

## 세포교정영양요법(OCNT)을 이용한 복합질병 환자 사례 연구

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## A Case Study on the Use of Ortho-Cellular Nutrition Therapy (OCNT) in Patients with Complex Diseases

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### ABSTRACT

**Objective:** A case report on improvements in complex diseases (recurrent cystitis, etc.) through the use of nutritional therapy

**Methods:** A 56-year-old Korean female. The patient has various diseases and her quality of life has been reduced due to health problems.

**Results:** Complex diseases were improved after undergoing nutritional therapy.

**Conclusion:** Nutritional therapy can assist in treating complex diseases.

**Keywords** Ortho-Cellular Nutrition Therapy (OCNT), recurrent cystitis, hypertension, hyperlipidemia, cognitive impairment, dry eye syndrome, hypothyroidism

### Introduction

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Hyperlipidemia a condition in which blood lipid levels are elevated. It is a major cause of conditions related to atherosclerosis, such as coronary arterial heart disease, ischemic cerebral diseases, peripheral vascular disease, and pancreatitis.<sup>1</sup> Furthermore, there is a close relationship between increased total cholesterol (TC), low-density lipoprotein cholesterol (LDL-C), and triglyceride (TG), which are related to hyperlipidemia, and hypothyroidism. Recent studies show that thyroid stimulating hormone (TSH) itself also takes part in hyperlipidemia.<sup>2</sup>

Hypertension is a major health risk factor and 9.4 million people die each year from complications of elevated blood pressure with 45% accounting for deaths related

to cardiovascular diseases and 51% for stroke-related deaths.<sup>3</sup> In addition, hypertension in middle-aged patients is associated with other high risks of cognitive deterioration and dementia, including Alzheimer's disease.<sup>4</sup>

Symptoms of recurrent cystitis include pain, burning during urination and urination difficulty, and repeated symptoms of such disrupt one's daily life and ultimately degrades the patient's quality of life. In a study using the Short Form 36 (SF-36) questionnaire that assesses quality of life, patients with acute cystitis had significantly lower SF-36 scores than the healthy group, which indicates that patients with recurrent cystitis have a lower quality of life than those with acute cystitis.<sup>5</sup>

The patient is a 56-year-old woman with complex diseases as well as hyperlipidemia, hypertension, cognitive impairment, recurrent cystitis, and hypothyroidism.

This case intends to provide a report on the progress of nutritional therapy this patient had received.

## Cases

### 1. Target

The target includes a single case with a patient diagnosed with a complex disease.

- 1) Name: Kim, O O (F/56 years old)
- 2) Diagnosis: Hyperlipidemia, recurrent cystitis, hypertension, cognitive impairment, dry eye syndrome, hypothyroidism
- 3) Date of Onset: Since the onset of hyperlipidemia and hypertension in 2018
- 4) Treatment Period: April 2021 to October 2021
- 5) Chief Complaint: Headache, cognitive deterioration, cystitis, hyperlipidemia
- 6) Past History: Hyperlipidemia, hypertension
- 7) Social History: None
- 8) Family History: Maternal dementia, hyperlipidemia
- 9) Current Medical History and Drug Administration: Synthroid 0.05mg 1 tablet/day, Amodipin 2.5mg 1 tablet/day

### 2. Method

The patient has been suffering from hypothyroidism for more than 10 years, and has been taking relevant prescribed drugs for 5 years due to the occurrence of hyperlipidemia and hypertension.

The patient experienced generally cold body temperatures and suffered from some major and minor diseases such as cold hands and feet, constipation, rhinitis, headache, and cystitis. The patient had a family history of dementia, which increased the patient's concern for potential early dementia.

Since April 2021, the patient has been undergoing nutritional therapy by administering Aqua SAC Pure, Cyaplex-A, Euphaplex Alpha Capsule, Hemoplex, Momoplex, Bioplex F, Macalplex, Monacol Capsule, Viva Kan Capsule, Heartberry Lemon, Cocorol, and Hoduplex Capsule once in the morning and once in the evening.

## Result

In August 2021, which is 4 months after starting nutritional therapy, the drug for treating hyperlipidemia, Statin, was discontinued, and blood cholesterol and triglyceride levels were improved with Monacol, Heartberry Lemon, Viva Kan, Ciaplex-A, and Corcorol, which targeted improving the patient's liver function. In October, which is two months after treatment initiation, the hyperlipidemia level returned to normal.

However, after that, the patient experienced cognitive disorder as she started to forget her appointments and did not recognize where she was going when she came to her senses while walking on the street. Thus, Hoduplex and Euphaplex Alpha capsules were added to the treatment from November. Since her treatment, the quality of sleep has improved, appetite has decreased, and memory has improved significantly.

Also, the thyroid levels have been close to normal since October 2021, which allowed the thyroid drugs to be cut in half of its original dosage. (**Table. 1**)

**Table1. Indicator for the chief complaint filled out by the patient herself. The level of discomfort worsens as it reaches 5.**

Symptoms	1st April 5, 2021	2nd May 2021	3rd July 2021	4th September 2021	5th October 2021
Recurrent cystitis	5	1			
Hypertension	5	3	1	1	1
Hyperlipidemia	5	3			
Cognitive disorder	5	3			
Dry eye syndrome	5	1			
Hypothyroidism	5	1	1	1	1

### References

#### Consideration

As mentioned in the introduction, recurrent cystitis is a disease that significantly reduces the patient's general quality of life. The condition was severe as the patient frequently visited the emergency room due to recurrent cystitis. The anthocyanin found in Cyaplex-A can improve cardiovascular disease by suppressing inflammation, controlling the expansion and contraction of blood vessels, and inhibiting the breakdown of vital components found in the inner wall of blood vessels<sup>6</sup>, which also helped in improving the patient's hypertension as well as recurrent cystitis.

In addition, alpha-linolenic acid in Euphaplex-alpha capsules suggests a preventive effect on cognitive deterioration and dementia<sup>7</sup>, and the walnut oil found in Hoduplex can be considered a potential factor in preventing Alzheimer's disease<sup>8</sup>. Also, the Monacolin K found in Monacol Capsule helped to improve the patient's complex diseases because it is effective in controlling cholesterol<sup>9</sup>.

This report has been made with the patient's consent as this nutritional therapy is considered to be another alternative for patients with complex diseases whose quality of life is completely deteriorated.

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