**Candida Test**

Almost 90% of the United States population is said to be affected by Candida according to numerous health professionals in the country. Knowing how to give yourself an at home **Candida test** is the best way to recognize the Candida symptoms as soon as they develop. Candida typically causes infections in the mouth and genitals but they have been known to cover other areas of the body. For oral Candida, or better known as thrush, slightly raised white bumps will appear inside of the mouth. They will often resemble cottage cheese and can appear on the tongue, throat, cheeks or roof of the mouth.

**Simple Home Candida Test**

Here is a home Candida yeast test, one you can do in the morning. We do not know the source of this home Candida test but it's been around a long time and is thought to be quite reliable in the evaluation of Candida symptoms:

**Up to 85% of Americans May Have Candida - DO YOU?**

**Try this Fast and FREE Candida Saliva Test!**

When you awake in the morning, before you put anything into your mouth, work up some saliva and spit it into a clear glass of water. Within 1-30 minutes, look in the glass. If there are strings coming down from your saliva, or if the water turned cloudy, or if your saliva sank to the bottom, YOU MAY HAVE A CANDIDA CONCERN!

Healthy saliva will simply float on the top!

(You may want to put out a glass of water in the bathroom or on the nightstand the night before you wish to do the home Candida Saliva test, just to remind yourself not to brush your teeth prior to spitting into the glass.)

Why does this work?

Candida overgrowth begins in the colon. Over time, as the fungal yeast multiplies it begins to migrate through the digestive tract, moving up into the small intestine, then the stomach (bloating, indigestion), up the esophagus and into the mouth. If it becomes strongly entrenched there you can see a white film on your tongue and inside your cheeks. Once it has moved up to the mouth and you spit into a glass of water the yeast will sink because it is heavier than water. If there is no yeast it will float on top.

**How to give yourself a Candida test**

Candida of the genitals is more commonly known as a yeast [infection and the symptoms](http://ea2c2gylzftp7z72kgqap7sp00.hop.clickbank.net/?tid=CURECADIDA) will vary depending on if you are a male or female. Vaginal yeast infections will have a thick, creamy discharge and the vagina may be red, sore and very itchy. Males may see the same white raised bumps from the oral Candida around the base of their penis. The head of their penis may also become inflamed, sore, red or itchy.

There are easy ways to test yourself at home for the Candida fungus without having to pay for expensive test kits or for your physician to check you out. When you wake up in the morning do not put anything in your mouth, including water and mouthwash. Go to your kitchen and get a clear glass and then fill it almost full with water. You will need to work up some saliva in your mouth until you are able to spit a good amount into the glass of water. Signs of Candida will show up within 15 minutes of doing this test if you do have the infection. If you notice that your saliva is turning into string looking shapes that move throughout the water then you probably have the infection. After an hour if your saliva is still sitting on top of the water then your body is yeast free. Recognizing the [Candida symptoms](http://ea2c2gylzftp7z72kgqap7sp00.hop.clickbank.net/?tid=CURECADIDA) early can help ensure that you treat the infection thoroughly and to help avoid it from returning again. Men and women experiencing the above symptoms along with these should seek treatment for the Candida.

• Bloating, constipation or diarrhea
• Persistent vaginal burning/itching
• Troublesome vaginal discharge
• Prostatitis
• Impotence or loss of sexual desire
• Endometriosis, PMS, menstrual irregularities, or other reproductive organ concerns
• Spots in front of the eyes; erratic vision
• Fatigue or “feeling drained
• Poor memory; feeling spacey or “unreal”
• Depression
• Numbness, burning or tingling
• Muscle aches, weakness or paralysis
• Pain and/or swelling joints
• Abdominal pain

When the at home *Candida test* comes up positive, then you should consider your treatment options. Creams, pills, sprays and a ton of natural herbs out there have been said to clear up the symptoms and the infection if you use them right and for a period of time. With these self tests we can be aware of infections at first sign.

**Evaluate your own Child's Candida**

You can easily evaluate your child's Candida symptoms and likelihood that he or she has acquired candida yeast overgrowth. It was developed by Dr. William Crook, a pioneer in the diagnosis of children's candida:

**Yeast Questionnaire for Children's Candida**

Scoring this children's Candida questionnaire should help you and your physician evaluate the role Candida Albicans contributes to your child's health problems.

Top of Form

1. During the 2 years before your child was born, were you bothered by recurrent vaginitis, menstrual irregularities, premenstrual tension, fatigue, headache, depression, digestive disorders or “feeling bad all over? (30 points)

No Yes

2. Was your child bothered by Thrush (white coating on tongue or lips)? (Score 10 if mild, score 20 if severe)

No Mild Severe

3. Was your child bothered by frequent diaper rashes in infancy? (Score 10 if mild, score 20 if severe or persistent)

No Mild Severe

4. During infancy, was your child bothered by colic and irritability lasting over 3 months? (Score 10 if mild, score 20 if moderate to severe)

No Mild Severe

5. Are his/her symptoms worse on damp days or in damp or moldy places? (20 points)

No Yes

6. Has your child been bothered by recurrent or persistent "athlete’s foot" or chronic fungus infections on his/her skin or nails? (30 points)

No Yes

7. Has your child been bothered by recurrent hives, eczema or other skin problems? (10 points)

No Yes

8. Has your child received?

a. 4 or more courses of antibiotic drugs during the past year? Or has he/she received continuous “prophylactic? Courses of antibiotic drugs? (60 points)

No Yes

b. 8 or more courses of “broad spectrum? Antibiotics (such as amoxicillin, Keflex, Septr, Bactrim or Ceclor) during the past three years? (40 points)

No Yes

9. Has your child experienced recurrent ear problems? (20 points)

No Yes

10. Has your child had tubes inserted in his/her ears? (10 points)

No Yes

11. Has your child been labeled “hyperactive? (Score 10 if mild, score 20 if moderate to severe)

No Mild Moderate to Severe

12. Is your child bothered by learning problems (even though his/her early development history was normal)? (10 points)

No Yes

13. Does your child have a short attention span? (10 points)

No Yes

14. Is your child persistently irritable, unhappy and hard to please? (10 points)

No Yes

15. Has your child been bothered by persistent or recurrent digestive problems, including constipation, diarrhea, bloating or excessive gas? (Score 10 if mild; score 20 if moderate; score 30 if severe)

No Mild Moderate Severe

16. Has your child been bothered by persistent nasal congestion, cough and /or wheezing? (10 points)

No Yes

17. Is your child unusually tired or unhappy or depressed? (Score 10 if mild, score 20 if severe)

No Mild Severe

18. Has your child been bothered by recurrent headaches, abdominal pain, or muscle aches? (Score 10 if mild, score 20 if severe)

No Mild Severe

19. Does your child crave sweets? (10 points)

No Yes

20. Does exposure to perfume, insecticides, gas or other chemicals provoke moderate to severe symptoms? (30 points)

No Yes

21. Does tobacco smoke really bother him/her? (20 points)

No Yes

22. Do you feel that your child isn’t well, yet diagnostic tests and studies haven’t revealed the cause? (10 points)

No Yes

Your Score is 

Bottom of Form

Score of 60 or more: Candida Yeasts possibly play a role in causing health problems in your child.

Score of 100 or more: Candida Yeasts probably play a role in causing health problems in your child.

Score of 140 or more: Candida Yeasts almost certainly play a role in causing health problems in your child.

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