



THE 3-DAY VJ FRESHNESS RESET™

TASHA DIRI



Understand.
Reset.
Stay Fresh.



THE 3-DAY VJ FRESHNESS RESET™

The Natural-Care Blueprint
for Reducing Unpleasant
Intimate Odour — Even If You've
Tried Several Products



Reduce
Avoidable
Odour Factors



Reset Your
Care Routine



Understand
Changes



Know What
to Do Next

TASHA DIRI



THE 3-DAY VJ FRESHNESS RESET

The Ancient Ijaw Midwives Secret That Has Been Helping Women
End Recurring Vaginal Odour and Infections For Good

By Tasha Diri | Women's wellness educator

When *Mama Ebiere* held my hand that evening and said, **“You are not dirty,”** she wasn't only talking to me.

She was talking to every woman who has ever felt ashamed of her own body.

Every woman who has avoided intimacy because she was afraid he might notice.

Every woman who has carried liners everywhere, just in case.

Every woman who has walked into a room wondering, *“Can they smell me?”*

And every woman who has tried one product after another, changed her routine, visited a clinic, followed advice—and still found herself wondering why the problem kept coming back.

You were never dirty.

You may simply have never been shown a clear, simple way to understand what was changing and what your body actually needed.

That is why I created **The 3-Day VJ Freshness Reset™**.

Follow the steps. Pay attention to what changes. Give your body a chance to return to a simpler, healthier routine.

And when you finally stop feeling like you have to hide or apologise for your body...

Take a breath and let yourself smile, my dear.

A Note From Tasha Diri

Before You Begin, Read This First

Sister, before you touch any ingredient, read everything on this page.

- **No sex during this period.** Your body is resetting. Protect the process.
- **Get new underwear.** Retire everything you currently own. Fresh start, fresh environment.
- **Wear only loose, breathable cotton.** No tight clothing, no nylon. Heat down there feeds the bacteria you are trying to clear.
- **Stop every other remedy.** Drugs, washes, capsules, suppositories — all of it. You either do this ritual only, or you don't do it at all. You cannot reset an environment you are still disrupting.
- **Throw away any smell enhancers.** Your vaginal is not supposed to smell like vanilla or strawberry. A healthy vaginal has its own natural scent. That is what we are restoring.
- **If you are pregnant, do not use this.** Please wait until after delivery. I do not recommend drinking or applying anything during pregnancy.
- **Do not use it during your period.** Let your body complete its natural cycle first, then begin.
- **Avoid this if you have ulcer**

Now that we are clear, let's reset, shall we?

Chapter One: The 3-Day Reset · What Is Actually Happening Inside Your Body

Before we get to the ingredients, I want you to understand why this works. Because when you understand the reason, you will not abandon the process on Day 3 when nothing seems to be happening yet.

Here is what Mama Ebiere explained to me, and what I have since confirmed with my own body and the bodies of hundreds of women who followed this ritual:

Your vagina has an ecosystem. A delicate, living balance of good and bad bacteria. When that balance is healthy, your body maintains itself. When it breaks, from antibiotics, stress, a partner's bacteria, poor diet, synthetic fabrics, the bad bacteria take over and make themselves at home.

Here is the problem with antibiotics: They kill everything. Good and bad. So for two weeks, you feel better. Then the bad bacteria grow back, faster than the good bacteria, because the environment that favors them has never changed. The ground was never reset.

This is why it always comes back in exactly two weeks. Not because you are unlucky. Not because your body is broken. Because nobody ever treated the ground.

The 3-Day Reset does not just kill what is on the surface. It changes the environment underneath. It flushes the imbalance from the inside, restores the conditions the good bacteria need to survive, and makes the environment hostile to the bacteria that cause odour, discharge, and infection. That is the difference between treating and resetting.

Chapter Two: The 5 Ingredients You Need

Everything on this list is available in your local market. Total cost: less than ₦3,500. Just ask any market woman, she will know exactly what you're looking for.

