

## FREE and EASY Candida Yeast Test

### Might I have a problem with Candida Yeast?

You can try this simple test to find out.

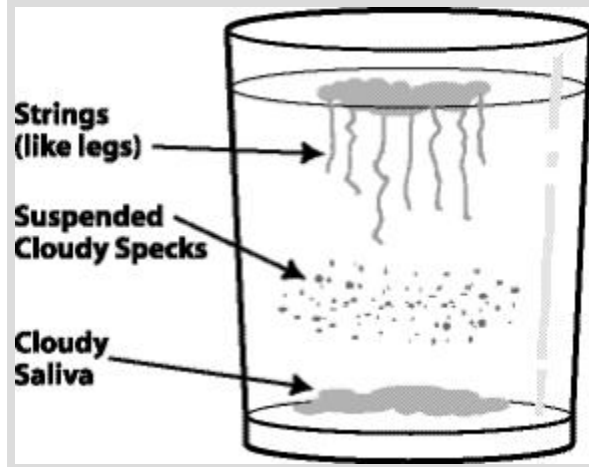
First thing in the morning, before you put **ANYTHING** in your mouth, fill a clear glass with room temperature **Bottled Water**.

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

If you have a **potential problem**, 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, and have nothing to worry about. **Congratulations.**

### ! The Results



What can I do if the test shows positive?

**Talk** this over with your health care provider, as soon as possible.

Be aware that a Candida Yeast problem can be pretty difficult to deal with, especially after it has had enough time to get established and be causing you problems.

It may not be easy, and it may take a while to impact the situation, be patient, and work on it everyday.

**Your good health is at stake!**