

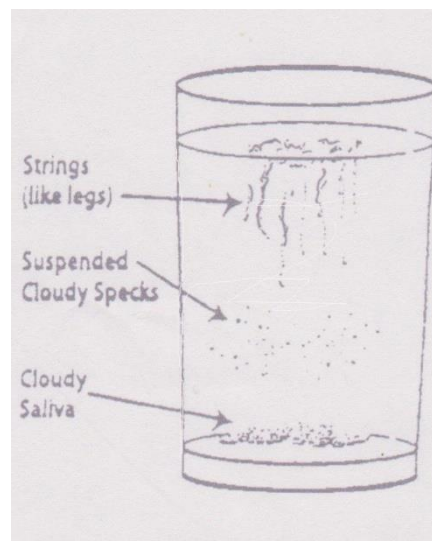


Saliva Test for Yeast (Candida albicans)

This is a do-it-yourself test to determine a possible overgrowth of fungus.

PROTOCOL AND STEPS FOR THE TEST

1. First thing upon waking – before drinking or putting anything in your mouth – spit the first sputum into a glass of fresh water.
2. Check the water every 15 minutes for up to one hour.
3. If you should observe no change in the water and the saliva is floating after an hour, then it appears you are not in a state of overgrowth of fungus.
4. If you should observe any of the following changes, then the saliva is likely carrying a fungal infection.
 1. Strings (like legs) traveling down into the water from the saliva floating on top.
 2. Cloudy specks suspended in the water.
 3. Cloudy saliva that sinks to the bottom of the glass.



A positive test for an overgrowth of fungus should be discussed with Dr. Brown for appropriate diagnosis and treatment.

Date														
Yes														
No														