



# MIND BODY HEALTH RADIO



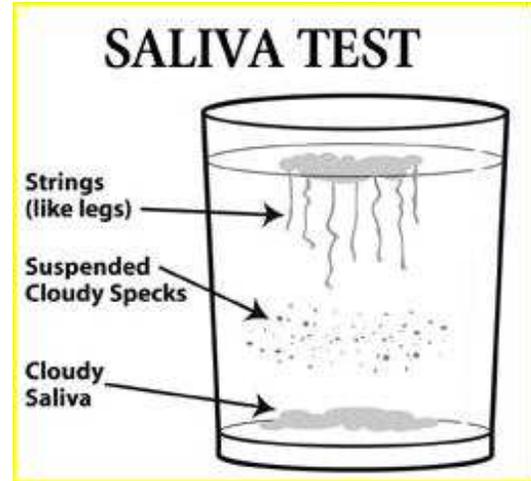
*With Jill Scott*

## Simple Home Candida Test

Here is a home Candida yeast test, one you can do in the morning. Try this Fast and Free Candida Saliva Test!

When you awake in the morning, before you put anything into your mouth, work up some saliva and spit it into a clear glass of water. Within 1-30 minutes, look in the glass. If there are strings coming down from your saliva, or if the water turned cloudy, or if your saliva sank to the bottom, **YOU MAY HAVE A CANDIDA CONCERN!** Healthy saliva will simply float on the top!

(You may want to put out a glass of water in the bathroom or on the nightstand the night before you wish to do the home Candida Saliva test, just to remind yourself not to brush your teeth prior to spitting into the glass.)



### How does it work? It's simple, really.

Candida begins in the intestinal tract, where it sets up its ongoing production. As time goes by the yeast migrates along the mucous membranes of the digestive tract into the stomach, then up the esophagus and finally into the mouth. Often, depending on how thick the yeast becomes, it can be seen in the mouth and on the tongue as a white film.

The fungal yeast mixes into the saliva and has certain properties when put into water. And that's why the saliva test is a reliable, but only a preliminary candida test.

### Up to 85% of Americans May Have Candida - DO YOU?

To learn more or to attain a full analysis or screening simply call **340-779-1504** or visit our interactive and informative New Website: **www.aTouchofWellnessVI.com** or New Facebook: **www.facebook.com/ATouchOfWellnessVI**



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