

CANDIDA SPIT TEST

What is Candida? Candida is yeast invades the tissues of the GI track and thrives on sugars and carbs to survive growing in a plantlike form and sending roots into the walls of the small intestine. These roots can eventually bore holes in the intestinal wall, causing a condition known as "leaky gut" this is damage to the wall and is allowing candida, bacteria, food, pollen, environmental pollutants and other material to enter the bloodstream. Candida is then carried throughout the body & takes up residence in parts of the body like moist mucous membranes especially sinuses and lungs and will cause physical discomfort, pain, muscle aches, joint pain itchy anus, ears and vaginal area

What if I have Candida? Our first step will be to make some diet changes and provide supplements that will work with diet to kill and reduce the candida this take about 7 to 14 days and is best to do prior to starting the Shape protocol. Candida in the body can slow weight loss and create unnecessary hunger. Candida does not have to be completely gone prior to starting but needs to show improvement.

First thing in the morning, before you put **ANYTHING** in your mouth, fill a clear glass with room temperature **Bottled Water**.

Work up a bit of saliva, then spit it into the glass of water. Check the water every 15 minutes or so for up to one hour.

If you have a **potential problem**, you will see **strings** (like legs) traveling down into the water from the saliva floating on the top, or "**cloudy**" saliva will sink to the bottom of the glass, or **cloudy specks** will seem to be suspended in the water.

If there are no strings and the saliva is still floating after at least one hour, you probably have Candida under control, and have nothing to worry about. **Congratulations**

