

ABSTRACT

Research Findings: Abstract From Recent Research

TESTING FOR SALIVARY PH LEVELS IN PEOPLE WITH CHRONIC HEADACHES

A RANDOMIZED, BLINDED CLINICAL TRIAL

By

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Background: It has been claimed by NAET® practitioners that people who suffer from chronic headaches have lower body pH levels. This means that their bodies are very acidic. Energy does not flow smoothly in people with low body pH giving rise to energy blockages in various parts of the head giving rise to various types of headaches including frontal headaches, temporal headaches, occipital headaches and headaches on the vertex. If people can find a way to maintain a higher level body pH status, most of these illnesses can be kept under control.

Objective: The purpose of this study was to investigate the status of salivary pH level in a group of people who suffered from different types of chronic headaches over five years or more.

HYPOTHESIS:

Ho: Salivary pH will be same in normal and people with chronic headaches.

Ha: Salivary pH will be less than 7.2 in people who suffer from chronic headaches.

Nature of the Study: Randomized, blinded study.

MATERIALS AND METHODS

Test to be performed: Salivary pH level measurement through saliva of the individual.

Number of subjects in the study: 40

Material needed: pH paper, a small container to hold saliva of individual participants while testing, pen, and a paper to record the results..

Selection of Subjects: 40 patients who reported to the pain clinic for treatments within a span of six months were selected for the study. According to their initial ASRS questionnaire, all of them had suffered from chronic headaches for ever five years. The selected 40 subjects were asked to complete the ASRS form Initially, each one of the selected subjects was asked to record three health problems that they suffered for over 6 months. Then their saliva was checked for the pH level using a pH measuring paper (litmus paper) and the results recorded.

Measured salivary pH was examined against the normal pH level and individual's initial health symptom rating scale.

Data was evaluated. All subjects in the study had recorded in the initial ASRS form that they had headaches over five years and at least three other health problem for more than six months. Salivary pH level measured very low in all these subjects (group mean pH=5.223)

Another 40 subjects who were treated by NAET® for minimum of fifteen basic allergens were selected as controls. The 40 controls had resolved most of their initial health complaints by then. The salivary pH measurement on these 40 controls recorded closer to normal >7.0. All 40 subjects had pH <7.0

Normal salivary pH : 7.0-7.2

Group mean pH of the experimental group: 5.223

Group mean pH for the Control group: 7.0

CONCLUSION

This study concluded that people with chronic headaches have lower pH levels in the body (Mean pH = 5.223 which is less than 7.0).

LOCATION

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