

세포교정영양요법(OCNT)을 이용한 이명환자 사례 연구

안숙 약사

경기도 화성시 병점서로 33 태안 약국

A Case Study of a Tinnitus Patient Receiving Ortho-Cellular Nutrition Therapy (OCNT)

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ABSTRACT

Objective: A case report on the reduction of tinnitus and improvement in feeling of residual urine as a result of nutritional therapy

Methods: A 46-year-old Korean man presented with tinnitus lasting for 10 days, and complained of discomfort with a feeling of residual urine for several years.

Results: Tinnitus disappeared after one week of nutritional therapy, and the feeling of residual urine improved after 40 days.

Conclusion: Nutritional therapy can be beneficial in the treatment of diseases for which a definitive diagnosis and treatment are lacking, such as tinnitus.

Keywords Ortho-Cellular Nutrition Therapy (OCNT), Tinnitus

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Introduction

Tinnitus is a phenomenon that only the affected individual can perceive, as the sound is detected in the ear or head and is not a result of external auditory stimulation. It is a condition that affects between 5.1% and 42.7% of the global population,¹ and there are reports that its prevalence is increasing in Korea as well.

² Tinnitus causes sleep disturbances, difficulties with

conversation and concentration, as well as anxiety, and can lead to substance abuse and other social and daily difficulties.³ Although the number of patients with tinnitus is gradually increasing, it is difficult to accurately diagnose and treat tinnitus due to the lack of a clear cause or pathogenesis. Due to this issue, patients are treated with drugs such as vasodilators and anti-anxiety medications as symptomatic therapy; however, the treatment of other methods is required to improve the limitations caused by the lack of standardized diagnostic criteria and treatment. In the case of this study, a tinnitus patient received nutrition therapy, and the results are reported.

Case

1. Subjects

The subject of the study was a patient diagnosed with tinnitus.

- 1) Name: Choi OO (male, 46 years of age)
- 2) Diagnosis: Tinnitus (XX ENT Clinic)
- 3) Onset Date: Sept. 21, 2022
- 4) Treatment Period: Sept. 30, 2022 Prescribed Ginexin-F tablets
- 5) Main complaint: Perception of noise in the ears without external auditory stimulation. Had been experiencing discomfort with feeling of residual urine for several years.
- 6) Medical History: None.
- 7) Social History: Smoking (1 pack a day for 30 years)
- 8) Family History: None.
- 9) Present illness and medication: None.

2. Method

Shortly after the onset of tinnitus, it was determined that the treatment period could be shortened by Ortho-Cellular Nutrition Therapy (OCNT) with active phytonutrients; consequently, a combination of prescription drugs and nutritional therapy was administered. The patient continued to take Cyaplex X 101, Eufaplex 101, Viva Circu 101, Hemoplex 202, and Aquapure 100 for 40 days.

Results

The tinnitus completely disappeared after one week of nutritional therapy, and the feeling of residual urine, which had lasted for several years, also improved. In addition, NO Booster capsules were administered, and the patient's sexual function, which had deteriorated, was restored. Patient satisfaction was high, and nutritional therapy is being maintained to prevent recurrence.

Discussion

This report is a case report on a single case using OCNT, a single method for the improvement of tinnitus, and cannot be generalized for the treatment of tinnitus patients. As tinnitus is a subjective symptom, there are no objective data to determine the cause of tinnitus in this patient's case, and the absence of a clear indicator for the disappearance of tinnitus is a limitation of this study. In future research, objective indicators or solid grounds are deemed necessary. Tinnitus is a condition that is difficult to diagnose and treat with precision. Consequently, among the various treatment modalities, medications are sometimes used to alleviate tinnitus, treat depression, anxiety, and sleep disorders, or improve blood circulation in the inner ear. This case involved a patient diagnosed with tinnitus who was prescribed Ginexin F Tab. Ginexine F Tab is a drug prescribed to tinnitus patients as a treatment for peripheral arterial circulation disorder or brain dysfunction that improves blood flow. It was suggested that the patient utilize both the prescribed medication and nutritional therapy concurrently, but he only engaged in nutritional therapy of his own accord. Cyaplex 101, one of the nutritional therapies used in this case, is composed of cyanidin-alginate nanocomposite, and these two substances have active oxygen removal and anti-inflammatory action due to their antioxidant effects. The primary components of Eufaplex 101 are omega-3, omega-6, and omega-9 unsaturated fatty acids, and it is reported that these fatty acids compose cell membranes, aid in blood circulation,

prevent vascular disease, and improve blood circulation. The primary component of Viva Circu 101 is ginkgo leaf extract, which aids in the improvement of blood circulation. Hemoplex 202 is composed of water-soluble heme iron and folic acid, and it is common knowledge that folic acid is required for blood production. In addition to replenishing body fluids and electrolytes, Aqua Pure 100 also rapidly eliminates waste, so it is believed that the disappearance of tinnitus and the feeling of residual urine are improved by boosting the body's immunity through nutritional therapy. This nutritional therapy is reported with the patient's consent as having additional therapeutic value for tinnitus patients.

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