



Kick the Candida

once & for all

Welcome!

Hello and Welcome to Kick the Candida Protocol!

My name is Ariel Wright & will introduce myself as a woman of many trades > constantly on the pursuit of self-healing! I am an Ayurvedic Healer, Vegan Foodie, Light Coach, Astrologer, Self-Awareness Junkie, Astanga Yogini, and New Paradigm Seeker.

As of this last year I have had to deal with the common problem, especially among women, known as Candidiasis. I have been dealing with it on and off for years, but had no idea that's what it was. 2018 was when things got very real...



The Black Widow

As I moved myself through the country from Sedona, AZ to a Karma Yoga Community in the hills of Santa Cruz, CA, I was presented with a very peculiar animal message (I am all about the animal messages).

Right when I got to my destination I ran across a large black widow on the outside trash cans. I don't even know why I noticed her when I was so clearly disheveled from uprooting my life once again and driving all that way. She caught my eye though and I thought how very strange!

I continued my way into my room and looked down at the corners of my door to see two more black widows, one on each corner! Now I am thinking this is beyond chance. Naturally, I hurry past into my room and immediately look up black widow animal messages.

There are several meanings, but the one that came through clearest to me for no particular reason was simple and straight forward - poison.

Poison in the Body

The message was a caution that there was poison within the body. And so it began. Really it had been going on prior, but because I avoided feeling my body and being present with myself, I found myself usually in a partially numbed state. The beauty of becoming aware and awake to something is you can no longer pretend it doesn't exist! Your super conscious simply won't let you.

So here am I ridden with daily debilitating, full-fog headaches, dizzy spells, incredibly exhausted, bloated beyond belief, breaking out, anxious, and utterly miserable. I couldn't eat hardly anything without feeling awful and my relationship with food spiraled into a hopeless state where I felt I wasn't even human anymore.

Sounds extreme, but when you literally can't eat anything without feeling like such shit that you can't stay awake longer than 4 hours at a time, unable to participate in the joys of your life, I felt alien. I wished there was just some magic elixir with all my nutrients in it that would satiate me (and no I didn't want Pedialite!)

Grasping for Answers

I wasn't sure what I was dealing with exactly. I've always had a sensitive tummy and digestion, I've always been a foodie and studied nutrition my whole life. I considered myself a pretty holistic, educated, conscious individual who should have a better grip on what this was.

But I didn't... And that stressed me out to no end. Of course I thought it could be Candida and tried many of the popular Candida protocols, along with elimination diets, and FODMAPS. I thought perhaps it was SIBO as well (Small Intestinal Bacterial Overgrowth) and tried to tweak my diet for that. Nothing was really working at all, I couldn't understand how everything made me feel terrible.

I even tried a very special protocol with bone broth and chicken and went against my vegan beliefs and body preferences. But since I didn't know what my body preferences were, I was literally grasping for any answers at that point; I just wanted to heal. It only took a week for my body to rebel as I went against my beliefs about meat, and I felt worse than when I started that particular regime.

Finding Hope

Months went by with virtually no change, I felt hopeless until one day a very special person came along in my Yoga Community Studies program.

He was training with a hands on energy Master and was able to help connect me with him to learn much about myself, my struggles, and my body's condition.

I read his books (which I highly recommend) on everything from the power of our consciousness to veganism. Between him and my innate wisdom around nutrition and intuition about my health, I have finally been kicking the poison (Candida) in my body and feeling hope for a total recovery!

I think one of the most important things to note is that these digestive issues and really any dis-ease flourishing in the body is stemming from emotional trauma or wounding. My Candida healing journey really has opened up healing beyond the body and has brought me so much closer to oneness with my mind and spirit.

There are so many layers to healing, but let's start with the original intention of why you're here...

● What is Candida?

Candida is a yeast also known as Candidiasis. This stems from the Candida albican species. Yeast are single-celled organisms classified as fungi. So yeast is delineated from the fungi kingdom.

There are many types of yeast, fungi, and bacteria that live and flourish in our bodies to help us live and flourish. It is when these things become imbalanced that we start feeling the repercussions.

