

## **SELF EXAMINATION FOR FUNGUS**

**The following method of self-examination for systemic Fungus, a tremendous break through in detecting precursors that can lead to cancer 2 years before a tumor is formed.**

**Take the first morning urine in a clear plastic cup, (not a Styrofoam cup). Cover it with one layer of toilet paper and place it in a dark place. In the evening set the cup in your refrigerator (lowest shelf). Secure it so that no one will disturb it. The next morning pour out the urine. Where the air and the urine touched, there will be a fatty waxy ring in the cup if fungus is present in your system. Examine yourself every six months.**

## **SALIVA TEST FOR FUNGAL PRESENCE**

**Fill a clear glass 2/3rds full of water, work up some saliva and put in the glass on top of the water. Place the glass on the counter by the sink and let sit for an hour. Return and look at the glass from the side, if you can see streamers down through the water, this indicates a potential imbalance of GI Yeast and you should consult your practitioner regarding a good Candida Protocol and Phase One Food Program for a minimum of 30 days.**

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