

# Can the Candida Spit Test Really Diagnose Your Microbiome?

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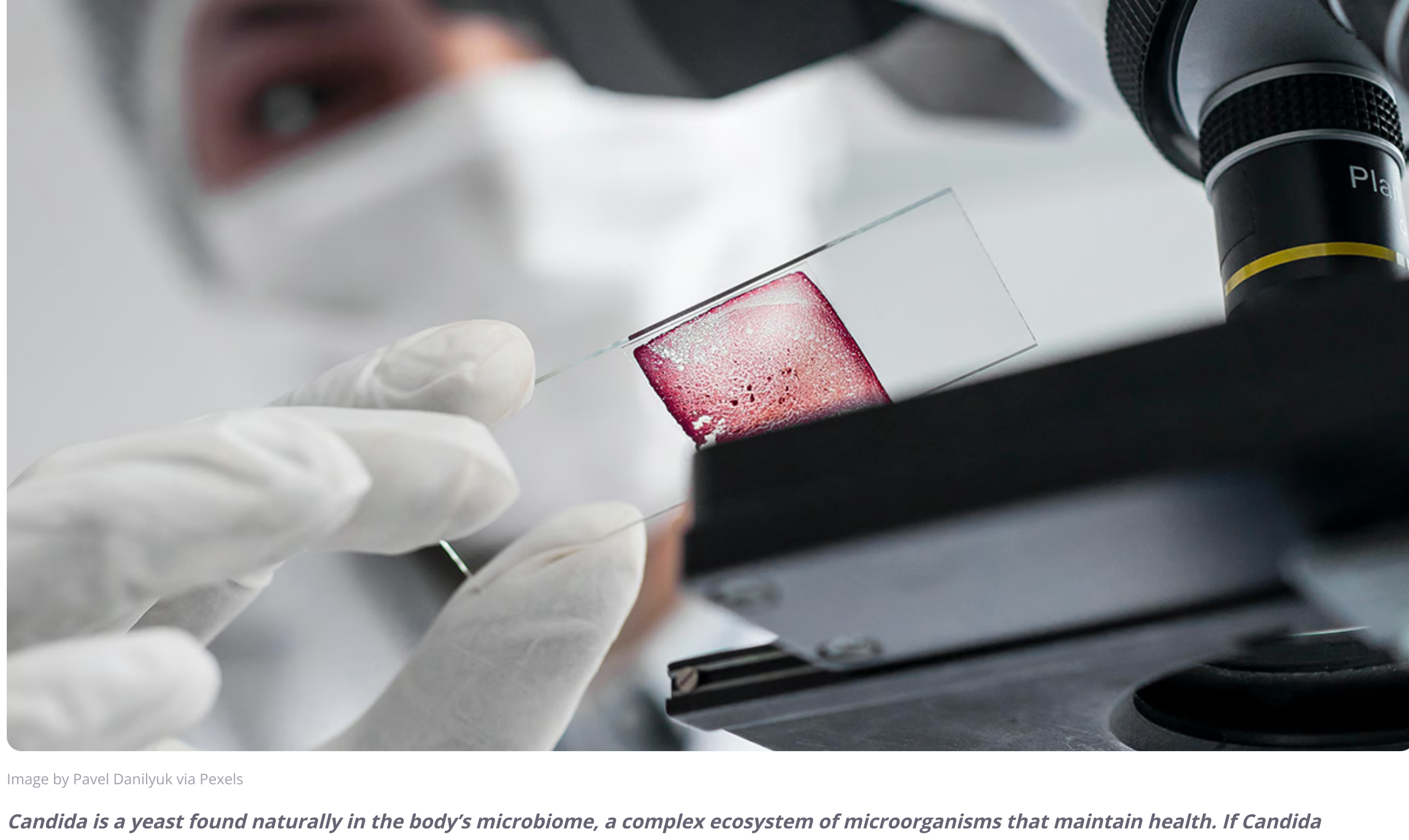
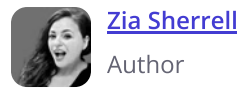


Image by Pavel Danilyuk via Pexels

*Candida is a yeast found naturally in the body's microbiome, a complex ecosystem of microorganisms that maintain health. If Candida overgrows, it disrupts the careful balance of the gut flora and may lead to health problems. Biohacking expert, Dave Asprey, has suggested a DIY spit test to identify Candida overgrowth. However, its accuracy and reliability are questionable. More dependable testing methods include stool, blood, and urine tests.*

## Key takeaways:

- The microbiome is a complex ecosystem of microorganisms that play a crucial role in maintaining health.
- An unbalanced microbiome can lead to various health problems, including Candida overgrowth.
- The DIY Candida spit test has gained popularity as a simple and affordable way to test for possible Candida overgrowth, but its accuracy and reliability are not well-established.
- Other tests like stool and blood testing may provide more accurate results for diagnosing Candida overgrowth.

This article explores the science behind the Candida spit test and other tests to identify Candida overgrowth or other microbiome issues.