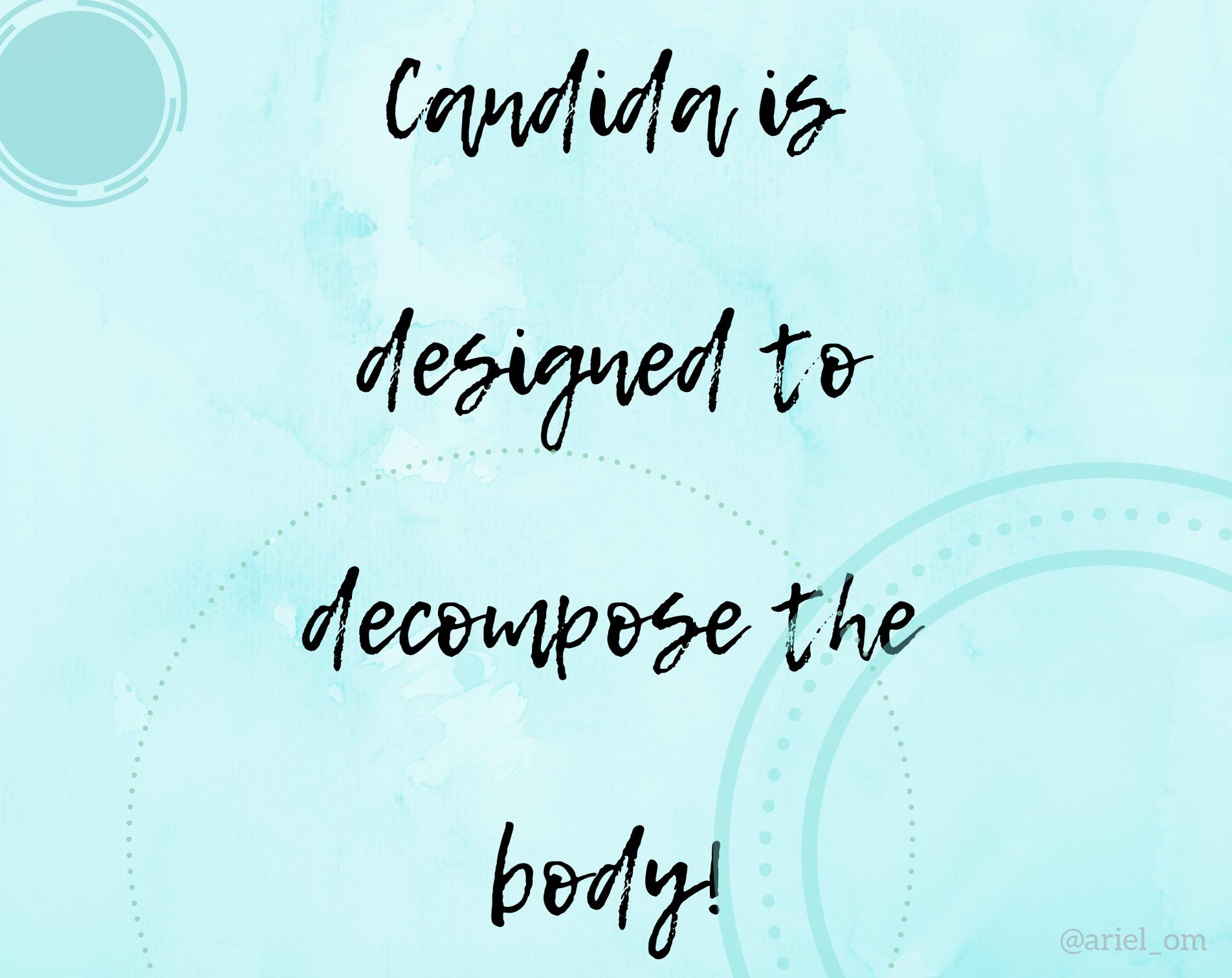
All people and mammals have Candida living in their small intestine. This is where it lives and should always stay.

● *Candida needs to stay in the small intestine*

So this small amount of Candida that lives in the small intestine is meant to live there your whole life and be a helpful aid in the digestive process of simple sugars. We'd like to think it does this quite well, but we have been seeing more and more people with an overgrowth of Candida.

This overgrowth is more serious than some might take it, even if they're not feeling acute symptoms (yet). Once candida escapes the small intestine it begins wreaking havoc on tissues and organs, wildly upsetting the balance in the body and causing more problems than one...

Why does it do this? Why does it cause so many problems?



Candida is
designed to
decompose the
body!

● You heard me right!

So when the body dies, Candida proliferates throughout the body and decomposes it so it biodegrades and returns back to its oneness with Mother Earth.

