enjoy your party jollof, but leave the bottom-pot crust (which is heavily concentrated in burnt cooking oil) if your stomach is prone to sensitivity.

Step 3: The Party Drink Matrix

What you drink at a party can make or break your waistline within 20 minutes. Use this simple guide:

DRINK TYPE	THE RISK	WHAT TO CHOOSE INSTEAD
Ice-Cold Carbonated Sodas / Malt Drinks	HIGH DANGER: Injects massive volumes of pressurized carbon dioxide gas directly into a cold stomach.	Room-Temperature Water OR Fresh Lemon Water: Ask the server for unchilled water with fresh lemon slices.
Sweet Creamy Cocktails / Baileys	HIGH DANGER: Heavy dairy creams mixed with alcohol ferment immediately in warm temperatures.	Dry Red Wine, Chapman (Light/Low-Sugar), or Gin/Vodka with Tonic & Lime: Light, non-dairy, and easy on digestive valves.
Beer / Stouts	HIGH DANGER: Contains active yeasts that double the fermentation rate of party starches.	Dry Wine or Simple Spirits with Club Soda.

Step 4: The Midnight Post-Party Recovery Ritual

When you get home from the party and take off your party clothes, do not go straight to bed on a full stomach. Take 5 minutes to do this simple reset:

- 1 Boil 1 Cup of Water with 4 Whole Cloves (*Kanafuru*).
- 2 Add a Squeeze of Fresh Lemon.
- 3 Sip it Warm while taking down your makeup.

The Result: The clove infusion immediately relaxes your stomach lining, clears any residual party oils, and ensures that when you wake up on Sunday morning, your belly is soft, flat, and completely free from gas.