

CANDIDA SELF-TEST

Spit into a glass of water.

If you see any of the following, then it may indicate the presence of yeast colonies

- Your saliva stays at the top and you see thin downward strands.
- Your saliva is suspended and looks like little specs are floating.
- Your saliva floats to the bottom and looks cloudy.

If you see any of the above, consider the following:

- **Zymex Wafers** = 9 daily (<http://sp.biri.org>)
- **Chamomile Tea:** Use 2 teaspoons of fresh or dried herb to 16 oz of hot water. Allow to steep for at least 10 minutes. Stir in raw honey or a squeeze of fresh lemon if desired. Warning: Chamomile should be avoided by pregnant women as the herb may act as a uterine stimulant and by those that have severe allergic reactions to ragweed pollen.
- **Candida Questionnaire:** (<https://www.biri.org/pdf/forms/Candida-Questionnaire.pdf>)
- **Candida Diet:** (<https://www.biri.org/pdf/Candida-Diet.pdf>)
- **CANDIDEX®** = per label (www.healthyhabits.com)
- **MINEREX®** = per label (www.healthyhabits.com)
- **Probiotic Super-Strains** = per label (www.healthyhabits.com)