

# ABSTRACT

## Research Findings: Abstract From Recent Research

CHANGES IN SALIVARY PH LEVELS OBSERVED AFTER ORAL CONSUMPTION OF 30 ML XANGO DAILY FOR 30 DAYS.

A REPEATED MEASURE CLINICAL TRIAL

By

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**Background:** It has been claimed by NAET® practitioners that people who suffer from chronic illnesses have lower body pH levels. This means that their bodies are very acidic. Energy does not circulate smoothly in people with low body pH giving rise to energy blockages in various parts of the body causing various pain disorders. If people can find a way to maintain a higher level body pH status, some of these pain disorders can be kept under control. It has been proposed by Xango that consumption of Xango on a daily basis can improve the salivary pH, reduce inflammation, reduce pain and improve quality of life.

**Objective:** The purpose of this study was to investigate the effectiveness of Xango in a group of subjects who suffered from chronic pain disorders for over a year.

### HYPOTHESIS:

1). Ho: Salivary pH will be same in normal and people with chronic illnesses.

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

2). Ho: Salivary pH will be same in chronically ill people before and after consuming Xango for one month.

Ha: Salivary pH will not be same before and after consuming Xango daily for one month.

3). Ho: The status of inflammation will be same in chronically ill people before and after consuming Xango for one month.

Ha: The status of inflammation will not be same before and after consuming Xango daily for one month.

4). Ho: The status of pain will be same in chronically ill people before and after consuming Xango for a month.

Ha: The status of pain will not be same before and after consuming Xango daily for one month.

5). Ho: The quality of life will be same in chronically ill people before and after consuming Xango for a month.

Ha: The quality of life will not be same before and after consuming Xango daily for one month..

**Nature of the Study:** Repeated measure 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. Xango 30 ounces per subjects.

**Selection of Subjects:** 40 subjects with the history of different pain disorders were selected for this study. The subjects were selected from the existing patients from the pain clinic who were getting acupuncture treatments for various types of pain for more than two weeks. The selected 40 subjects were asked to complete the ASRS form Initially, each one of the selected subjects was asked to record one health problem that they suffered for over 1 year. According to their initial ASRS questionnaire, all of them had suffered from chronic pain problems for over a year. Then their saliva was checked for the pH level using a pH measuring paper (litmus paper) and the results recorded.

Each subject was given one ounce of Xango right away and advised them to wait for an hour without foods or drinks. They were retested for the salivary pH levels and recorded. They were advised to continue taking one ounce of Xango daily for a month 15 minutes before breakfast and asked them to report back to the clinic for a follow-up check up. The pH measurement was repeated. Before Xango consumption, one hour after Xango consumption and 30 days after Xango consumption pH levels were compared.

Data was evaluated. All subjects in the study had recorded in the initial ASRS form that they had suffered from chronic ailment for over 1 year. Initial salivary pH level measured very low in all these subjects (group mean pH=5.523).

The pH level one hour after consuming Xango recorded slightly higher than the initial reading (group mean=6.292). The same subjects were given one ounce of Xango daily to take orally for four weeks. The pH levels checked at the end of four weeks of consumption of Xango. The salivary pH measurement on these 40 subjects on the repeated testing after weeks 6.875. The pH level increased by 1.352 units after consuming Xango daily for four weeks. The initial ASRS and post Xango consumption ASRS were compared. The subjects reported significant reduction of their symptoms after consuming Xango on a regular basis for two weeks.

Normal salivary pH : 7.0-7.2

Group mean initial pH of the experimental group:  
5.523

Group mean pH one hour after consuming Xango=  
6.292

Group mean pH one hour after consuming Xango=  
6.875

Total increase from the initial testing: 1.325 units.

## CONCLUSION

This study concluded that people with chronic health problems have lower pH levels in the body (Initial Mean pH = 6.223) and daily consumption of Xango can significantly affect the salivary pH levels (post Mean pH=6.875) .

Daily consumption of Xango can also help:

- Increase pH levels
- Reduce inflammation
- Reduce pain
- Promote healing and
- Improve quality of life

## LOCATION

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