

## SALIVA TEST



When you awake in the morning, before you put anything into your mouth, work up some saliva and deposit it into a clear glass of water. After about 15 to 30 minutes, look through the side of the glass. If there are strings coming down from your saliva, or if the water turned cloudy, or if your saliva sank to the bottom...

**YOU MAY HAVE A YEAST OR FUNGAL CONCERN!**

### SIMPLE and FREE CANDIDA SALIVA TEST

How do you know if you have candida? This saliva test is a good indicator of candida and you can do it yourself!.

You may want to put out a glass of water in the bathroom or on the nightstand the night before you wish to do the test just to remind yourself not to brush your teeth prior to spitting into the glass.

Yes, we **have** seen people test negative for yeast with this test. If you do **NOT** have a yeast concern, your saliva should stay at the top of the glass and will eventually dissipate.

If you have candida, the test should look like this. You may have all or only one of the elements shown here.