This is great for the natural balance of the body and natural systems of this planet, but think about that for a moment. If this yeast is designed to either a) digest simple sugars in the intestines while we're alive or b) decompose our bodies and organs once we die then it's no wonder our bodies freak out once it leaves the safe haven of the small intestine - it's literally trying to break us down!

Okay, keep reading for the good news...

● We are alive and we got this!

Okay there's still lots of good news to come.

First off, we are alive and not dead so technically the candida is not actually decomposing our tissues and organs, though it is still poisoning parts of us to a degree. This is why we feel so many symptoms and imbalances. It's simply not meant to live in large amounts outside of the small intestine.

Second, there's ways to kill the excess candida and summon it back to the bellows, if you will, its natural home in the small intestines and keep it in balance!



Causes and symptoms

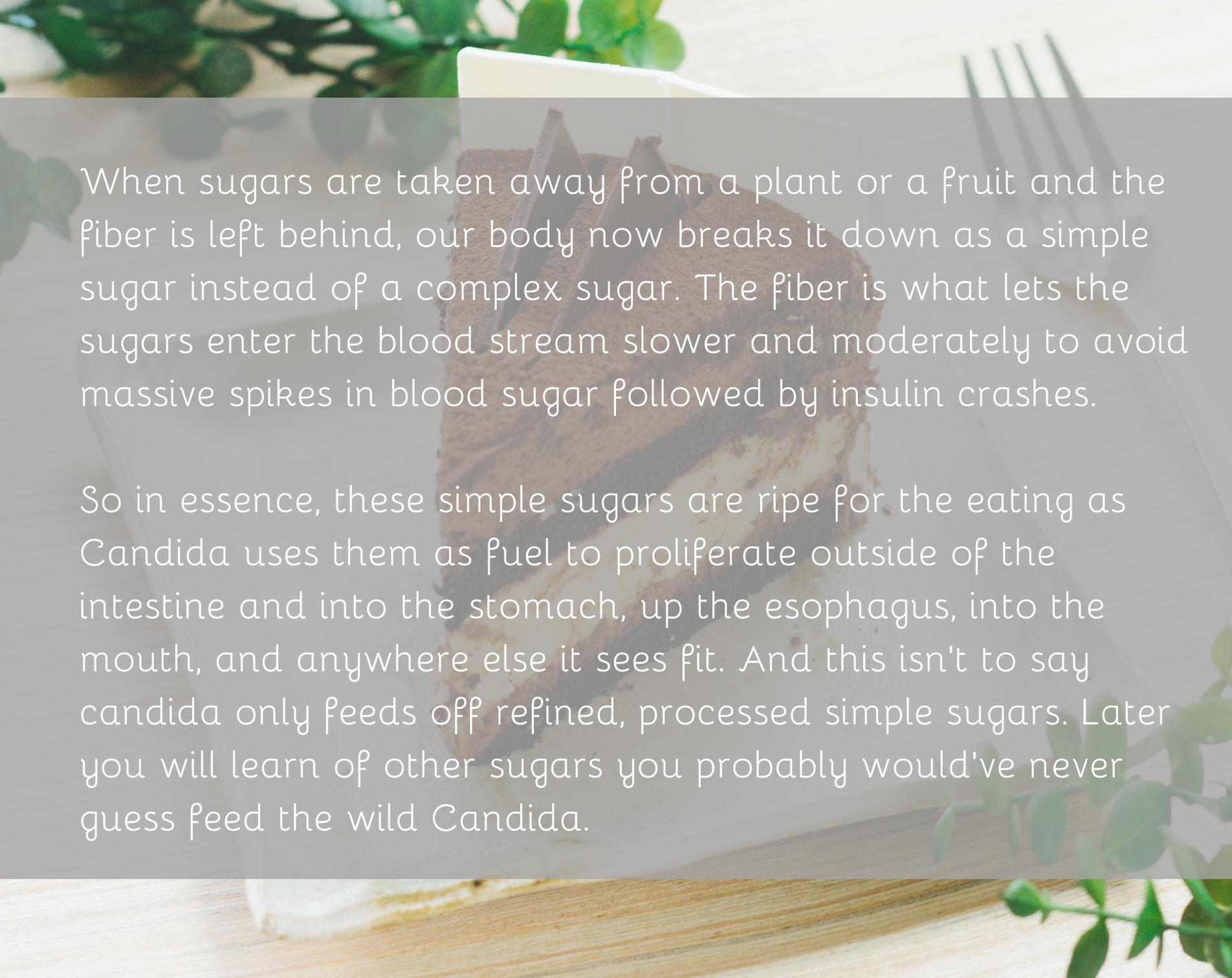
It seems like with most dis-ease in the body there's not just one thing that causes it. Candida is no different, though there are some major factors that contribute to its proliferation. The 3 main causes can be attributed to:

1. An excess consumption of simple sugars
2. Low digestive fire/heat in the body
3. Stress/trauma/suppressed emotions

1. Excess Sugar Consumption

Our country's diet is riddled with highly processed, refined sugars, flours, and starches. It in itself is an epidemic not to mention obesity, cancer, and the numerous other diseases that are caused from an excess consumption of these food groups.

