



Nourishing Therapies

Heal Your Gut. Get Your Life Back.

CANDIDA SPIT TEST

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 THIS 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 overgrowth of Candida.

Positive Test: if you have any these 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', further investigation can confirm the presence of candida, however, testing is not always reliable. The Organic Acid Test (OAT) could be a good place to start (you'll find more on this in the course).

Cutting down on gluten, dairy, sugar (sugar feeds Candida) and processed foods should be your first step when getting a Candida overgrowth under control.