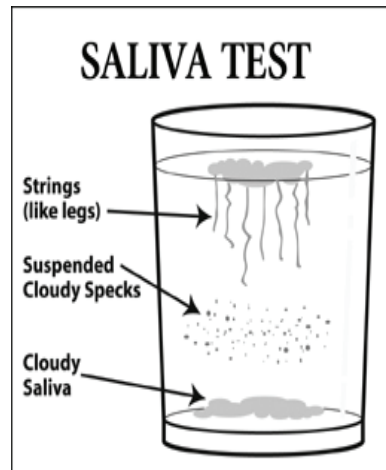


Do-it-yourself Candida Test



- Spit first sputum in the morning before putting anything in the mouth, into a glass of water.
- Check the water every 15 minutes for up to one hour.
- 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.
- If there are no strings and the saliva is floating after one hour, it appears that you are *Candida Free!*