1. **Ginger** (Jinja — Hausa | Atale — Yoruba | Jinjir — Igbo)



Fresh ginger root. Scrape off about seven pieces. Ginger is one of the most powerful natural anti-inflammatory and antimicrobial plants in the world. It goes after the bacteria causing the odour and discharge — from the inside. It also calms the internal inflammation that makes itching worse.

2. **Turmeric** (Gangamau — Hausa | Ata ile pupa — Yoruba | Ohu — Igbo)



Fresh turmeric root — not the powder. Scrape, mash, seven pieces. Turmeric contains curcumin, a natural compound that fights both bacterial and fungal infections. This is the ingredient that addresses the Candida (yeast) side of what you are experiencing. It also supports your immune system so your body can do what it was designed to do.

3. **Garlic** (Tafarnuwa — Hausa | Ajo — Yoruba | Garliki — Igbo)



Seven cloves, mashed. Garlic is nature's antibiotic — without the side effects. It contains allicin, which kills harmful bacteria and yeast without disturbing your good bacteria. This is the ingredient that breaks the cycle of recurring infection.

4. **Cloves** (Kanafuru — Yoruba | Kanumfari — Hausa | Òjì Oyibo — Igbo)



One handful. Cloves are deeply antifungal and antibacterial. They address odour at the source — not by masking it, but by eliminating the bacteria that produce it. They also have a mild anaesthetic property that helps with the itching.

5. **Prekese** / Aidan Fruit (Oshosho / Osakirisa — Igbo | Uhio — Edo | Tetrapleura tetraptera)



One fruit, broken open. This is the ingredient most women have never thought to use for this purpose — and it is the one that makes this formula different from everything else you have tried. Prekese is deeply antimicrobial and has been used in West African traditional medicine for generations to support internal cleansing and hormonal balance. It is the "reset" ingredient. The one that changes the ground.

Chapter Three: The 3-Day Reset, Step by Step

This is the exact preparation Mama Ebiere shared with me.

Follow it exactly. No shortcuts. No substitutions.

What you need:

- A 200cl container with a lid (a clean water bottle works perfectly)
- Fresh ginger — 7 pieces, scraped and mashed
- Fresh turmeric — 7 pieces, scraped and mashed
- Garlic — 7 cloves, mashed • Cloves — one handful
- Prekese / Aidan fruit — one fruit, broken open
- Clean water

Step 1: Prepare your ingredients

Scrape your ginger. Scrape your turmeric. Remove the outer skin from both, then mash them thoroughly — either with a mortar and pestle or a blender. You want them properly broken down, not just roughly chopped.

Mash your garlic cloves. Break open your Aidan fruit so the inside is fully exposed.

Step 2: Fill your container

Put your mashed ginger into the 200cl container. Add your mashed turmeric. Add your mashed garlic. Add your cloves. Add your broken Aidan fruit. Then fill the container with clean water and close the lid tightly.

Step 3: Ferment for 3 days

Leave the container at room temperature for three full days. It will develop a strong smell — that is completely normal and expected. That smell means it is working. Do not open it unnecessarily. Do not refrigerate it. Just let it sit.

Step 4: Begin drinking After

3 days, start taking the mixture morning and evening — one shot in the morning before food, one shot at night after eating. Use a small shot cup. Do not gulp it like water — take it as medicine.

Continue for **7 days minimum**. Most women begin to notice changes between Day 5 and Day 7.

Step 5: When the water finishes

When the liquid in your container runs low, simply top it up with clean water and continue. You do not need to remake the mixture from scratch during your first 7 days.

Step 6: Hot water wash

Once daily — morning or night — wash the external vaginal area with warm-to-hot water. Not soap. Not any wash. Just clean warm water, used thoroughly. This supports the external environment while the drink works from the inside.

Chapter Four: How to Know the Reset Is Working

Let me be honest with you the way Mama Ebriere was honest with me: the first three or four days, you may feel nothing.

Do not stop. The ground did not shift in one day. It will not reset in one day either.

Here is what the process actually looks like, day by day:

Days 1–4: You may notice nothing. This is normal. The reset is happening internally, at the level you cannot see yet. Stay consistent.

