

세포교정영양요법(OCNT)를 이용한 경추관 협착증 사례 연구

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A Case Study on Cervical Spinal Stenosis Using Ortho-Cellular Nutrition Therapy (OCNT)

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ABSTRACT

Objective: A single-patient case study on the use of OCNT for cervical spinal stenosis.**Methods:** A 50-year-old Korean male with frequent leg muscle cramps and severe muscle weakness was treated with OCNT.**Results:** After OCNT, pain and cramps disappeared, and muscle strength improved to the point of no longer hindering daily activities.**Conclusion:** OCNT can be beneficial in alleviating symptoms of pain and muscle weakness in patients with cervical spinal stenosis.**Keywords** Ortho-Cellular Nutrition Therapy (OCNT), Cervical Spinal Stenosis, Pain, Muscle Weakness

INTRODUCTION

Cervical spinal stenosis is a chronic condition where the spinal canal in the neck area narrows, often acquired but can also be congenital.¹ The abnormal narrowing of the spinal canal or

foramina can exert pressure on the spinal cord or nerve roots, causing pain, sensory deficits, and muscle weakness in arms and legs.² Causes include arthritis, rheumatoid arthritis, spinal tumors, trauma, scoliosis, spondylolisthesis, and a genetic condition called chondrodysplasia. Treatments are mostly surgical, involving procedures like discectomy or laminotomy to relieve spinal cord pressure. Non-surgical treatments include pain and

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Received Nov 29, 2023; Accepted Nov 29, 2023; Published Nov 30, 2023
doi: <http://dx.doi.org/10.5667/CellMed.spc.054>

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† This report has been translated and edited by the CellMed editor-in-chief, Prof. Beom-Jin Lee.

inflammation management with medication, strength exercises for neck and spine muscles, core exercises, and posture correction, often requiring physical therapy for stretching and muscle strengthening.³

The patient in this case study, suffering from cervical spinal stenosis, had been taking narcotic painkillers for over three years. This led to frequent leg cramps and incapacitating spasms in the toes and calves. Despite receiving acupuncture treatments at an oriental medicine clinic, there was no improvement in back pain or restless leg syndrome, severely affecting sleep. The patient also suffered from severe thigh muscle atrophy, making it difficult to climb slopes. This report aims to discuss the results of applying OCNT to such symptoms.

CASE STUDY

1. Subject

A case of a patient with cervical spinal stenosis was studied.

- 1) Name: Kim O O (Male/55)
- 2) Diagnosis: Cervical Spinal Stenosis
- 3) Onset date: Date of onset unknown
- 4) Treatment period: September 30, 2022, to present
- 5) Symptoms: Severe pain and muscle weakness in the legs
- 6) Past medical history: None
- 7) Social history: No alcohol or smoking
- 8) Family history: None

9) Current medical condition and medication: Mypol, Arobest, Otillen, Limapran

2. Method

- OCNT Details

Amiplex (010, once daily, one sachet each time)

Collaplex (101, twice daily, one sachet each time)

Sulfoplex PK (404, twice daily, four pills each time)

Viva Circu (101, twice daily, one sachet each time)

Magplex (202, twice daily, two sachets each time)

Aqua SAC Pure (010, once daily, one sachet each time)

OCNT was applied in this manner.

RESULTS

- September 30, 2022

The patient noticed a decrease in muscle mass, leading to limitations in movement. It was decided to discontinue current prescription medications without tapering. Naproxen or similar anti-inflammatory painkillers were recommended in case of severe pain.

- January 26, 2023

Shortly thereafter, thigh muscles began to regenerate. Pain became bearable even without Naproxen, and it was possible to manage pain with OCNT.

- March 27, 2023

The intensity of cramps in the legs and toes reduced. The patient recovered to the extent of being able to hike, with cramps resolving quickly.

- May 25, 2023

Reduced the frequency of nutrient intake to once daily. Symptoms improved significantly, allowing for leisure activities like golf and hiking; all the pain disappeared. Symptoms like muscle cramps, numbness, and sleep disorders vanished, leading to revitalized life and noticeably younger appearance.

- July 24, 2023

Continuing OCNT once daily and maintaining a healthy state.

DISCUSSION

For cervical or lumbar spinal stenosis, both surgical and non-surgical treatments exist, but it is still unclear which is more effective.⁴ If stenosis causes pain and inflammation, anti-inflammatory medication can be prescribed, and maintaining spinal movement, strengthening abdominal and core muscles, and building endurance are greatly beneficial. Gradual aerobic activities like swimming or cycling are also good options. The patient in this case, due to prolonged use of narcotic painkillers for cervical spinal stenosis, experienced accelerated muscle atrophy and worsening muscle cramps due to blood circulatory disorders in the muscle layer. Although narcotic painkillers may suppress

pain temporarily, they do not address the root cause of stenosis. Viva Circu, containing Centella asiatica leaf extract, can help improve circulation, aiding muscle recovery.⁵ Collaplex contains low molecular weight collagen peptides, beneficial for bone health, along with shark cartilage, hyaluronic acid, mucopolysaccharide protein complex, and chondroitin sulfate. Collagen, a major component of our body, forms about one-third of the body's protein. In bones, collagen, which acts like a steel frame, makes up 35%, surrounded by calcium and phosphorus. Lack of collagen weakens bones and reduces the elasticity and strength of muscles. Animal studies have shown that low molecular weight collagen peptides are absorbed within 24 hours into the skin, bones, and cartilage.⁶ Amiplex was also used to supply muscle-building nutrients like amino acids, and Magplex provided natural magnesium supplementation for muscle flexibility, sleep, and relaxation.⁷⁻⁹ Sulfoplex's plant-based MSM was used to augment anti-inflammatory, joint/muscle pain relief, oxidative stress, and antioxidant capabilities.¹⁰ These methods allowed for discontinuation of synthetic narcotic painkillers, improving pain and quality of life. This case report is presented with the patient's consent.

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