**Spittle Test**

Upon awakening, **before** you brush teeth, eat or drink, fill a glass with bottled water at room temperature.

Spit some saliva gently into the glass

Come back every 20 minutes for the next hour and check for some of these tell-tale signs of Candida:

* 'Strings' coming down through the water from the saliva at the top
* Cloudy saliva sitting at the bottom of the glass
* Opaque specks of saliva suspended in the water

