

Thank You for Your Purchase

Your healing journey begins right here



"Your grandmothers knew. And soon, so will you."

Dear Sis,

Thank you so much for trusting Nurse Oge with your wellness journey. Your decision to invest in yourself today is not a small thing — it is a powerful act of self-love and self-respect. I am deeply honoured that you chose to take this step with me.

Important Delivery Notice:

Your complete guide — including all three bonus companion documents — is currently in its final stage of preparation and will be made available to you **within 7 days of your purchase**. You will receive instructions on how to access your completed guide once it is ready. Please check your email inbox — including your spam or promotions folder — for updates from us.

Here Is Everything Coming to You:

* **Main Guide — What Our Grandmothers Knew**

The Forgotten Nigerian Woman's Intimate Wellness Ritual — your complete 7-day natural remedy protocol combining nursing science with Igbo ancestral healing wisdom

*** BONUS 1 — 7-Day Protocol Daily Tracker**

Your complete day-by-day companion — morning routines, evening rituals, water intake, symptom notes and daily affirmations

*** BONUS 2 — Nigerian Ingredient Shopping List**

Everything you need with sourcing guidance for Nigeria, UK, USA and Canada — with quantities and cost estimates

*** BONUS 3 — Foods to Eat / Foods to Avoid Chart**

Your complete nutritional reference chart — Nigerian healing meals, foods to avoid, and daily beverage guidance

If you have any questions before your guide arrives please reach out to me directly. I personally read and respond to every message.

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[ogechichukwu.online](https://www.ogechichukwu.online)

Join the Nurse Oge — What Our Grandmothers Knew Community

As a valued member of our community, you are warmly invited to join us for wellness conversations, product updates, exclusive educational content, and a safe space to connect with other Nigerian women on this healing journey.

TAP HERE TO JOIN THE COMMUNITY

<https://chat.whatsapp.com/GVy41sCzH5GFMGQG1n0YHL>

*Your healing is coming.
And it was worth the wait.*

With all my love and care,

Nurse Oge

Registered Nurse | Women's Wellness Advocate | Natural Health Practitioner

NATURAL REMEDIES * NURSING SCIENCE * ANCESTRAL WISDOM