

세포교정영양요법(OCNT)를 이용한 고혈압 환자 사례 연구

이옥희 약사

대구시 달성군 달구벌대로 875 한사랑약국

A Case Study on Hypertensive Patients Receiving Ortho-Cellular Nutrition Therapy (OCNT)

Pharmacist, Ok-hee Lee

Hansarang Pharmacy, 875, Dalgubeol-daero, Dasa-eup, Dalseong-gun, Daegu, Republic of Korea

ABSTRACT

Objective: A case report on the improvement of hypertension patients by Ortho-Cellular Nutrition Therapy (OCNT).**Methods:** A 59-year-old Korean male with hypertension having bad habits as alcohol, smoking and overweight.**Results:** Weight loss and blood pressure improved after Ortho-Cellular Nutrition Therapy (OCNT).**Conclusion:** Ortho-Cellular Nutrition Therapy (OCNT) is effective in relieving the symptoms of patients with chronic symptoms to hypertension.**Keywords** Ortho-Cellular Nutrition Therapy (OCNT), hypertension, Chronic symptoms, weight loss

Introduction

Hypertension, also called “high blood pressure,” is when the systolic blood pressure (SBP) and diastolic BP (DBP) are greater than 140/90 mmHg. Hypertensive patients exist in many countries, and, according to the Korean National Health and Nutrition Examination Survey (KNHANES) survey, about 30% of adults over 30 years of age in Korea have hypertension. It is known that hypertension is attributed to various causes, which is characterized by accompanying cerebrovascular

diseases and many other cardiovascular risk factors, such as abdominal obesity, dyslipidemia, glucose intolerance, etc.

Hypertension may be caused by diabetes, sedentary lifestyles, excessive alcohol consumption, stress, smoking, genetic factors, etc. Overweight related to fat cells is one of the causes of hypertension, and a meat-based diet, alcohol, and overwork can result in hypertension accordingly. Abnormalities in glucose metabolism, inflammation, the sympathetic nervous system (SNS), etc. are known to adversely affect hypertension if hypertensive patients gain weight.^{1,2,3} As an example, when hypertensive patients smoke, it is known to increase the level of Interleukin-6, one of pro-inflammatory cytokines, thereby increasing the risk of myocardial infarction². In fact, the experimental results of weight loss in overweight patients have shown that it is related to fat cells, sleep apnea, the sympathetic nervous system, etc., and it has been reported that when adults with hypertension succeed in losing 5 to 10kg of weight, their risk of developing the disease is reduced by about 25%.⁴

*Correspondence: Oh-hee Lee

E-mail: dakyuongok@naver.com

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Foreign substances, such as parasites, viruses, etc., may also cause high blood pressure, and there have been reports of pulmonary hypertension in patients infected with parasites. Patients infected with protozoa and parasites have been widely reported worldwide, and the infection not only causes a great burden on the morbidity and mortality of humans, but may also lead to their death in serious cases. No precise mechanism has yet been identified for hypertension caused by infection with parasites, but it is assumed that inflammatory substances generated while being infected with the parasites have a negative effect on the increase in blood pressure.⁵

High blood pressure may not cause any symptoms, but it can damage the brain, eyes, heart, and kidneys in patients with severe or chronic high blood pressure. In severe cases, it can cause their brains to swell, eventually falling into a coma, so it is important to relieve symptoms by managing inflammation and other toxins on a daily basis.

Case

1. Target

The subject of this case study was one hypertensive patient.

- 1) Name: Lee OO (M/59 years old)
- 2) Diagnosis: hypertension
- 3) Date of onset: 2023
- 4) Treatment period: February 23 to March 9, 2023 (about 2 weeks)
- 5) Chief complaint: He is having difficulty managing his weight due to rapid weight gain.
- 6) Medical history: He had been taking more than one or more prescribed high blood pressure medicines for more than ten years.
- 7) Social history: Excessive smoking and drinking
- 8) Family medical history: Hypertension from the maternal line
- 9) History of present illness: None

2. Methods

1st dose

Taking a dose of Paragon (101, 2 times a day, 1 packet per time), Haepo Booster F (101, 2 times a day, 1 packet per time), Bioplex-F (101, 2 times a day, 1 packet per time), Curcuplex (101, 2 times a day, 2 tablets per time), Aqua SAC Pure (101, 2 times a day, 1 packet per time), Apple Vinegar Powder (101, 2 times a day, 1 packet per time) for five days.

2nd dose

Taking a dose of Cyaplex X (101, 2 times a day, 1 packet per time), Eufaplex Alpha (101, 2 times a day, 1 packet per time), Haepo Booster F (111, 3 times a day, 1 packet per time), Heartberry Black (101, 2 times a day, 1 packet per time), Aqua SAC Pure (101, 2 times a day, 1 packet per time) for five days.

3rd dose

Taking a dose of Cyaplex X (101, 2 times a day, 1 packet per time), Eufaplex Alpha (202, 2 times a day, 2 packet per time), Heartberry Black (101, 2 times a day, 1 packet per time), Haepo Booster F (111, 3 times a day, 1 packet per time), Aqua SAC Pure (101, 2 times a day, 1 packet per time) for five days.

He combined diet therapy, stopped drinking alcohol and smoking, and took vegetable broth instead of regular meals to lose weight.

