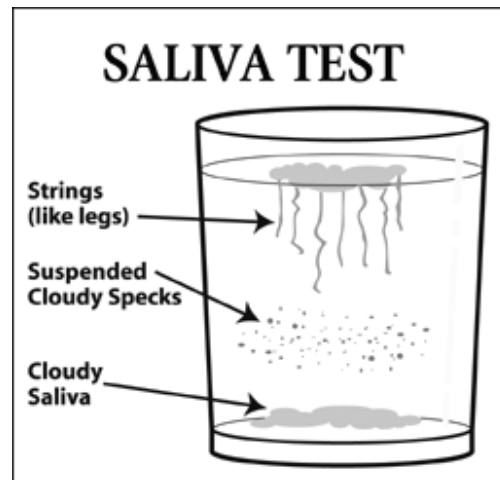




# Do-it-yourself Candida Test

\*\*I recommend putting a clear glass with water by your bed at night to remind you in the AM.



1. First thing in the morning before putting anything in the mouth, spit into a glass of water.
2. Does anything sink into the glass right away? If not, check the water every 5 minutes for 20 minutes.
3. If you see strings (like legs) traveling down into the water from the saliva floating on the top, or “cloudy” saliva that sinks to the bottom of the glass, or cloudy specks suspended in the water then the saliva is carrying a fungal overgrowth.
4. If there are no strings and the saliva is floating after one hour, it appears that you are *Candida Free!*

Carrie will go over your results with you. Candida is responsible for metabolism issues, IBS, gas, joint pain and hormonal imbalance. If you do have Candida a protocol will be prescribed to address it.