Our bodies are not designed to be taking in the amounts and types of sugars many currently consume. We often separate parts of foods and take just the sugar or just a specific protein like gluten to make processed foods that seem so good in the moment. But that's all it is, a moment. Unfortunately, that moment has now turned into Candida!

A slice of chocolate cake is presented on a white plate. The cake is dusted with cocoa powder and garnished with chocolate shavings. A silver fork is placed to the right of the plate. The entire scene is set against a background of green foliage. A semi-transparent grey text box is overlaid on the image, containing two paragraphs of text.

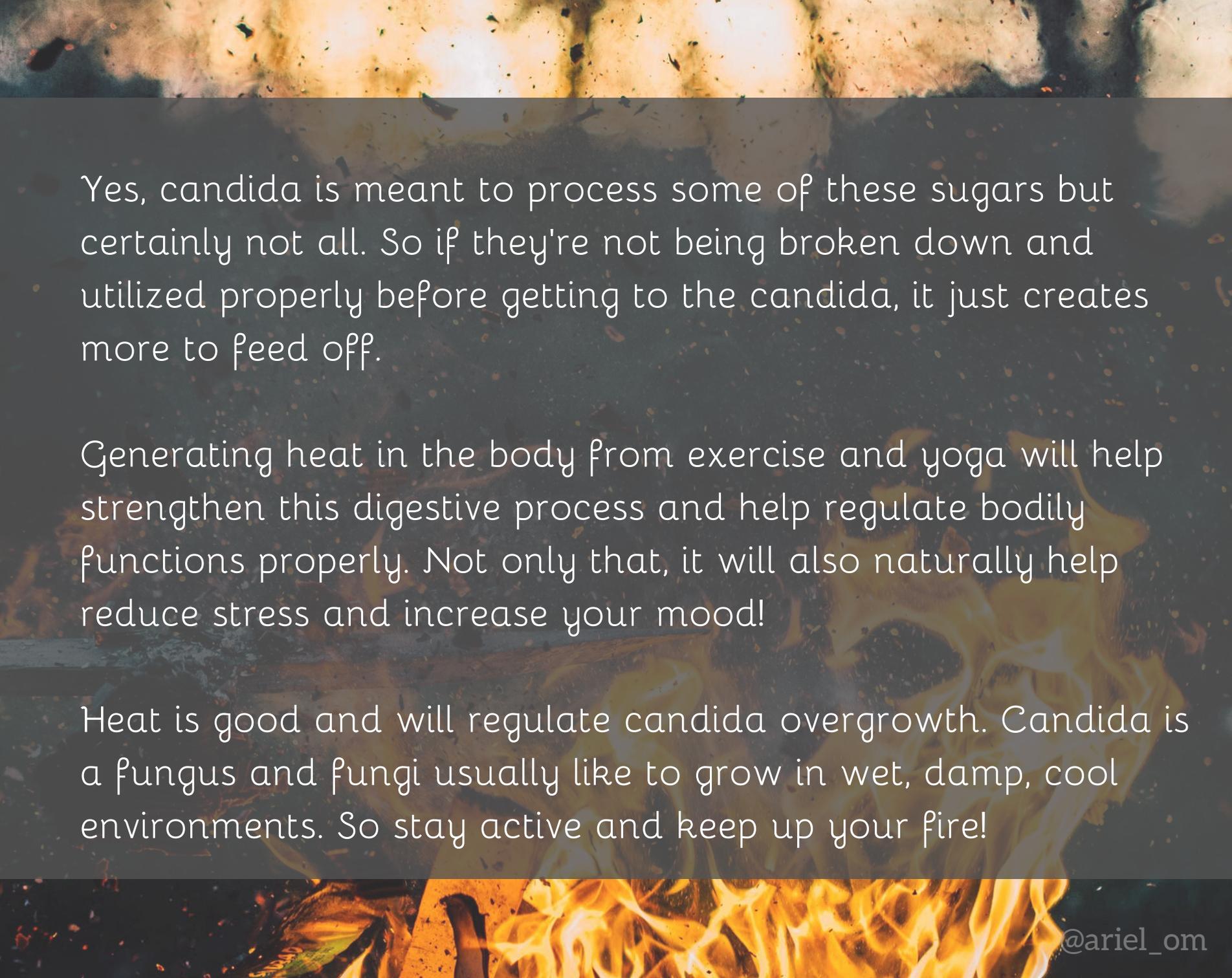
When sugars are taken away from a plant or a fruit and the fiber is left behind, our body now breaks it down as a simple sugar instead of a complex sugar. The fiber is what lets the sugars enter the blood stream slower and moderately to avoid massive spikes in blood sugar followed by insulin crashes.

