

ABSTRACT

Research Findings: Abstract from Recent Research

TESTING FOR SALIVARY pH LEVELS IN PEOPLE WITH CHRONIC HEALTH PROBLEMS

A RANDOMIZED, BLINDED CLINICAL TRIAL

By

D. S. Nambudripad, M.D., DC, L.Ac., Ph.D

Mala Moosad, R.N., L. Ac., ND., Ph.D.

ABSTRACT

Background: It has been claimed by NAET practitioners that people who suffer from various chronic health problems 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 body and chronic health problems such as long standing eczema, asthma, arthritis, chronic fatigue, fibromyalgia, diabetes, chronic infections like sinusitis, candidiasis, acne, itching, hives, boils, carbuncles, frequent colds, parasitic infestations, bacterial infections, viral infections, slow healing wound), depression, bipolar disorders, anger, mood swings, insomnia, indigestion, constipation and allergies. 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 chronic minor body ailments over six months.

Hypothesis:

Ho: Salivary pH will be same in normal and chronically ill people

Ha: Salivary pH will be less than 7.2 in people with chronic health problems.

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 individuals who attended the NAET advanced class volunteered for the study. According to their initial ASRS

questionnaire, 14 subjects did not suffer from any health disorder and they were used as controls for the study. 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 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 (75% of the population) had recorded in the initial ASRS form that they had at least one health problem for more than six months. Salivary pH level measured very low in all these subjects (group mean pH=5.312)

The 14 controls (25% of the population) had no known history of any health problems. The salivary pH measurement on these 14 controls recorded closer to normal >6.7. All 40 subjects (75% of the population) had pH <6.7.

Normal salivary pH : 7.0-7.2

Group mean pH of the experimental group: 5.312

Group mean pH for the Control group: 6.776

Conclusion: This study concluded that people with chronic health problems (however small it may be) have lower pH levels in the body (Mean pH = 5.312 which is less than 7.0).

Location of the study:

PNIB Research Center
6714 Beach Blvd.
Buena Park, CA 90621
e-mail: naet@earthlink.net

Project Funded by NAR Foundation
6714-32 Beach Blvd.
Buena Park, CA 90621

Reprints Request from:

NAR Foundation
6714-32 Beach Blvd.
Buena Park, CA 90621
narfoundation@yahoo.com