

Candida Symptoms -- Candida Tests

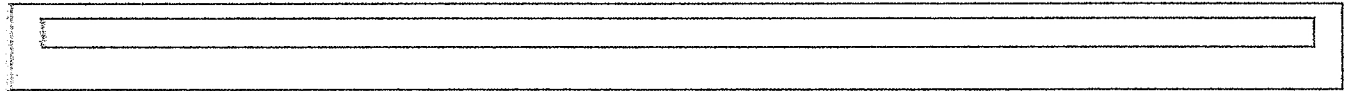
Typical Candida Yeast Infection Overgrowth Symptoms:

- Sexual dysfunction • Suicidal depression • Arthritis • Autism • Chronic hives • Fatigue • Irritability • PMS
- Digestive disorders • Muscle pain • Short attention span • Headaches • Memory loss • Vaginitis • Skin problems
- Impotence • Hyperactivity • Depression • Hypoglycemia • Menstrual problems • Urinary disorders • Respiratory problems • Food and environmental allergies • Learning difficulties

It's estimated that 85% of Americans have, or have had, a candida yeast infection. While those numbers are staggering, most people haven't a clue that yeast has grown out of control in their body, triggering a vast array of health problems.

If you are *not* sure if you have candida yeast overgrowth, try this simple test: First thing in the morning, take the "spit" test. It is very accurate, and won't cost you a penny. My experience, from talking with literally thousands of people over the last ten years, is that this simple test is at least as accurate as blood tests and stool samples. Once you've taken it, you'll know for sure if you have candida overgrowth and to what extent the overgrowth may be.

How To Tell If You Have Candida - The Free and Accurate Candida Spit Test



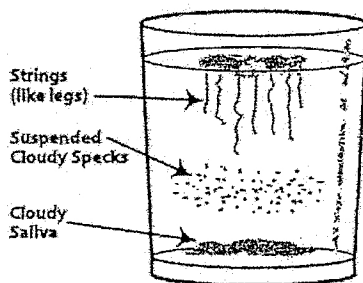
THE TEST: In the evening, put a clear glass of water by your bed. First thing in the morning, briefly rinse your mouth, swallow, then gather some saliva in your mouth and spit into the glass of water (be sure to spit out saliva, not mucus).

Keep an eye on the water for half an hour -- especially the first few minutes. If you have candida overgrowth, you will see one or more of the following:

Important: You Do NOT Have To See All Three Of These. (Stings, Floating, Stuff On Bottom)

Even Just One Of These Showing Up Indicates That You Have Candida Overgrowth.

1. Strings (legs) hanging down from the saliva.
2. Heavy-looking saliva at the bottom of the glass.
3. Cloudy specks suspended in the water.



If, within three minutes after spitting into the water, you see "strings" hanging down, cloudy specks showing up in the water, or "debris" sinking to the bottom, you most likely have extensive overgrowth, which will require more candida-fighting action on your part.

This is especially so if you see this develop almost immediately. The more you see and the faster you see it, the more candida overgrowth there is in your body.

If it takes longer than a few minutes for anything to show up, the candida is not as serious.

14. Have vaginal yeast infections or jock itch?

A yes to 3 or more of these questions indicates fungal overgrowth. Any of these other, typical, candida symptoms also count:

Low hormones, no sex drive, food allergies, allergies and chemical sensitivities, short term memory loss, persistent drowsiness, headaches, mood swings, dizziness, loss of balance, lack of coordination, ear sensitivity/ringing/itching or fluid in the ears, mucous in stools, postnasal drip, frequent colds, (recurring strep throat, sinusitis or bronchitis), heartburn, nervous irritability, tightness of the chest, white stuff in the throat or coated tongue, bad breath, thyroid problems, depression, sugar disorders.

Some disorders usually accompanied by Candida overgrowth:

Irritable Bowel Syndrome, Autism, Fibromyalgia, Cancer, Diabetes, Hypoglycemia, Chronic Fatigue, Epstein Barr Virus, Pneumonia, Lupus, Acid Reflux & Hiatal Hernia.

Ever wonder why so many women have to use progesterone cream? **Many women lack adequate amounts of progesterone because Candida devours it, and changes it into the not-so-pleasant drug, prednisone.**

In fact, drug companies farm fungus colonies, feeding them progesterone to manufacture the drug prednisone, which they then sell to consumers. Prednisone causes weight gain, muscle weakness, bone loss, and more.

This is one reason why most women are estrogen-dominant. They lack the progesterone that the candida has destroyed. This imbalance can cause acne, sagging breasts, thinning hair and, most significantly.... **migraines and depression.**

Aside from these issues, low progesterone can cause a woman's skin to become too sensitive to be touched. Furthermore, estrogen dominance is linked to breast cancer and other hormonal cancers.

Brief Diet Suggestions

Also very important to consider is a dietary change that fights candida. Try eating 9 tangerines a day or, a combination of tangerines, lemons and grapefruit. The fruit acids they contain balance pH in the intestinal tract and make the body more alkaline, which helps to fight candida.

If the saliva just floats on top and the water stays perfectly clear, you most likely *don't* have candida overgrowth.

The logic behind the test is simple.

If you have candida overgrowth, it will show up in the saliva, a friendly environment for candida. When you spit into the glass, the aerated saliva is lighter than water. However, candida is heavier than either.

Whether it sinks as "legs", falls to the bottom, or floats around in the water, all are indications of candida. The more you see, and the faster you see it, the more systemic the infection.

Candida concentrates in saliva overnight, so this test is most accurate first thing in the morning.

I suggest rinsing out your mouth first, because, if you happen to be sleeping in a room with mold, you may have mold in your mouth from the room, and that could show up in the saliva too.

Some people claim this test is not accurate, but that has not been my experience.

Out of the thousands of times I've suggested that someone do the spit test, just to confirm that they had candida, only once or twice did someone tell me that their test showed clear water with no debris — when it was obvious from all their symptoms that they had candida overgrowth.

My conclusion as to how this could happen was that their saliva was so acidic not even candida could live in it.

As further confirmation of the accuracy of the test...

No False Positives:

Among the many who tested positive, ALL had candida overgrowth.

I've heard more often, though still only rarely, from people who said their blood test or stool sample test was negative, even though they were clearly suffering, based on their symptoms and the spit test, from candida overgrowth.

So this spit test is at least as accurate as expensive tests available from doctors. In either case, it is always worthwhile to....

Confirm this test by checking to see if you have candida symptoms.

Do you....

- 1. Bloat when you eat?
- 2. Form gas when you eat?
- 3. Have acid reflux?
- 4. Have brain fog?
- 5. Have sinus or ear infections?
- 6. Suffer from fatigue for no reason?
- 7. Have a dry mouth?
- 8. Have vision that gets blurry, then clear, then blurry?
- 9. Have hypoglycemia? (shaky if meal is missed, sleepy after a meal, sweat during sleep)
- 10. Have constipation or diarrhea or both?
- 11. Have borderline anemia?
- 12. Have rashes?
- 13. Have toe nail or finger nail fungus?