

Do You Have Candida?

There are a variety of tests that practitioners use to diagnose yeast overgrowth, that may include stool tests, blood tests, live blood cell tests, etc., but the truth is that none of these tests are really reliable. They may or may not detect an infection of Candidiasis.

The simple most effective way to know if you have a yeast problem is by your symptoms. The very best and most accurate test is the written questionnaire that you can find in Dr. Crook's book called "The Yeast Connection." Another very effective and affordable test is called the "saliva test."

As soon as you wake up in the morning before you put anything in your mouth, get a glass of water in a clear glass that you can see through.

Collect saliva in your mouth with your tongue and spit it into the glass.

Now keep an eye on your saliva in the glass for the next 15 minutes and observe what it does.

If you see any of the following, then it indicates the possible presence of yeast colonies:

- Your saliva stays at the top and you see thin strands that look like strings or spider legs extending downward.
- Your saliva floats to the bottom and looks cloudy.
- Your saliva is suspended in mid-air and looks like little specs are floating.

See the picture below for guidance.