Results

He was asked to receive Ortho-Cellular Nutrition Therapy (OCNT) for the first five days to eliminate parasites and toxins from the internal intestines. He took additional Cyaplex X Fine Granule and Eufaplex Alpha for the next ten days to improve cholesterol and lower blood pressure. He lost about 5kg weight on the 8th day of taking them, and he then had continued to lose weight. Even with naked eyes, it could be seen that his abdominal circumference was significantly reduced, and the redness and swelling of his face were greatly improved. (Figure 1 A and B; C and D). Apart from the patient's health status, which could be seen with naked eyes, a medical check-up was conducted to check whether the values of risk factors for his hypertension actually changed. As the patient's weight was controlled, each risk value was significantly lowered. Especially in the case of triglyceride, it showed an appropriate level by lowering from 200 mg/dl or higher, which was in the risk group, to 75 mg/dl. In addition, although he was taking blood pressure drugs, his blood pressure level of 130/80 mmHg, indicating prehypertension, became the normal level of 113/71 mmHg, so his systolic and diastolic blood pressure came within the normal range (Table 1).

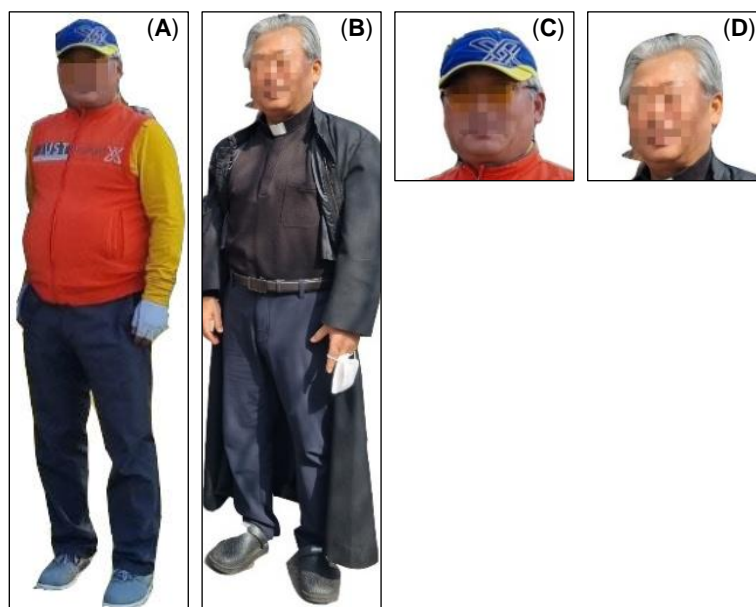


Figure 1. Appearance of the patient before receiving Ortho-Cellular Nutrition Therapy (OCNT) (A) and (C) and Appearance of the patient after receiving Ortho-Cellular Nutrition Therapy (OCNT) (B) and (D).

Table 1. An index of the factors over time before and after the practice of Ortho-Cellular Nutrition Therapy (OCNT)

Factor	Feb.3	Mar. 9
Triglycerides (mg/dl)	293	75
Total cholesterol (mg/dl)	171	151
Weight (kg)	74.7	69.8
Body Mass Index	29.11	27.3
SBP/DBP(mmHg)	130/80	113/71

SBP; systolic blood pressure, DBP; diastolic blood pressure

Considerations

This 59-year-old male patient had high blood pressure and was under excessive stress, such as an unhealthy diet, overwork, etc. In particular, although he had been taking more than one or more prescribed high blood pressure medicines for more than ten years, his blood pressure was not improved, and he suffered from rapid weight gain. Therefore, he wanted to improve diets and eliminate toxins accumulated in his body. Moreover, the patient had a face with facial flushing and severe swelling due to abnormal life patterns, such as smoking, drinking alcohol, overwork, etc., showing that he needed a nutrient supply to eliminate his toxins and improve his metabolism. Therefore, Ortho-Cellular Nutrition Therapy (OCNT)

consisted of Paragon removing parasites, Haepho Booster removing toxins in the liver, etc. for the first five days. Haepho Booster is expected to effectively remove parasites and toxins in the body when taken together with Paragon in the way that toxins are excreted in the urine and feces by increasing water solubility through the combination of soluble factors. In fact, the sweet wormwood in Paragon is an aromatisant used for treating colds, parasitic infections, and high blood pressure; it was confirmed that systolic blood pressure was effectively reduced when 150mg/kg of the sweet wormwood was prescribed for 8 days ($P<0.01$).⁶ Since then, Cyaplex X Fine Granule and Eufaplex Alpha were added. Antocyanins and Fucoidan Complexes, the main components of Cyaplex-X, have various effects, including anti-oxidant and anti-inflammatory properties.

Anthocyanin extracted from berries was confirmed to have the effects of weight loss and angiogenesis in in vivo/in vitro tests, and Fucoidan Complexes found in shellfish are known to have cholesterol lowering and blood pressure resistance effects.^{7,8} Each of the naturally-derived substances might have helped to improve high blood pressure and overweight by removing toxins from the body and improving the blood vessel function. There is a limitation in the interpretation of the results because this case study is targeted for one patient during such a short treatment period, but the patient continues to take Cyaplex X even after the completion of multiple Ortho-Cellular Nutrition Therapy (OCNT).

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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