So in essence, these simple sugars are ripe for the eating as Candida uses them as fuel to proliferate outside of the intestine and into the stomach, up the esophagus, into the mouth, and anywhere else it sees fit. And this isn't to say candida only feeds off refined, processed simple sugars. Later you will learn of other sugars you probably would've never guess feed the wild Candida.

2. Low Digestive Fire & Body Heat

A strong digestive fire, otherwise known as digestive bile, enzymes, etc. are critical to maintaining a strong and healthy body. If improper digestion goes on for too long one can feel malnourished, chronically hungry or frequently nauseous, weak immune system, poor tissue regeneration, and of course risk of candida overgrowth.

There are many health issues that come from long-term, poor digestion and if foods aren't coming through properly digested by a strong fire, candida can more easily eat up the left over sugars because they haven't been broken down by anything else.



Yes, candida is meant to process some of these sugars but certainly not all. So if they're not being broken down and utilized properly before getting to the candida, it just creates more to feed off.

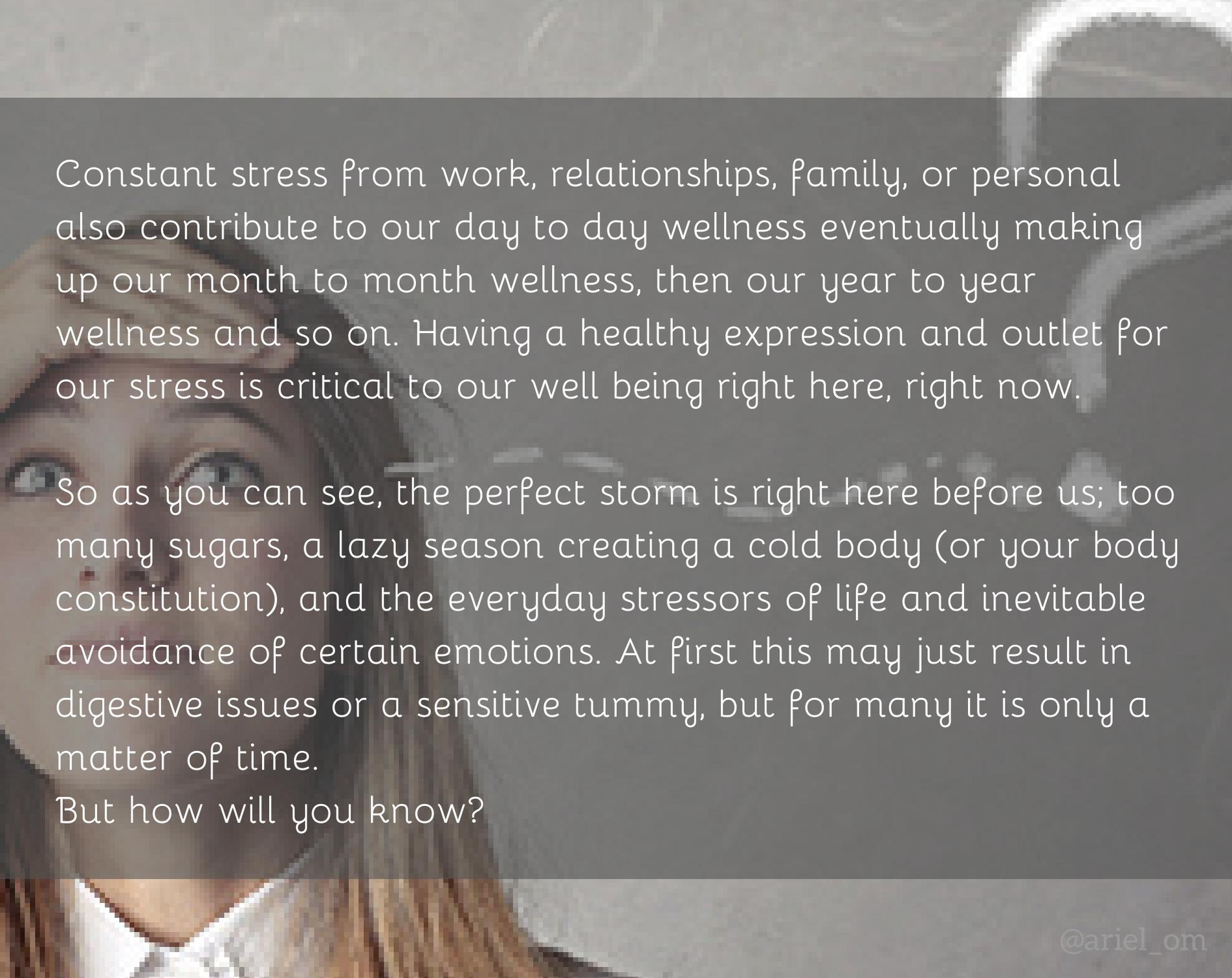
Generating heat in the body from exercise and yoga will help strengthen this digestive process and help regulate bodily functions properly. Not only that, it will also naturally help reduce stress and increase your mood!

