

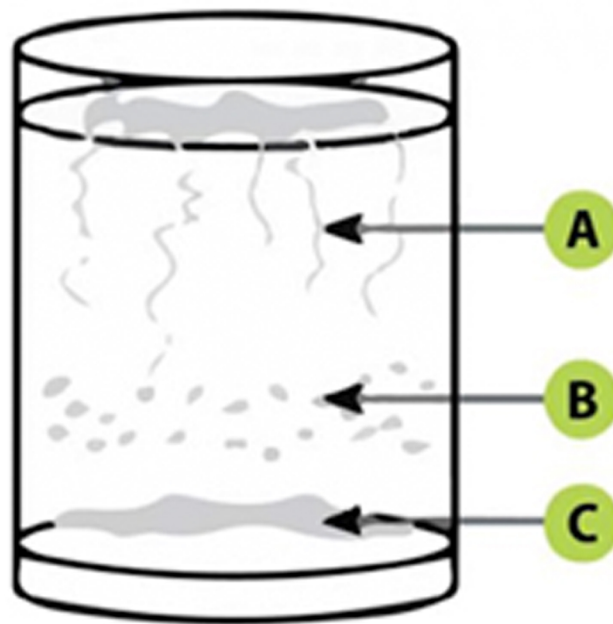
Simple and effective way to determine Candida overgrowth

Fill a clear glass 2/3's full of purified water (RO, Spring water)

As soon as you get up in the AM, work up your saliva

Drop the saliva into the glass

Check the glass at 15 minute intervals for 1 hr.



A - Jellyfish like stringy tentacles dripping down into the water.

B - Particles, cloudy specks suspended in the water.

C - Cloudy saliva sinks to the bottom of the glass

Healthy saliva without candida overgrowth will disappear into the water.

Candida is a normally present bacteria of the body. However, if it gets out of control it becomes an endocrine disrupter and strains the immune system. This simple test is a good and affordable indicator.

Visit the BTH Candida Blog and see our Candida Recovery Protocol
www.goldeenbridgetohealth.com