

Spit Test

To prepare the test, the night before put a glass of water in an obvious place to remind yourself not to brush your teeth prior to spitting in the glass. Have a piece of paper and pen handy to note the observations.

When you awake in the morning, before you put anything into your mouth, work up some saliva and spit it into a clear glass of water.

Watch the glass for 15 minutes.

Make a note of whether there are: -

- Strings coming down from your saliva
- Whether the water turns cloudy with specks
- If your saliva sinks to the bottom
- Whether the saliva floats on the top

Do the test on 3 consecutive mornings.

