

Functional Physical Pretest Instructions

1. A 12 hour fast is required prior to your test appointment. Do not consume any food or liquid within the 12 hour period prior to your appointment time.
2. Do not brush your teeth or use mint, gum, toothpaste, mouthwash, mouthspray, etc. for 12 hours prior to your test.
3. Do not apply any lotion, body oil, lipstick, or foot deodorant the morning of your test or wear hosiery.
4. Bring in a sample of your first urine after 4 am on the morning of your test appointment. This sample may be collected in any clean, sealable container you have on hand or you may stop by our office prior to your appointment to pick up a specimen cup.
5. Bring all lab results from previous tests to your test appointment.
6. Complete all new patient paperwork (found at lpwellness.com under the Resources tab) and the Candida Spit test included with these instructions. Bring all completed forms and pictures from the Candida Spit Test to your appointment. Arriving with all paperwork completed prevents you from losing time from your consultation and testing with the doctor.
7. **IMPORTANT!** Please complete and promptly return the Payment and Release Form. **The form must be received 24 hours prior to your appointment time to confirm the appointment.** You may drop it off at our office, fax it to us at 612.922.8100, or email it to natalie@lpwellness.com.

Due to the length of the pre-test fast, you may want to bring a snack and a bottle of water to be consumed after initial testing is finished. You may also bring toothbrush, toothpaste, and other necessary items to your appointment if you so desire.

What is Candida?

Candida albicans are a single cell yeast/fungus that is found in practically 100% of the human population. It lives on the mucous membranes of the body, the digestive/intestinal tract, vagina and the skin. In a healthy internal environment, *Candida albicans* will co-exist in the body with no negative side effects. When the body has excess candida, mild to severe symptoms can occur.

Most researchers agree that excess candida is the result of altered/improper balance of gut microflora (dysbiosis). As a result, *Candida albicans* and other “enemies” can over-populate and convert into a fungal form, which produces at least 70 neurotoxins. Dysbiosis can also irritate the gut lining, creating a “leaky gut”, and allowing macromolecular absorption of the *Candida albicans*, toxins and potential allergens to enter into our blood stream.

Three main factors that cause/contribute to dysbiosis and candida overgrowth are:

1. The use of antibiotics personally and in your food sources (non-organic meat and dairy).
2. Eating a diet high in processed foods & meats, unhealthy fats, sugar and low in fiber.
3. Use of birth control pills, cortisone, cortisone-like drugs, anti-depressants and immunosuppressant drugs.

Common signs/symptoms include:

Central Nervous System	Gastrointestinal Tract	Genitourinary Tract	Generalized	“Allergic” Symptoms
Headache	Chronic heartburn	Yeast vaginitis	Fatigue	Hay fever
Depression	Gastritis	Irregular menses	Joint pain/stiffness	Sinusitis
Lethargy	Colitis	Cramping	Cold hands/feet	Earaches
Agitation	Distension/bloating	Endometriosis	Increased body hair	Hives
Hyperirritability	Gas	Cystitis	Numbness/tingling	Asthma
Memory Loss	Constipation	Urethritis	Food cravings	Food/Chemical
Inability to Concentrate	Diarrhea	Kidney/bladder infections	Loss of libido	Sensitivities

It is extremely important to identify and implement a program designed to comprehensively approach this problem.

Candida Test

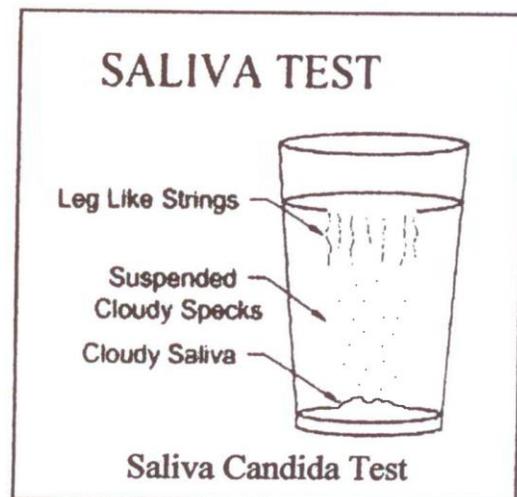
Fill a clear glass with water and place it by your bed at night. When you wake in the morning, work up a bit of saliva and spit into the glass of water. It is important that nothing enters your mouth or touches your lips before you do this. Do not drink any water, do not brush your teeth, and do not kiss your partner! I'm sure they will understand just this one time!

Immediately take a picture of how the saliva looks. Take another picture 2 or 3 minutes later and after 15 minutes.

Healthy saliva will be clear, it will float on top, and it will slowly dissolve into the water without any cloudiness and without sinking. There are normally some bubbles or foam present.

Candida saliva will have one or more characteristics that point to a *Candida albicans* overgrowth:

- Strings traveling down to the bottom of the glass
- Cloudy saliva that sinks to the bottom of the glass
- Cloudy specks suspended in the water



The more strings and cloudiness there are, and the faster it develops, the greater the *Candida albicans* overgrowth.

If your saliva shows signs of *Candida* overgrowth, contact your practitioner at Lake Pointe!