Heat is good and will regulate candida overgrowth. Candida is a fungus and fungi usually like to grow in wet, damp, cool environments. So stay active and keep up your fire!

3. Stress/Trauma/Suppressed Emotions

This is a major factor when issues like Candida begin proliferating. It's often never just the cause of food or bodily issues. The body is a store house of all the emotions we've ever felt. Different emotions store themselves in different parts of the body and I often say the longer you've been suppressing them and the more of a karmic lesson it is for you, the further down you'll find it within the body.

So when suppressed emotions find their way into the gut, it is often associated with sadness, guilt, and shame and our connection to safety and security in this life (or previous).



Constant stress from work, relationships, family, or personal also contribute to our day to day wellness eventually making up our month to month wellness, then our year to year wellness and so on. Having a healthy expression and outlet for our stress is critical to our well being right here, right now.

So as you can see, the perfect storm is right here before us; too many sugars, a lazy season creating a cold body (or your body constitution), and the everyday stressors of life and inevitable avoidance of certain emotions. At first this may just result in digestive issues or a sensitive tummy, but for many it is only a matter of time.

But how will you know?

Symptoms:

- › Headaches
- › Dizziness
- › Exhaustion/Lethary
- › Bloating/Gas
- › Stomachaches
- › Mood swings
- › Nausea
- › Weakness
- › BV (Bacterial Vaginosis)
- › Vaginal Yeast Infections
- › Red patches under the skin
- › Itchy, patchy scalp
- › Cystic acne and breakouts
- › Bad breath

I've had em' all!

I've personally struggled with ALL these symptoms. No, this doesn't mean you're icky or inadequate or whatever other self-deprecation you can think of - you just need a little guidance! Your body wants to be well, I promise you!



Feeling Overwhelmed?

Your body works day in and day out to cultivate balance so when I say your body wants to be well, I mean that literally! It's automatic setting is 'keep the body balanced'.

I totally feel for you, I've been there and it can feel completely overwhelming - at first...

You're not alone; I am here for you among countless others! I am here for all the support and guidance I can give you. ❤️

Ready to commit to
your future of...

health
happiness
joy?

Let's dive in!

The Protocol

*THIS PROTOCOL IS MEANT TO BE FOLLOWED
FOR A MINIMUM OF 3 MONTHS*

Okay, I may have heard some of you panic, but fear not! With the ability to make this completely unique to your needs and preferences, I promise you can do it!

It is super important you remain committed to your health and happiness here and not stray from the beaten path. Most people don't rid themselves of Candida because they don't stick it out long enough. The more severe, the longer the commitment. But the 3 months is the minimum requirement to fully put candida literally back in its place.

The Protocol

DO'S & DON'TS

Here comes a long list to read carefully, but hang in there till the end where I'll be waiting with words of encouragement, hope, and support!

I'll always give options where I can and don't think just because it says you can't have X, Y, and Z doesn't mean there isn't a perfectly pleasant alternative waiting to be discovered!

At the end I will offer my services, cookbook, and help create any Candida-friendly dish you'd like - we can reinvent your favorite!

