

# Iridology Life

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## Simple Home Candida Test

Try this simple test to see if you have candida. First thing in the morning, before you put ANYTHING in your mouth, get a clear glass. Fill the glass with water and work up a bit of saliva. Then spit it into the glass of water. Check the water every 15 minutes or so for up to one hour. If you have a candida yeast infection, you will see strings (like legs) traveling down into the water from the saliva floating to the top, or “cloudy” saliva will sink to the bottom of the glass, or cloudy specks will seem to be suspended in the water. If there are no strings and the saliva is still floating after at least one hour, you are probably candida free. We are always exposed to candida and it is always living in our guts in the yeast form. We just don’t want it to overgrow, or to morph into the fungal form.

A standard and universally accepted written questionnaire was developed by Dr. William G. Crook. It is used to help you and your doctor determine the level of yeast infection in your body. It can be a real eye opener, as most people don’t realize all of the symptoms they are suffering with are yeast related. To take the Long Questionnaire, go to [www.candidafree.net](http://www.candidafree.net) and click on Yeast Tests.

Take this test for six days and record your results below:

Date and Results:

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