Home Candida Saliva Test

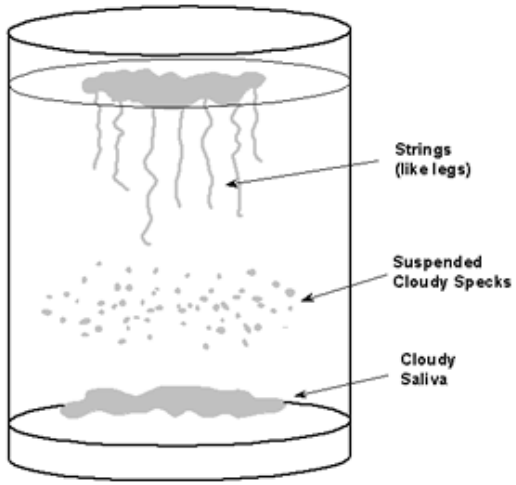
This is a quick & easy Candida yeast test, which is done first thing in the morning before eating, drinking or cleaning your teeth. This test is believed to be a reasonably reliable evaluation of Candida infections. Your doctor or natural therapist is able to confirm the results if required.

1. First thing in the morning, before you put anything in your mouth, fill a clear glass with room temperature bottled water.

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

3. If you see strings (fibers) traveling down into the water from the saliva floating on the top, cloudy specks (particles suspended in the water) or cloudy saliva that sinks to the bottom of the glass you have a Candida problem.

   Healthy saliva will float on the top of the glass.



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Candida Albicans is a naturally occurring, normally harmless yeast that is present in all our bodies and it is supposed to be there in balance with many other microorganisms. The problem begins when several factors in our lifestyle cause the Candida to grow in outstanding numbers and it overtakes all the other healthy microorganisms.

This yeast normally resides in the intestinal tract, mouth, throat and genitals, however it can enter the blood stream and then make it's way into any organ of the body. Proliferation is commonly caused by diet, prolonged stress, lowered immunity and long-term use of antibiotics.

A few of the most common Candida symptoms are:

- abdominal gas, bloating, indigestion
- headaches, migraines
- excessive fatigue
- cravings for alcohol and sugars
- anxiety, depression
- inability to think clearly or concentrate, poor memory
- low sex drive, infertility, pre-menstrual syndrome
- menstrual irregularities
- hyperactivity
- mood swings, irritability
- diarrhea and/or constipation
- itching
- thrush
- Kidney & bladder infections

Candida thrives on a high sugar diet (high GI), or in foods that quickly convert to sugar. These also include bread, white flour products. Yeast/moulds and wheat products are also best avoided.

Candida Diet Basics

-No sugar, No alcohol, No wheat, No yeast, No refined and processed foods, No mould/fungi foods, -Limites dairy (except yogurt and butter and a little cottage cheese)

Foods to Eat

-Low Carbohydrate foods
-High in Protein – meat, eggs, yoghurt
-Small amounts of complex carbohydrates
-Loads of low GI vegetable- limited fruit