- **Don't** eat from the lily family which contain garlic and onions. Garlic and onions contain sulfate sugars and only candida can feed off them. It's essentially the candida special and needs to be avoided entirely. This includes scallions (green onions).
- **Do** feel free to introduce leeks in moderation after a couple months as they are lowest in sulfate sugars in the lily family. Celery, fennel, asafoetida, & black mustard seed can also be a nice substitute for flavor.
- **Don't** eat any refined or artificial sweeteners. This includes everything from white, brown, raw, to include stevia, xylitol, honey, agave, coconut sugar and any other natural or artificial sweeteners. This includes no dried fruits.
- **Do** feel free to sweeten everything with FRESH fruits, not dried. After a month or two, you can use dates and figs moderately. See my cookbook for more sweetener ideas.

- **Don't** eat thickeners or starches for the first couple months; xanthum gum, guar gum, gellan gum, carrageenan (this one is to never be eaten), tapioca starch, arrowroot starch, potato starch, etc.
- **Do** feel free to introduce arrowroot flour/starch and tapioca flour/starch in TRACE amounts after a couple months of cleansing. To thicken, try using almond or coconut flours.

- **Don't** eat any gluten, yeast, or refined flours including gluten free flour; wheat flour, rice flour, buckwheat flour, chickpea flour, corn flour (or any refined corn products, only fresh can be had) cassava flour, tapioca flour, potato flour. *Note that even soy sauce has gluten in it.

- **Do** feel free to eat almond flour, coconut flour, oat flour (minimal at first), quinoa flour, any other nut or seed flours. After a couple months, *trace* amounts of cassava, potato, and tapioca will be okay occasionally, but not as 1st ingredient. *Replace soy sauce with liquid aminos or tamari.
- **Don't** eat white rice and usually brown rice is to be eliminated as well. After a couple months you can have brown rice introduced moderately.
- **Do** feel free to have as much quinoa as you like and be sure it is sprouted! You can easily sprout it at home in 2 hours. You can also have whole oats and buckwheat.

- **Don't** eat nuts, seeds, legumes, or grains that haven't been properly soaked or sprouted. Many molds and fungus live inside all these foods and need to be purified and activated to become bio-available.
- **Do** soak in water w/ *Kitchen Grade H₂O₂ (and sprout if you can). Killing off molds and fungus will be crucial as candida likes to eat off those things too and its rough on the system.
- **Don't** eat soy protein isolate* – isolates are always hard to digest but I find soy protein is some of the most challenging. Candida doesn't necessarily feed off it, but it will overwhelm an already compromised digestive system.
- **Do** feel free to eat whole *organic edamame (soy beans), sprouted tofu, or tempeh. Try and consume foods in their whole form.

- *Don't* consume GMOs – the insecticides, herbicides, and unnatural genome sequences wreak havoc on an already compromised digestive (and maybe what started it in the first place).
- *Do* partake in organic produce all the times! Fresh fruits and veggies. The dirty dozen and clean 15 will let you know what absolutely needs to be organic and where you can opt for conventional.

- *Don't* eat fried potatoes to include pan fried, french fries, home-fries, hash browns, etc. Unfortunately it changes their starches and candida can then feed off them readily. This will also mean no potato chips that are fried.
- *Do* feel free to eat baked or boiled potatoes, sweet potatoes, squash, yams, etc. But do note that regular potatoes should always be peeled if they're store bought and/or sprouting.

- *Don't* drink alcohol as much as you can avoid it. Especially wine because of the sulfates. If you must drink opt for hard liquor (without syrup or sweets added) or lagers.

- *Don't* drink reverse osmosis water. Because its ions are unstable it will steal minerals from your body in order to balance its ions. You need everything you can get to help heal your digestion and with it being compromised, there's already a natural vitamin/mineral deficiency occurring.

- *Do* drink alkaline water, purified water, magnesium water, and definitely fluoride-free water. Haul water from natural springs as often as possible to make sure you're getting proper hydration.

Focus for Supplements

- > Gut Support
- > Immune Support
- > Cortisol Management
- > Balance Vitamin & Mineral Deficiencies

Supplements:

- 3-5 thousand IU of Raw Vitamin C daily to include lots of fresh fruits
- Oil of Oregano - 1 capsule between meals as directed 2x a day, 3x a week for the first month. Then stop taking it. This is a natural antibiotic and kills candida but you only want to take it medicinally for a short time.
- 2 caps/tabs of Triphala in the AM & PM (4 caps/ tabs per day) or drink equivalent powdered for the first month. After you're done taking oregano oil in the 2nd month, up the triphala to 3 caps/tabs (6 caps/tabs per day) or drink equivalent powdered. This should all be done on as empty of a stomach as possible.