Day 5: The first sign usually arrives here. The smell changes — not gone yet, but different. Lighter. Like something has been turned down, not switched off. You may also notice the discharge beginning to thin.

Days 6–7: The discharge reduces significantly. The thickness you have been living with starts to clear. The itching becomes less frequent, less urgent.

Day 8 onwards: This is what I call the "forgetting" stage. You stop checking constantly because your body stops giving you reasons to check. The anxiety that has been living in the back of your mind — the one that made you hyperaware of yourself in public, in bed, in any close encounter — starts to lift.

The simple test: Once a week, after your shower, gently touch the area and bring your hand to your nose. You will notice the difference week by week. Trust what your own body tells you

About discharge during the process: Some women experience increased discharge in the first few days — especially if the infection has been present for a long time. This is your body flushing. Do not be alarmed. It means the reset is working. It will reduce and then stop.

Chapter Five: The #1 Mistake That Cancels Everything

I need to talk about this because I almost made this mistake myself, and I have watched women undo weeks of progress because nobody warned them.

The mistake is this: going back to antibiotics, scented washes, or any other treatment while doing the ritual, or immediately after.

I know. You are so used to reaching for something. When you feel a little discomfort, your hand goes to the pharmacy bag. When the discharge increases in the first few days, the panic sets in and you add something else.

Do not.

When you introduce antibiotics or chemical washes into a body that is in the middle of resetting, you destroy the very balance you are building. The good bacteria that are just starting to re-establish, you wipe them out. And you are back at Day 1. Sometimes worse.

Other things that cancel the reset:

- **Sex during the ritual period:** — your partner's natural bacteria disrupts the new environment you are building
- **Scented soaps, washes, or sprays anywhere near the area:**— they shift your pH immediately
- **Tight nylon underwear:** — traps heat and moisture, which is exactly what the bad bacteria need to survive
- **Excess sugar:** — feeds yeast. If Candida is part of your problem, sugar is what it lives on. Reduce it significantly during this period.
- **Sleeping in underwear:** — let the area breathe at night. This alone makes a significant difference.

Chapter Six: The Sweet Like Honey Food List

What you eat during and after this reset either supports the reset or fights it. This is not a strict diet, it is a simple guide to what helps and what harms.

Eat more of these:

- **Pineapple** — natural enzymes that support internal freshness and improve your natural scent from within
- **Greek yoghurt** — live cultures that feed your good bacteria and support vaginal pH balance. Eat this daily if you can
- **Cucumber and watermelon** — flush toxins, keep you hydrated, support the internal cleansing process
- **Garlic in your food** — yes, in addition to the ritual drink. Garlic in your diet continuously keeps bad bacteria suppressed
- **Fenugreek seeds** — known in traditional medicine to support hormonal balance and natural feminine freshness. Add to warm water and drink as tea
- **Fruits in general** — eat sweet fruits freely. Your body needs the natural sugars, vitamins, and water content

Reduce or remove these:

- Sugary drinks — minerals water, juice, soda. Sugar directly feeds the yeast component of your infection
- Alcohol — disrupts your internal pH and undermines the reset
- Processed, packaged foods — high in preservatives and sugar that shift your internal environment
- Excess pepper — irritates an already inflamed internal environment

Chapter Seven: The 5 Hidden Habits Keeping the Imbalance Alive

These are the things nobody tells you. The small daily choices that undo everything, silently, consistently, without you ever connecting them to the problem.

Habit 1: Washing inside your Vaginal with soap: Your vaginal is self-cleaning. When you use soap, scented wash, or anything else inside, you strip the natural protective lining and kill the good bacteria that maintain your balance. Warm water only, outside only. Always.

Habit 2: Wearing synthetic underwear Nylon and polyester trap heat and moisture. Heat and moisture are the exact conditions bad bacteria and yeast need to multiply. Switch to 100% cotton. Completely. Not sometimes — always.

Habit 3: Staying in wet or damp clothes After exercise, after bathing, after swimming — change immediately. Sitting in dampness for even 30 minutes creates the perfect environment for bacteria and yeast to grow.

