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| **Conclusion**   Based on the results of our experiment, we determined that our hypothesis is partially correct. Certain natural foods can be used as alternative supplements to lower the pH of the stomach and therefore relieve the conditions that cause heartburn. Of the foods tested, the best results were seen from the fresh papaya and the fresh Ginger root.  When the over- the -counter antacids were tested in the Hydrochloric Acid, there was a rapid and dramatic change in pH level. When the papaya and ginger were tested, the change was not as rapid, but was of similar extent. The final pH at which the antacids stabilized was around 4.7. Similarly, the final pH for the ginger root was 4.6,and for papaya was 3.8. These results suggest that, although the materials tested are very dissimilar, the effect they have on controlling stomach acid is quite similar. This is especially evident in comparing the results of the Rolaids and Ginger tests. There was only a small difference of pH (approximately .1) between ginger root and Rolaids.  The other two items (apple cider vinegar and catnip) that we tested did not produce positive results in terms of altering pH. Although they do not appear to be effective in neutralizing stomach acid, they may have other beneficial effects such as changing the chemicals in the stomach, or coating the esophagus. Using our experiment alone, it is inconclusive as to whether or not they are successful in relieving the symptoms of indigestion.  As a final note, we have proven that there are natural ways to neutralize stomach acid. While using over-the-counter medicine is an effective way to neutralize the acid, it could have negative side effects on the body. Although the best way to treat indigestion is to avoid the ultimate cause, we feel that it is possible to help fight the symptoms of heartburn naturally by nibbling on a piece of papaya or eating ginger with a meal.  [<-----Back](http://docs.google.com/analysis.html) [Next----->](http://docs.google.com/recco.html)    [[Home](http://docs.google.com/home.html)][[Introduction](http://docs.google.com/introduction.html)][[Hypothesis](http://docs.google.com/hypothesis.html)][[Procedure](http://docs.google.com/procedure.html)][[Data](http://docs.google.com/data.html)][[Conclusions](http://docs.google.com/conclusions.html)][[Bilio/Links](http://docs.google.com/biblio.html)]  [[2001 Projects](http://docs.google.com/index.html)][[2000 Projects](http://docs.google.com/AP2000/index.html)][[1999 Projects](http://docs.google.com/AP99/index.html)][[1998 Projects](http://docs.google.com/AP98/index.html)] |