



## Simple Home Candida Test and Cleanse

Candida is a yeast microorganism that lives in the intestinal tract of every person. It occupies space in your bowel with other microorganisms, mostly beneficial bacteria, called probiotics. In a normal intestinal system, everything lives in a nice ecological balance. Problems arise when your “inner ecology” becomes imbalanced. With little to no beneficial bacteria to keep it under control, yeast proliferates and causes candida overgrowth.

Systemic candida can result in a multitude of symptoms: fatigue, water retention, brain fog, muscle aches and stiffness, low blood sugar, digestive issues, hair loss, and difficulty losing weight, to name a few. To add insult to injury, the toxins that yeast produces can block proper hormonal pathways.

### Testing

While there are several candida tests on the market (skin scrape, mouth swab, blood test, stool test), many are inconclusive. And expensive. And given that the conventional medicine community generally disregards yeast as a health problem, you’re not likely to get these tests covered by insurance.

Dr. Mark Hyman stated, “Many tests we use for diagnosis of yeast problems are not definitive or foolproof. It is often a diagnosis that must be made from a patient’s story, symptoms, and physical findings on examination. Blood antibody levels for yeasts, stool tests, and organic acid urine tests for yeast metabolites can be helpful if they come out positive but don’t rule yeast out if they’re negative.

“The best method for diagnosis is a good history for risk factors like antibiotic use and symptoms of chronic yeast problems. The symptoms of yeast overgrowth vary from person to person and the response to treatments will vary. Some people may need aggressive treatment, while others many need only simple changes to make a significant difference in their health.”

He continues, “We don’t have a perfect test for yeast. Until we do, I’ll continue to give my patients the free, convenient, at-home spit test.” (paraphrased)

While you’ll find plenty of practitioners and experts who disregard the spit test, we feel comfortable sharing it, given Hyman’s statements.

### Healthful Elements LLC

Holistic Nutrition and Hormone Coaches

[www.healthfulelements.com](http://www.healthfulelements.com)

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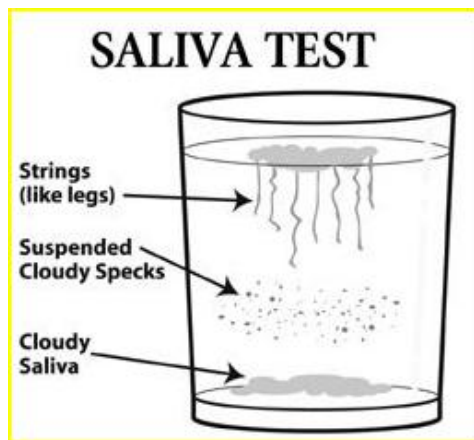
# HEALTHFUL ELEMENTS



## Yeast Test and Cleanse

Go at least two days without any dairy products. Then, first thing in the morning, before you put anything into your mouth, even a drink of water, work up some saliva and spit it into a clear glass of water. Healthy saliva will simply float on the top. So you may have candida if, within 1-30 minutes, strings appear coming down from your saliva, or the water turns cloudy, or if your saliva sinks to the bottom.

1. If it stays on top, it indicates that there isn't excessive mucous in your mouth harboring candida.
2. If it grows tentacles that hang down toward the bottom, you have some candida in your gut that likely needs to be addressed.
3. If it sinks to the bottom, you likely have significant candida overgrowth in your gut.



You can also take Donna Gates' [candida questionnaire](#).

### **Cleansing yeast:**

To do a candida cleanse, you don't have to resort to those expensive yeast cleanse programs that you often see in brightly colored boxes at your health food store.

Many people start dropping weight and seeing increased energy once they begin addressing intestinal yeast. After years of bloating and gut distention, one of our clients said, "It's like someone stuck a pin in me and let the air out."

**Eat as much garlic and onions as you're comfortable with.** Raw is best, but cooked is okay too. Many people can handle a small clove or half a clove of garlic before bedtime. Eating a cracker or two or a bite of grains can help eliminate odor.