Habit 4: Sleeping in underwear At night, your body needs to breathe. Sleeping without underwear reduces heat, reduces moisture, and significantly reduces bacterial growth. Do this every night — not occasionally.

Habit 5: Stress without management This one surprises women. Chronic stress raises cortisol. Raised cortisol disrupts hormonal balance. Disrupted hormones shift your vaginal pH. And shifted pH is where the imbalance begins. Sleep enough. Rest intentionally. Your body cannot reset in a body that is always

in emergency mode. Even 20–30 minutes of light exercise daily helps regulate this significantly.

Chapter Eight: The Monthly Maintenance Reset

You have reset the environment. Now we keep it that way.

This is not a protocol you will need to think hard about. Once it becomes a habit, it is simply how you live, and your body will maintain its own balance with very little effort from you.

Weekly:

- One warm water steam session (just warm water, no herbs needed at maintenance stage) — 10 minutes. This keeps the external environment clean and supports circulation
- Check yourself after your shower — smell, discharge, any changes. You are the first to know when something shifts

Monthly:

- Repeat a 3-day version of the drinking ritual using the same ingredients — ginger, turmeric, garlic, cloves, adrian fruit. Just 3 days, not 7. Morning and night shots. This is your monthly internal maintenance. It keeps the environment hostile to the bacteria that caused the problem in the first place
- Audit your food — have you been eating too much sugar this month? Drinking too many sugary drinks? One week of clean eating rebalances a lot
- New underwear audit — retire anything old, worn, or synthetic

Seasonally (every 3 months):

- Do the full 7-day ritual again — even if you are feeling completely fine. Prevention is the entire point. The women who never have recurrences are the women who maintain consistently, not just when something feels wrong

Chapter Nine: The Extended Reset (For Women Who Have Been Dealing With This for 2+ Years)

If you have been carrying this for more than two years, if you have done multiple rounds of antibiotics, if the infection feels deeply embedded, if discharge and odour have become your daily normal, this section is for you.

Your reset will take a little longer. That is not bad news, it simply means the environment has had more time to establish itself, and it needs more time to shift. Do not compare your timeline to women who have been dealing with this for six months.

What to do differently:

Extend the initial reset to 14 days instead of 7. Same preparation, same dosage, morning and night shots. Just double the duration. The first 7 days begin the reset. Days 8–14 deepen and stabilize it.

Double the steam sessions in week one. Twice weekly instead of once, for the first week only. From week two onward, return to once weekly.

Add warm water washing twice daily... morning and evening... during the extended protocol. Once daily after that.

Be patient with the discharge. For long-term cases, the body may flush more noticeably in the first week. Some women experience 3–5 days of heavier discharge before it clears. This is the body removing what has been accumulating. Stay calm. Stay consistent.

Do not declare victory on Day 14. Continue the monthly maintenance reset immediately after your extended resets ends. No gap. No pause. Straight into maintenance.

For severe or persistent cases, feel free to reach me directly: I will give you personal guidance based on what you are experiencing.

Bonus: Extra Tips for Smelling Fresh and Sweet All Day

Staying fresh is not rocket science. It just takes a few intentional habits — and once they become routine, you will not need to think about them.

Change your underwear daily. Cotton. Always cotton.

Wash with warm water only. No soap inside. Your body is self-cleaning. Warm water is enough.

Sleep without underwear. Every night. Let the area breathe.

Eat pineapple, yoghurt, cucumber, watermelon, and fenugreek regularly. These are not just health foods — they are feminine freshness foods. Your natural scent comes from the inside.

Do 20–30 minutes of movement daily. Walking, stretching, anything. Exercise regulates hormones, reduces cortisol, and supports the internal balance that keeps you fresh. It is not optional — it is part of the maintenance.

Drink enough water. Hydration flushes toxins continuously. Aim for at least 2 litres daily — more if you exercise or sweat.

Never spray perfume or use scented wipes near the area. You do not need to smell like a product. A healthy vaginal has its own clean, natural scent. That is what the reset restores. Protect it.

Thank you for reading. I can't wait for you to share your testimonies with me. If you have any questions or just want to share your story/testimony, you can always email me: (Madamtasha66@gmail.com)