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Case Report-A learning from clinical experiential history

세포교정영양요법(OCNT)을 이용한 장상피화생 환자 사례 연구

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A Case Study on Patients with Intestinal Metaplasia Receiving Ortho-Cellular Nutrition Therapy (OCNT)

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ABSTRACT

Objective: A case report on the improvement of patients with intestinal metaplasia by Ortho-Cellular Nutrition Therapy (OCNT).

Methods: A 55-year-old Korean male suffering from the symptoms of the reduced digestive function, bloating, and hypoacidity.

Results: The severity of the symptoms improved after Ortho-Cellular Nutrition Therapy (OCNT), and the patient was finally cured of intestinal metaplasia.

Conclusion: Ortho-Cellular Nutrition Therapy (OCNT) is effective in relieving the symptoms of patients with intestinal metaplasia.

Keywords Ortho-Cellular Nutrition Therapy (OCNT), Intestinal metaplasia, and Atrophic gastritis

Introduction

There are several representative diseases that can usually occur in the stomach, such as acute gastritis, chronic gastritis, erosive gastritis, atrophic gastritis, intestinal metaplasia, gastric cancer, etc. Among them, intestinal metaplasia means that the surface of the stomach wall (mucosa) changes like that of the small intestinal wall. The cause has not yet been precisely identified, but since intestinal metaplasia occurs mainly through atrophic gastritis, which is chronic gastritis, it is believed that it is attributable to the gastric wall being exposed to inflammation for a long time.[1] The gastric mucosa changes like the intestinal mucosa in the process of regeneration of gastric mucosal cells due to inflammation or injury, in which case it is speculated that a response to inflammation results in the result.[2] So far, there is no clear treatment method that has been found to cure intestinal metaplasia in modern medicine. Intestinal metaplasia cells are considered precancerous ones because they can develop into gastric cancer through dysplasia. If intestinal metaplasia is diagnosed through endoscopy, a regular endoscopy is now recommended in hospitals. The only treatment method that can be taken in modern medicine is to perform surgery at an early stage when it is found to be gastric cancer through a regular endoscopy. Patients diagnosed with intestinal metaplasia feel anxious about not knowing when cancer will develop. So, even those who can normally digest food without any problems often

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have difficulty digesting it due to the anxiety after being diagnosed with intestinal metaplasia. According to several studies, patients diagnosed with intestinal metaplasia have an 11-fold higher incidence of gastric cancer than those who are not.[1] For reference, gastric cancer had the highest cancer incidence rate in Korea as of 2018, so patients diagnosed with intestinal metaplasia require regular observation and attention.

The patient of this case was diagnosed with atrophic gastritis and intestinal metaplasia in the gastric body, antrum, and lesser curvature in March 2019 and was confirmed in June 2020 to have atrophic gastritis and intestinal metaplasia more widespread to the antrum, lesser curvature, and even greater curvature. It was intended to report on the application of Ortho-Cellular Nutrition Therapy (OCNT) to the patient.

Case

1. Target

The subject of this case study was one patient with intestinal metaplasia.

1) Name: Choi O O (M/55 years old)
2) Diagnosis: Atrophic gastritis and intestinal metaplasia
3) Date of onset: March 26, 2019
4) Treatment period: July 21, 2020 to March 2022 (about 21 months)
5) Chief complaint: He was suffering from the symptoms of the reduced digestive function, bloating, and hypoacidity.
6) Medical history: None
7) Social history: None
8) Family medical history: None
9) History of present illness: None

2. Methods

1st dose

Chinese herbal medicine granules that can help with digestion.

Vivagin F (202, 2 times a day, 2 tablets per time)
Vivarol (201, 2 times a day, 2 tablets in the morning and 1 tablet in the evening)
Heartberry Black (101, 2 times a day, 1 packet per time)
The male patient took them for about six months.

2nd dose

Vivagin X (101, 2 times a day, 1 tablet per time)
Vivarol (201, 2 times a day, 2 tablets in the morning and 1 tablet in the evening)
Heartberry Black (101, 2 times a day, 1 packet per time)
The male patient took them for about fifteen months.

[Diet]

The patient was recommended to eat Korean food in an appropriate amount on a regular basis, three meals a day, but to observe the following eight main points.

1. Multigrain rice, but white rice for the time being when digestion is not working well. The diet should consist of herbs, vegetables, algae, fish, and fermented soybeans (Chungkukjang (Korean Fermented Bean), soy sauce, and soybean paste).
2. It is recommended to eat beans, carrots, pumpkin, garlic, onions, and wild edible greens for vegetables and seaweed, kelp, dried laver, etc. for algae.
3. Sea salt should be only used as a condiment. (Mineral bamboo salt is recommended.)
4. All monosaccharides and processed and concentrated sugar products (oligosaccharides, sucrose, and fructose) should be completely excluded, and complex carbohydrates (cereals, vegetables, fruits, vegetables, and algae) and dietary fiber are recommended.
5. Milk, dairy products, eggs, cooking oil, coffee, snacks, ice cream, fried food, roasted meats, nuts, and peanuts should be completely excluded.
6. It is recommended to drink mineral water instead of tap water and purified water.
7. It is recommended not to use synthetic ingredients such as shampoo, conditioner, perfume, cosmetics, air freshener, deodorant, etc.
8. GMO food (wheat, corn, and soybean) should be completely excluded.

