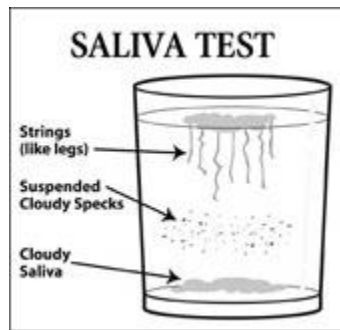


## Simple Test For Candida

Before bed at night, place a clear glass of water at your bedside. First thing in the morning, before you put ANYTHING in your mouth, work up a bit of saliva, then spit it into the glass of water.

Check the water after a moment or within 2-3 minutes.



If you have a candida yeast overgrowth, you will see strings (like cloudy legs) traveling down into the water from the saliva floating on the top, or "cloudy" saliva will sink to the bottom of the glass, or cloudy specks will seem to be suspended in the water.

If there are no strings and the saliva is still floating after at least one hour, you are probably in balance with your intestinal flora.

The more strings and cloudiness there is and the faster it develops, the greater the overgrowth.



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