- After the first month and you're into the 2nd month with no oregano oil, start taking a high quality probiotic. I would go for the brand Garden of Life RAW Men's Probiotics because their strands are more diverse. This is an important time to slowly start rebuilding a healthy gut biome. You can slow down the 3rd month.
- Even people without candida are highly vitamin and mineral deficient in the following vitamins and people with compromised digestion and candida surely are very deficient. Take these set of Vitamins/Minerals daily to replenish your energy. I call them 'The Dailys': liquid magnesium, vitamin D, B-complex, B-12, Zinc, iodoral, selenium, niacinamide. *Iodoral and selenium need to be taken together every time.
- 1 tsp Ashwagandha daily with quality oil like flax or coconut. Make a tonic with coconut milk and add the ashwagandha that way. You can build up to 2 tsp or more, this herb is magic for killing and managing cortisol in the body!

Helpful Extras:

A few helpful extra supplements to replenish any depletion and help with inflammation and immunity. These are some of my top picks and wouldn't skip them if possible!

- Organic Spirulina Powder or Capsules
- Organic Barley Grass Juice Powder or Capsules
- Turmeric & Black Pepper Capsules (I make these) but feel free to take Turmeric Capsules and then sprinkle black pepper into a flax or hemp oil and take altogether. The turmeric needs the black pepper and an oil to be most effective.
- Flax oil &/or Hemp Oil for healthy omega 3s which are anti-inflammatory
- Digestive Enzymes as training wheels while building a healthy digestive fire

What to expect

I just want to take note on a few things to expect while you embark on this healing journey. The first month you're doing A TON of resetting and embarking on a lot of change. This can be exciting for some and overwhelming for others so don't forget I am here to support you!

During the first month you'll be experiencing a lot of die off from the candida which sometimes feels like similar symptoms as when the candida is proliferating. I know that's confusing but stay confident that even though your headaches, stomachaches, or bloating may seem worse than usual, it's a result the candida is dying inside your body. So it's good news!

The second month is really focused on regaining a healthy gut biome

and getting into the rhythm of your new found way of eating. So the oregano oil in the first month is killing lots of candida, it's also an antibiotic and messing with the healthy bacteria in your gut. So the probiotics protocol in the 2nd month is critical and to discontinue taking the oregano oil. I also found the 2nd month is when a lot of the dormant, suppressed emotions started bubbling up so just notice that and love yourself!

I feel after the hell of the first month and beginning of the 2nd, once you're well into the 2nd and 3rd months of the cleanse is when you really start noticing changes and improvement. It seems like a long time to wait to see improvement and depending on your severity it may take less or more time, but you can feel and see the fruits of your labor! And in the grand scheme of life, what's a few months? After the 3 months, you should introduce new foods very SLOWLY, give your body time to decide what it likes.

Looking for extra support?

If you're feeling overwhelmed, alone, or really just want more information and support on how to move through all of this, I am here for you in multiple ways!

- If you want to know your Ayurvedic body type and how it is affected by this cleanse and more, I can help!
- If you want to know more about deeper healing and want support, I can also help!
- If you want my cookbook to help guide your healing journey and/or want any recommended texts, I can do that too!

Get a FREE session!

Schedule a FREE 20 minute session where you can express your dreams, frustrations, visions, obstacles, and anything else to see if I can help you along the way through your transformative healing journey towards your highest potential! Contact me with any questions, concerns, or just to share your story!

Consider an astrology chart reading to dive further into self-awareness and discover hidden depths of your unconscious dreams and desires and where karmic obstacles might be in your way. Explore more at www.shantiantara.com

Check out my Candida-friendly cookbook full of healthy, yummy treats, drinks, and meals plus more insightful information on my website! Injoy!

That's it!

You've made it to the end and hopefully with as little overwhelm as possible. I have SO MUCH confidence that you can do this and you can regain your health and happiness back with a strong commitment to Yourself!

People often ask me how I do it, how I stay on my healing path and it's not because I was born with incredible will power - I wasn't! I have just gotten to points in my life where my wellness is more interesting than any of the distractions or addictions afflicting me.

Your wellness is more interesting and will make your life more interesting, exciting, and enjoyable if you just say YES to to YOU!