

# Free Candida Test

The source of this test is unknown but it has been around a long time and is **quite reliable** in the diagnosis of Candida albicans overgrowth.

It is known as the *Candida saliva test* or the *Candida spit test*.

Fill a clear glass with water and place it by your bed at night. When you wake in the morning, work up a bit of saliva and spit into the glass of water. It is **important** that nothing enters your mouth or touches your lips before you do this. **Do not drink any water, do not brush your teeth and do not kiss your partner.** I'm sure they will understand just this one time!

Immediately make note of how the saliva looks. Check again 2 or 3 minutes later. Check the glass every 15 minutes until you leave for the day.

**Healthy saliva** will be clear, it will float on top and it will slowly dissolve into the water without any cloudiness and without sinking. There are normally some bubbles or foam present.

**Candida saliva** will have one or more characteristics that point to a Candida albicans overgrowth:

- Strings traveling down to the bottom of the glass
- Cloudy saliva that sinks to the bottom of the glass
- Cloudy specks suspended in the water

The more strings and cloudiness there are, and the faster it develops, the greater the Candida albicans overgrowth.

