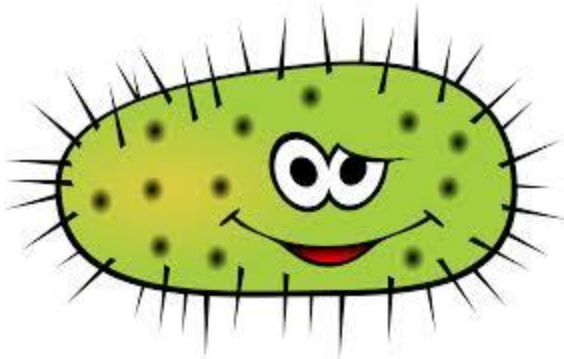


The Hidden Cause of your Exhaustion



Normal Flora :

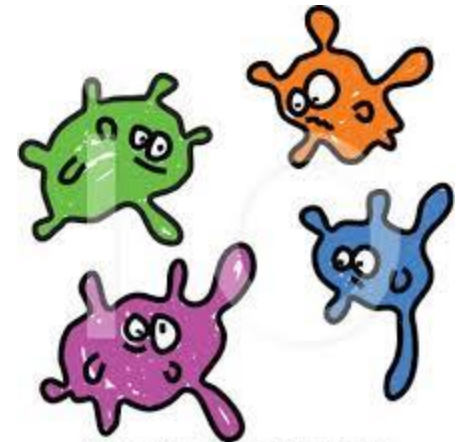
- Bacteria



- Yeast

Benefits

Species



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Balance



Steps To Taking a self diagnosis of yeast overgrowing:

Step 1 :

Before you go to bed, set out a small clear GLASS of water preferably filtered or bottled. Setting it out the night before will allow the water to reach room temperature, this temp is an equable climate for true results.

Step 2 :

When you wake up in the morning before you do anything else; like eating, drinking or brushing your teeth, give your mouth a quick rinse not to aggressively just enough to rinse and spit it out

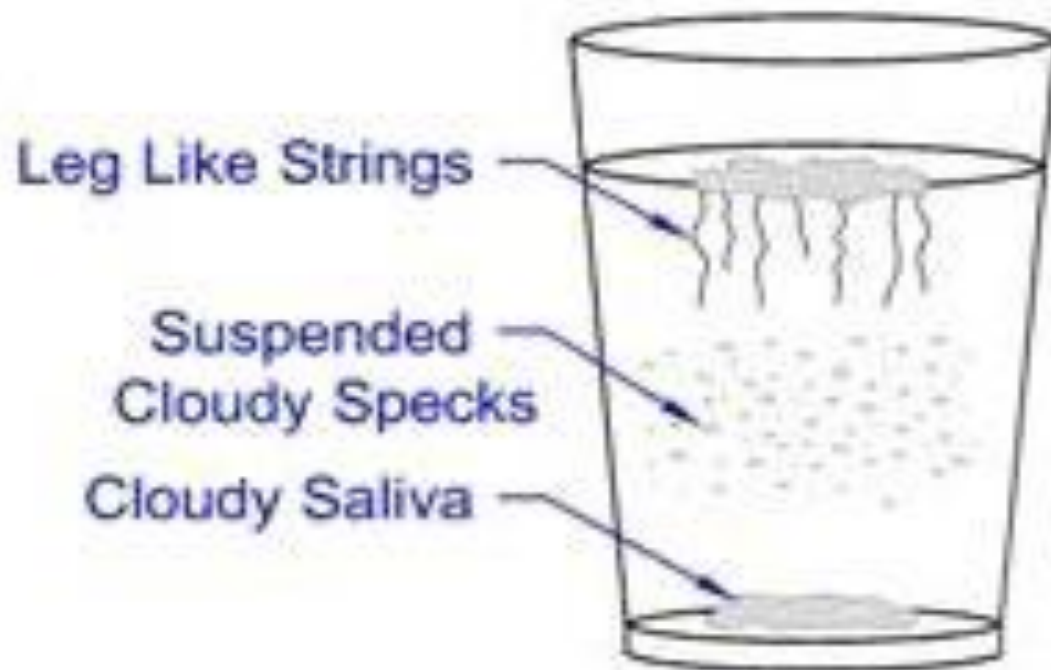
Step 3 :

After rinsing your mouth, work up some saliva and spit it into the GLASS of water that you set out the night before

Step 4 :

Reading your Candida home test results

SALIVA TEST



- **If you and your doctor suspect that you have Candida overgrowth, these are**
 - **the lab tests that he may run**

Blood Test

Stool Analysis

**Urine Tartaric
Acid Test**

2 main reason of The overgrowth Yeast :

1- Antibiotics



1PHOTOS.COM



1PHOTOS.COM



2- Poor Diet



VS



How to treat Yeast Overgrowth?



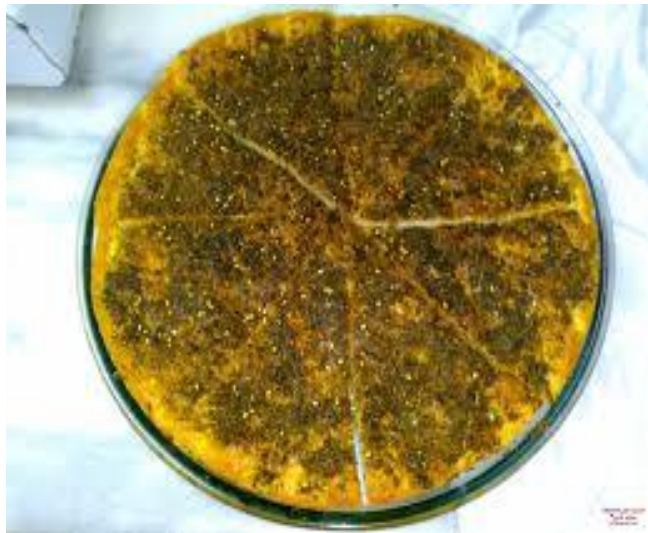
1/ Avoiding sugar and other sweets and unhealthy food



2/ Probiotic



3/ Many other natural anti-fungals can be helpful



Candida

- **is something of a controversial illness, and many medical professionals have not yet recognized it.**



References

- Fidel PL (2002). "Immunity to Candida". *Oral Dis.* **8**: 69–75..
- Pappas PG (2006). "Invasive candidiasis". *Infect. Dis. Clin. North Am.* **20** (3): 485–506.

- Books:
 - Preventive Care Through Home Testing
 - You Can Prevent and Reverse Cancer
 - High Frequency Food
 - The Need For Balance



مجهود الطالبات :

آلاء المسيحل

إيمان التهمي

خلود الغامدي

فاطمة الخلفي

نوف الخلفي



إشراف :

أ/ مديحة العنزي

د. منال الخلفي

د. أمل الموسى