

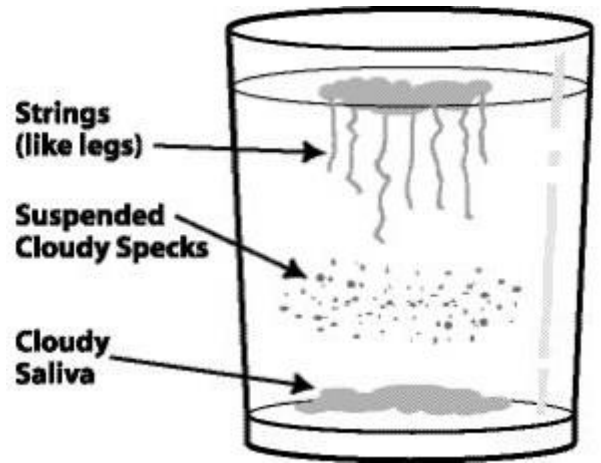
## The Simple At-home Spit Test for Candida

The Spit Test, so named since it is based on, well, your spit, is an at-home test that can be done to find out if fungus, yeast, or candida is well established in your body. To rule out the possibility that it's dairy sensitivity or dehydration, there are a few things that need to be done beforehand. You should avoid all dairy for ten days before to the test in order to confirm that yeast is, in fact, the cause of the saliva testing positive for candida. Moreover, make sure you are not dehydrated. A decent guideline is to drink one liter of water for every fifty pounds of body weight. This is a wonderful way to gauge your water intake consistently.

### The Actual Spit Test:

Following a 10-day period during which you abstain from dairy and consume sufficient amounts of water, the following procedures will be followed for the Spit test:

- Fill a clear glass with room temperature water first thing in the morning before you eat, brush your teeth, or take anything else.
- After working up saliva to the size of a dime, carefully spit it into the glass of water.
- After 45 minutes, examine the saliva for one of the following:
  - o "String-like" formations that descend from the water's surface made of saliva
  - o Hazy saliva at the base of the cup
  - o Transparent saliva particles in the center of the cup



If one of these three indicators appears, it most likely a candida overgrowth.

The spit alters when the candida goes away. In my experience, when clients undergo the Spit test in addition to an Anti-Candida Antibodies blood test, both tests yield the same results, despite the lack of scientific evidence supporting this procedure. It would be wise to see your practitioner if the results of your Spit Test indicate that you have candida.