

Bacteria Balance Saliva Test

To reduce cravings, bloating & excess weight gain!



Candida Albicans is a natural-occurring yeast that lives in our intestinal system. Its overgrowth occurs when our naturally good bacteria become diminished due to strong medication, the birth control pill, lack of sleep, or stress. Good bacteria multiplies when you sleep, and that is key to your immune system staying fully functional. Good bacteria also has an important role in keeping our naturally occurring Candida yeast in balance!

Most Americans do not get enough sleep, and are under tremendous stress. This weakens the good bacteria, and to make matters worse, Americans consume too much sugar. Sugar feeds yeast, causing the overgrowth.

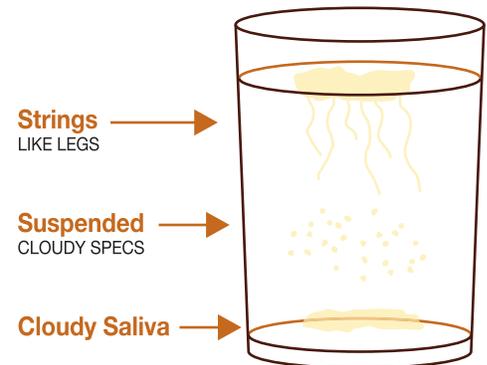
This overgrowth can cause:

- Sugar/Starch cravings
- Bloating
- Digestive problems
- Inability to lose stubborn weight

This issue particularly affects women 35+. This is due to hormone imbalances that lay the groundwork for emotional upsets, inability to sleep, etc.

Simple Home Test

1. Put a glass of plain water by your bed the night before. This will help you remember to do this simple test first thing in the morning.
2. When you wake up the next morning, before you put anything into your mouth or brush your teeth, work up some saliva and spit it into this clear glass of water.
3. Within 10-30 minutes, look in the glass for one of two results:
 - (A) If there are strings coming down from your saliva, the water turned cloudy, or your saliva sank to the bottom, you may have a Candida overgrowth and a low amount of good bacteria.
 - (B) If the saliva is floating on the surface, you do not have excess yeast, and most likely have a good amount of healthy bacteria.



NOTE: It is a good idea to take this easy saliva test every 2-3 months. This will help you be sure that excess Candida yeast is not overgrowing and causing you cravings, bloating and weight gain. It is important to understand that alcohol and simple sugars will feed yeast the fastest, so keep these at a minimum and take a professional-strength probiotic. This will keep the good bacteria and yeast balanced!

Getting Balanced

The best way to kill off some excess yeast is to try to starve it with less sugar consumption. This is very difficult to do with our Standard American Diet. For at least a few weeks, just cut out sodas, alcohol, sugar/candy, and excess starches. This will cause the yeast to starve and minimize bloating immediately. However, combining this effort with a plan to build up the good bacteria will produce much better results. This will act as a second punch, to knock the yeast down as the newly implanted good bacteria attach and build a home in the intestines. Look for a professional strength probiotic that has at least 1 million strains of bacteria at the time of bottling. Taking 2-4 capsules per day, depending on the dosage and strength, combined with the lower sugar/starch diet will result in more of a balanced ratio of bacteria to yeast. If you are on any strong pain medications, the birth control pill, or thyroid medication like *Synthroid*, it may take much longer to attain this balance as these medications tend to kill good bacteria causing yeast to overgrow.

Our Plan

As part of our Becoming Balanced Weight Loss Program, we have you test yourself for excess yeast. This helps us pinpoint this weight loss barrier. Consuming low sugar content during Phase II of our program will weaken the yeast, and allow the good bacteria to build efficiently.

We then have our clients take our professional strength probiotic, Flora-3 which is comprised of a blend of good bacteria, to more easily attach to the walls of the intestines. If a client FAILS the Candida yeast test, they will take 2 Flora-3 capsules per day. If they PASS the Candida yeast test, they will take 1 Flora-3 capsule per day. Upon completion of the Becoming Balanced Program, they can go down to a maintenance dose as recommended by their NHB (Natural Hormone Balancing) Specialist.