[Life habit]

1. Always have a positive and optimistic mindset.
2. Do exercises you can enjoy on a regular basis.
3. Create an environment in your bedroom that allows you to get a good night's sleep as much as possible.

[Exercise habit]

Stress, tension, depression, lethargy, and anxiety cause or exacerbate pain, inflammation, or tumors, so reducing stress through the correct breathing, posture, bodywork, and exercise can lead to an increase in immune levels.

1. Breath

Diaphragmatic breathing, that is to say abdominal breathing, can help to achieve improved energy levels, reduced tension, and improved mental performance.

2. Posture
Poor postures, such as bending your back, drooping shoulders, lowering your head, etc., can result in shallow breathing and low energy levels, while keeping your head up and your spine and neck straight can make you feel more confident and boost your energy levels.
3. Body work
The continuous gentle stimulation of connective tissues supporting the human body, muscles, bones, and organs relieves tension, and the regular exercise not only makes you feel good, but also relieves stress and tension through the secretion of endorphins.

4. Exercise
30 minutes of exercise a day (10 minutes of gymnastics and 20 minutes of walking) can reduce stress, tension, depression, lethargy, and anxiety.

The patient was asked to go to sleep between 11:00 and 12:00 at night so that his body could recover normally.

Results

The male patient was suffering from the symptoms of the reduced digestive function, bloating, and hypoacidity. After 3 months of receiving Ortho-Cellular Nutrition Therapy (OCNT), the patient's digestion and burping improved by about 30%. After 1 year of receiving Ortho-Cellular Nutrition Therapy (OCNT), the patient's burping, indigestion, bloating, and drowsiness after a meal improved by about 70%. After 20 months of receiving Ortho-Cellular Nutrition Therapy (OCNT), all the symptoms the patient had been experiencing improved by 90%. A month later, it was finally determined through endoscopy that the patient's intestinal metaplasia disappeared, but some atrophic gastritis remained (Figure 1).

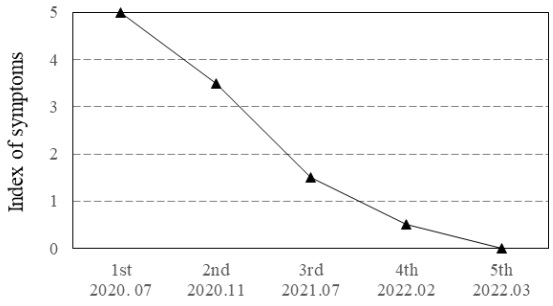

Figure 1. Changes in the symptoms of the patient receiving Ortho-Cellular Nutrition Therapy (OCNT) over time (the symptoms are getting worse on a scale of 1 to 5.)

Considerations

The exact cause of intestinal metaplasia is not well known, but it is considered to be caused by degeneration and oxidation of the cell membrane, which leads to a decrease in oxygen saturation and regulation of epigenetic gene expression. It should be noted that cell membranes are easily damaged due to the increase in active oxygen caused by the reduced antioxidant enzyme capacity as aging progresses. According to the experimental results of Dr. Otto Heinrich Warburg who had received the Nobel Prize in Germany, if oxygen saturation falls below 65%, cells die or differentiate into cancer cells. Intestinal metaplasia is also recognized as a pre-cancerous cell in modern medicine, and according to previous research results, oxygen saturation is thought to affect the differentiation into cancer cells. In addition, it is thought that the decrease in the antioxidant enzyme activity due to aging induces stress on the gastric mucosa and may turn atrophic gastritis into intestinal metaplasia. In modern medicine, the cases of intestinal metaplasia cured have not yet been reported. According to the theory of epigenetics, the expression of genes is regulated by the surrounding environment and lifestyle. Therefore, excessive stress is thought to inhibit normal gene expression as well as to cause membrane degeneration and diseases such as intestinal metaplasia, etc.
The patient of this case complained of the symptoms of the reduced digestive function, bloating, drowsiness after a meal, and hypoacidity. In addition, the patient was having difficulty managing his diet. Substances that have the function of antioxidant enzymes reduced due to aging are thought to be important for cells to perform their normal functions. In this respect, Cyanidin contained in Vivagin has been reported to have antioxidant functions. In addition, Eufaplex contains Non-Oxidized Essential Unsaturated Fatty Acids (NOEUFA) necessary for the synthesis of cell membranes. Patients diagnosed with intestinal metaplasia suffer from hypoacidity while having reduced gastric acid secretion, and Epigallocatechin gallate (EGCG), polyphenol contained in Heartberry Black, has been reported to have a variety of functions such as glucose metabolism, regulation of activity of α-amylase and α-glucosidase, protection of internal organs, etc., which might have helped to improve the reduced function of the digestive system due to hypoacidity.

There is a limitation in the interpretation of the results because this case study is based on a single instance of data that intestinal metaplasia was overcome by Ortho-Cellular Nutrition Therapy (OCNT). However, As Ortho-Cellular Nutrition Therapy (OCNT) might have been of great help in curing intestinal metaplasia, this case study is reported with the patient's prior consent.

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