Candida Yeast Test

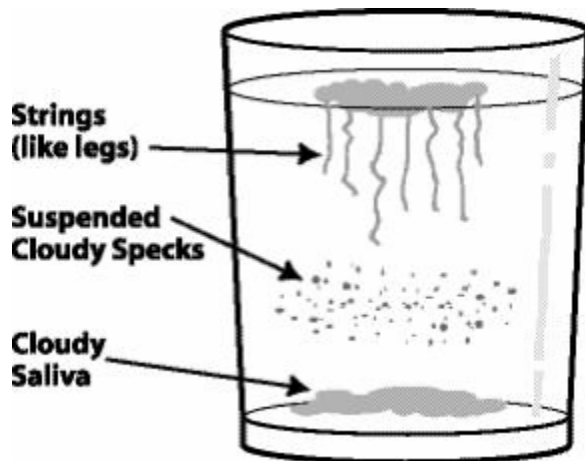**Not sure if you have Candidiasis - the condition caused by an overgrowth of candida? Take the simple, free candida test to find out NOW!**

First thing in the morning, before you put **ANYTHING** in your mouth, fill a clear glass with room temperature **bottled water.** Do not use tap water to eliminate the possibility of mineral and chemical contamination.

Work up a bit of saliva, and then spit it into the glass of water. Check the water every 15 minutes or so for up to one hour.

If you have **candidiasis**, you will see **strings** (like 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 probably have Candida under control. **Congratulations.**

Be advised that Candidiasis is a serious condition that can be very difficult to deal with, especially if it has had enough time to become established.

Be sure to speak to your health care professional about your condition and concerns.

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