

## EASY, INEXPENSIVE WAY TO TEST FOR CANDIDA

There are various ways to test for Candida.

The easiest and most inexpensive way to test for Candida is the following: Get a clear glass that is almost filled with common lukewarm tap water.

The 'first thing' you want to do when you wake up is spit in the water. You do not have to do anything extra in producing the spit; just use what is in your mouth. If you want, you can have the glass of water on your night stand.

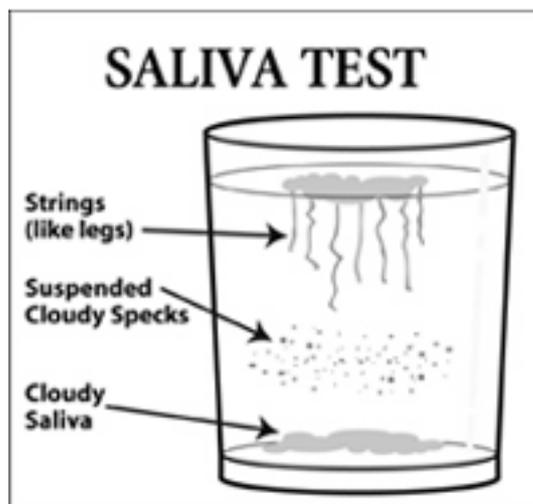
You will want to see what happens with the spit over the next hour. Just so you know, normally your spit is clear.

- a. Be aware if your spit develops stringy matter that goes from the spit on the surface of the water, through to the bottom of the glass.
- b. Be aware if your spit becomes cloudy instead of clear.
- c. Be aware if there are suspended air bubbles. Pay attention to see if the bubbles turn from clear to cloudy.
- d. Be aware if whitish sediment forms in the bottom of the glass.

If one of these conditions develops from your spit, you have a Candida overgrowth situation. The more conditions that occur, the more severe case of Candida you have. If all these conditions take place, you need to get serious with your Candida overgrowth.

You can daily take this test as long as it is the first thing you do. As your Candida goes through the "die off" process, the spit will change in different ways:

- The cloudy spit will become more lumped together than stringy.
- Air bubbles will form on the glass itself instead of being suspended in the water.
- The air bubbles will stay clear instead of becoming cloudy.
- The more the candida is eliminated, the more your spit will change.
- The goal is to get your spit and air bubbles clear with no sediment buildup in the bottom of the glass.



Fungus may develop underneath your toe and fingernails. Your nails could even become thick and discolored. If they become thick, it will hurt when you try to trim them down - they may even bleed. Why? Another living matter has taken up residency in your nail that can bleed.

Your feet may develop a whitish tone or a whitish covering on them, especially the bottoms of your feet.

A strange velvety type film may form on your tongue and/or in your mouth. It can become very gross looking. If you eat or drink something with strong pigmentation in it, the pigment coloring will saturate the velvety matter on your tongue and it will take on that color. Brushing your tongue a couple times a day will remove some of the Candida buildup and the pigment coloring. Some people use a piece of dental floss to scrape it off.

Your thought patterns can become scrambled and confused and your mind can go blank while in the middle of a sentence or thought. This is a form of brain fog.

You can be getting ready to do something you could normally do with your eyes closed. But when you want to start the process, you will look at it as if it is something new and different. Another way to say this is: You may be getting ready to do something. Though you have done it numerous times, you have difficulty starting the process or procedure.

If you don't understand either statement, you will certainly recognize it when you are faced with it. Regardless how it is affecting you, it is terribly frustrating and irritating.

You will want to go through the symptom check list and see how many complications are taking place inside you.

Alternative tests are as follows:

- A person who is well experienced in iridology can pinpoint Candida.
- Someone sensitive in kinesiology (muscle testing) can identify it.
- An experienced acupressurist will be able to pinpoint it.
- A person skilled with the use of acupuncture pulses can locate the condition.
- Vega testing can also be an accurate indicator for numerous ailments.

Certain types of testing can even determine how severe the Candida problem is. You can check your individual progress by the methods mentioned. When you feel the problem is cleared, you could even be tested by science-based techniques to assure verification.

The best test of all is when your overall health improves and you start feeling better.

## **BE AWARE!!!**

Just because you are feeling better does not mean the Candida is under control. Be careful what you eat and drink for the next few months. You don't want to get slammed with this condition again. Make sure it is cleared from your body and held in check.

Another self-test can be conducted by simply starting a Candida diet. If you feel better after a day or two while on the diet, this can be a good indicator that you have a severe Candida overgrowth condition.

Be aware of "die off. Die off can be a lot more difficult to deal with than the Candida overgrowth itself. Many or all of your symptoms can become more severe during the "die off" process. In general, it is a very difficult and trying time.

When in doubt, just do the spit test. It is quick, accurate, easy and costs you nothing.

Candida can easily trick a doctor or patient. Candida overgrowth can give the appearance to lead you to believe you have chronic fatigue syndrome, lupus, multiple sclerosis, depression, fibromyalgia, and/or rheumatoid arthritis. It is not uncommon for experienced professionals to make mistakes in properly diagnosing Candida, though very few if any will admit it. The pride factor often interferes with proper judgment and ethical conduct.