

Broken Silence

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Personal Yeast Testing: To Test or Not To Test?

Personal body testing is just not necessary. That's the bottom line. If you are more than 25 pounds overweight, and you have dieted and lost and regained in your life, if you've ever had broad spectrum antibiotics, or taken birth control pills, you can simply assume that you have a Yeast Beast (*Candida* infestation) problem.

So why test?

I test myself regularly because I want to know. I want to know if the yeast level in my blood is on the rise, downswing, or holding.

Yeast and mold are present in and on the body, period. You can sample skin surface samples – skin, skin folds) as well as eruptions (acne, rash), discharge (vaginal, nasal, ear), saliva, and blood.

The testing is not quantitative, at least at this time; neither the government nor the medical profession has as yet delineated any guidelines for acceptable levels of yeast and/or mold in the body. But it is comparative. When I culture a sample and get small amounts of yeast, as opposed to when I culture and get TNTC (too numerous to count) results, gives me valuable information when seen in multiple samples taken at regular intervals.

I yo-yo dieted for 40 years because I just didn't understand the relationship between *Candida* overgrowth and weight gain. Now that I have the weight off, and have kept it off for six years, I just do not want to ever let *Candida* get the best of me again. So I test.

If you are wondering if testing is right for you, please give me a call or e me and I will try to help you decide. Remember, you don't *have* to test your body.

On the other hand, *DO* consider testing your home, particularly your bedroom. We exhale yeast and yeast is disseminated off our body and clothes when we dress and undress. You can reinfect yourself in your sleep if your bedroom is contaminated. Testing the room is simple and removing the yeast from your living area will help you keep it from negating the body clearing you do with diet.

To talk to me about this, or other diet concerns, call 561.577.2072 or e- me at beauty@beautyandtheyeastbeast.com.