

The Candida Spit Test

A simple Saliva Test for Candida is as follows:

Immediately after rising before you eat or drink anything fill a clear glass with water at room temperature. Spit some saliva into the glass of water. Then check from time to time for up to an hour to see what happens. If Candida is present, you will see one of three things, or a combination of these.

There may be strings like legs extending down into the water from the saliva floating on top

Cloudy saliva will accumulate at the bottom of the glass

Cloudy bits will remain suspended in the water.

The quicker and stronger the strings grow and the sooner the saliva sinks, the more Candida is in the sample. If there are no strings and the saliva is still floating after one hour, you probably do not have systemic Candida but may still have a localized problem in the intestines, the skin or the vagina, and you may still have dysbiosis and infestations of other pathogenic microbes.

Even after systemic Candidiasis has been eliminated the spit test may still remain positive because of fungi living within the mucous membranes of the mouth which may then regrow in the night. This may be eliminated by repeatedly swishing MMS for several minutes in the mouth before swallowing it. Alternatively you may try swishing Lugol's before swallowing, or diluted hydrogen peroxide or diluted sodium bicarbonate, the last two best before going to bed. At other times it is also good occasionally to keep culture of lactobacteria in the mouth.

[8 Important Steps to Eliminate Candida for Good](#)

[Dysbiosis, Candida and the Allergy Connection](#)

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