## What is the microbiome?

Your body is home to trillions of microbes. Some research estimates you have 10 times more microbial cells than human cells, while other experts claim the ratio is closer to 1:1.

The microbiome is an intricate and complex **ecosystem of microorganisms in and on your body**. It plays a crucial role in maintaining health by helping to digest food, produce vitamins, and support your immune system.

It's a **carefully balanced microbial community** with different species of bacteria, viruses, and fungi working together to maintain a healthy ecosystem. Conversely, when the microbiome is imbalanced, it can lead to health problems ranging from eczema to heart disease.

One common issue that occurs **when the microbiome is imbalanced** is Candida overgrowth, which can lead to, too many. A serious health concern. Candida is a yeast that's a normal finding in the body and is a vital microbiome component. In Candida overgrowth, candidiasis, Candida cells can cause fatigue, brain fog, bloating, constipation, and more.

The "Father of Biohacking," Dave Asprey, has suggested a **DIY Candida spit test** to identify possible Candida overgrowth and guide treatment. This simple test involves spitting into a glass of water and observing the results.

While the DIY Candida spit test has gained popularity as a quick and easy way to test for possible Candida overgrowth, its accuracy and reliability have been questioned.

## Who is Dave Asprey?

Dave Asprey is a well-known **wellness expert who focuses on optimizing human performance and health** through diet, supplementation, exercise, and technology.

While Asprey's ideas and methods are sometimes controversial and not universally accepted by the medical community, he has gained a large following of people interested in optimizing their health and performance through innovative and unconventional methods.

## What is the Asprey DIY Candida spit test?

Asprey suggested a **simple spit test to identify possible Candida overgrowth**. The Candida spit test involves spitting into a glass before eating, drinking, or cleaning your teeth in the morning. After allowing the saliva to sit in the water for about three minutes, you can observe the results.

According to Asprey, if the spit floats on top of the water or stays suspended in the middle, it indicates a healthy microbiome. However, if the saliva sinks to the bottom, clouds the entire glass of water, or develops stringy legs that extend downward, it could be a sign of Candida overgrowth.

Asprey notes that the **test isn't 100% accurate**, and others have questioned its validity. Additionally, other factors, such as recent antibiotic use, can also impact the test results.

While the test is quick and easy, it's crucial to interpret the results cautiously and not rely on the test alone to diagnose Candida overgrowth.

## What is the science behind the spit test?

The science behind the Candida spit test is not well-established, and its accuracy for diagnosing Candida overgrowth is controversial. The test is **based on the idea Candida cells** are heavier than other cells in your saliva and will sink to the bottom of a glass of water.

However, **scientific evidence hasn't supported this theory**, and it's unclear whether Candida cells are heavier than other cells in your saliva. Furthermore, relying solely on a saliva sample doesn't provide a complete picture of the body's microbial composition.

Anecdotal evidence has shown a high level of variability in the results of the Candida spit test, with some who don't have **Candida overgrowth testing** positive while others who have Candida overgrowth testing negative.

While the Candida spit test may seem like a simple and convenient way to test for Candida overgrowth, it's not a reliable diagnostic tool.

## How else can Candida overgrowth be tested?

If you suspect Candida overgrowth, several tests may help, although none are perfect. Diagnosing Candida overgrowth is **challenging and requires a careful evaluation** of your symptoms and medical history.

Here are the tests doctors may recommend:

- **Stool testing.** This test involves analyzing a fecal sample to identify the presence and amount of Candida in your digestive tract. It can also determine which species of Candida may be causing the overgrowth. A polymerase chain reaction (PCR) test can also amplify DNA to identify microorganisms in your gut, including Candida.
- **Blood testing.** The lab can test your blood for antibodies to Candida. They may also detect Candida immune complexes, which are clumps of antibody molecules stuck together by Candida antigens or proteins. A PCR test can also determine the presence of different species of Candida in the bloodstream.
- **Urine testing.** Your urine may contain D-arabinitol, a metabolic byproduct of Candida. If it's high, it suggests yeast overgrowth.

If you suspect **Candida overgrowth**, a qualified healthcare practitioner can determine the best testing method. If they diagnose Candida overgrowth, they'll work with you to develop a treatment plan that may include dietary changes, supplements, and medications to help restore balance to your microbiome.

## Prioritize your microbiome for overall health and well-being

While the DIY Candida spit test has gained popularity, its accuracy and reliability are still questioned.

To ensure an accurate diagnosis and effective treatment, **it's best to work with a doctor who can recommend more precise testing methods** and develop a treatment plan based on your needs.

Although microbiome and Candida overgrowth sciences are still evolving, staying informed and proactive about your microbiome means investing in your health, now and in the future.

## Resources:

1. Biochemical Journal. [Introduction to the human gut microbiota.](#)
2. Centers for Disease Control and Prevention. [Fungal Diseases.](#)
3. Journal of Experimental Medicine. [The gut microbiome: Relationships with disease and opportunities for therapy.](#)

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