



This simple test may help to determine whether you have an overgrowth of Candida.

However, it is a general guide and should not be used as a conclusive diagnostic test.

The results will be more accurate if you avoid dairy for a day or 2 before the test (as dairy thickens the mucus and may lead to false positive results).

How to perform the test:

1. When you get up in the morning, and before you brush your teeth, eat or drink anything, fill a glass with filtered water at room temperature.
2. Spit some saliva gently into the glass (about a dime size).
3. Come back every 20 minutes for the next hour and check your saliva.

Negative test: If your saliva floats at the top, your test is considered 'negative' and you are most likely **not** suffering from an over-growth of candida.

Positive test: if you have any those signs, you might have a candida overgrowth.

- 'Strings' coming down through the water from the saliva at the top
- Cloudy saliva sitting at the bottom of the glass

– Opaque specks of saliva suspended in the water

What should you do next?

If the test is 'positive', I recommend doing further investigation to confirm the presence of candida. The Organic Acid Test would be my first recommendations (more on that in the course).

Cutting down on processed food and sugar should be your first step to getting this overgrowth under control.