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**Abstain from sugar, alcohol, yeast, and refined flours.** These are *food for yeast* and will significantly slow your progress. With the protocol below, you don't have to abstain from foods like mushrooms (a fungi), fermented foods, fruit (fructose) or dairy (lactose), that is, if you can properly digest dairy to begin with. If you're doing this cleanse at the same time as an Elimination/Provocation diet, then dairy is temporarily off limits.

## **Recommended supplements:**

Our go-to supplement is Biocidin, a synergistic combination of botanical medicines that targets the entire GI tract, including not only yeast, but also bacterial overgrowth. It's also good to take for "winter wellness." Biocidin not only kills yeast and bacteria, but it also breaks down the cell walls of the yeast organism and dissolves the biofilm that the yeast produces. It's the biofilm that can make yeast so pervasive and difficult to cleanse on a typical anti-yeast protocol.

For more intense, external manifestations of candida, which can include scalp itching, tinea versicolor (fungal infection of the skin), oral thrush, or fungal fingernails/toenails, we recommend Biocidin tincture and/or spray. The tincture can also be used if you have a difficult time with pills. The spray says "throat spray," but can be used topically and is also good for thrush.

In lieu of Biocidin, we recommend the anti-yeast herbal supplements, Candibactin AR and Candibactin BR by Metagenics.

It's important to stay vigilant with a probiotic that's right for you during this cleanse.

*With a couple of exceptions, we no longer recommend getting supplements on Amazon. Any of these products are available through the manufacturer or your coach can write a recommendation through our online dispensary, wherein you receive 15% off the MSRP.*

## **Considerations:**

You don't want to cleanse too quickly, so don't go crazy with these supplements – it's not the right approach. You want to disrupt the yeast's environment, but doing it too quickly can cause flu-like symptoms and a pretty unwanted feeling of malaise (the Herxheimer effect or "herxing"). This is a toxic response to the waste that's being produced by the cleanse and while it only lasts a few days, it can make people unproductive, fatigued, and cranky.

If you begin to feel fatigue or flu-like symptoms, cut back on some of your supplements, but **DO NOT STOP** your cleanse. Why? Because if you start to disrupt the yeast's environment, then stop, they can come back with a vengeance and you can be worse off than when you started. So only start this cleanse if you're ready, and know that some flexibility is warranted as you move through this. Listen to your body and adjust accordingly.

If you feel that you're cleansing too quickly, activated charcoal will right your ship and help you feel much better. It helps the body release the toxins produced by the yeast's waste products.

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Do the cleanse, strictly, meaning consistency with the Biocidin and probiotics, and no sugar, flour, alcohol, or yeast for 30 days. Then do the saliva test again. If you still test positive, and/or you're not feeling like you've had an adequate cleanse, continue with the protocol for another 15-30 days. Dr. Carolyn Dean says that some people need to do it for six months, but this is for the most serious cases of candida that often include an external manifestation like tinea versicolor.

Be consistent. Most of our clients say that it's like a fog or haze lifts; energy increases, outlook changes, they lose weight, skin issues clear up, and they feel lighter and brighter.

*This is one of the most important cleanses you can do for gut, immune, and hormonal health.*

## **This is an FYI for those familiar with the old yeast protocol:**

You may have heard of the old protocol that entails taking several herbal remedies and rotating them in and out – pretty cumbersome. And while some of these herbs are powerful anti-fungals, this method isn't entirely effective, because none of these address yeast biofilm. This is why you'll often hear people (and practitioners) state that it can take 6 months to 2 years to cleanse yeast. Not with Biocidin, though.

The “old school” yeast cleansers:

- Oregano oil
- Grapefruit seed extract
- Pau d'arco tea
- Caprylic acid
- Berberine

We love these products and they can certainly complement a protocol that dissolves biofilm, but they're not effective enough on their own.

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