

세포교정영양요법(OCNT)을 이용한 대사증후군 환자 사례 연구

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

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ABSTRACT

Objective: A case report on the improvement of metabolic syndrome by Ortho-Cellular Nutrition Therapy (OCNT).**Methods:** A 50-year-old Korean male with chronic fatigue and overlapping risk factors impaired fasting glucose, hypertension, and hypertriglyceridemia.**Results:** Diabetes and blood triglyceride levels improved after Ortho-Cellular Nutrition Therapy (OCNT).**Conclusion:** Ortho-Cellular Nutrition Therapy (OCNT) is effective in relieving the symptoms of metabolic syndrome patients.**Keywords** Ortho-Cellular Nutrition Therapy (OCNT), Diabetes, Hypertension, Hyperlipidemia, and Metabolic Syndrome

Introduction

Metabolic syndrome means that a person has multiple risk factors that increase the risk of developing cardiovascular disease and diabetes, such as elevated blood pressure, hyperglycemia, abnormal blood lipids, obesity (especially abdominal obesity), etc. Therefore, metabolic syndrome is not a single disease, but a comprehensive one caused by a combination of genetic predispositions and environmental factors. Metabolic syndrome not only increases the risk of facing diabetes,

hypertension, chronic kidney disease, and cardiovascular and cerebrovascular diseases, but is also associated with the incidence and mortality of various cancers, including breast cancer, rectal cancer, etc. Therefore, it is important to detect metabolic syndrome patients at an early stage and then make them manage their lifestyle, etc., thereby reducing the risk of such diseases.¹ This case study aimed to report the progress of symptoms after Ortho-Cellular Nutrition Therapy (OCNT) was administered to a male patient in his 50s who had multiple risk factors such as impaired fasting glucose, hypertension, and hypertriglyceridemia.

Case

1. Target

The subject of this case study was one metabolic syndrome patient.

1) Name: Cho O O (M/50 years old)

2) Diagnosis: Metabolic syndrome

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- 3) Date of onset: August 2021
- 4) Treatment period: August 2021 to June 2022 (about 10 months)
- 5) Chief complaint: Chronic fatigue
- 6) Medical history: None
- 7) Social history: No smoking and drinking
- 8) Family medical history: None
- 9) History of present illness: None

he also felt itchy like an allergic reaction. Therefore, focusing on his liver recovery and detoxification, he was prescribed CYAPLEX-A, EUFAPLEX ALPHA, AQUA SAC PURE, VIVA KAN CAPSULE, and VIVA C CAPSULE. (However, he was prescribed TMPLEX and MOMOPLEX CAPSULES for the first 3 months only.)

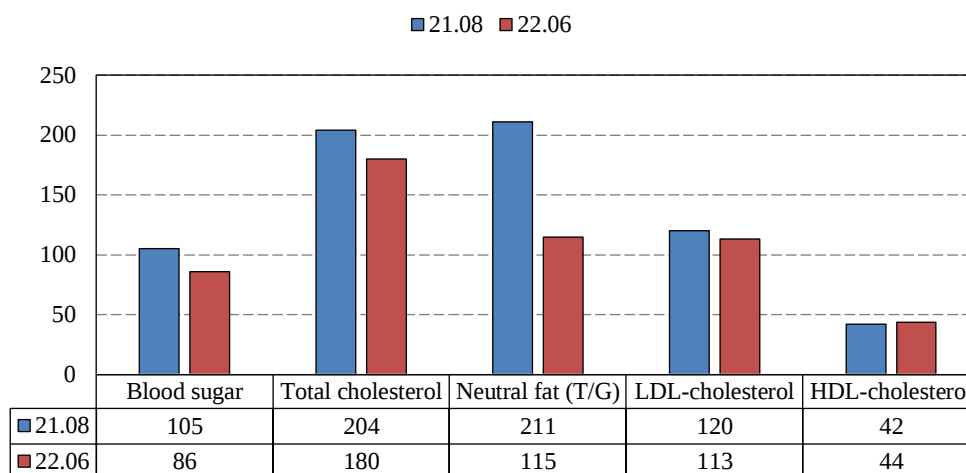
Results

2. Methods

The patient was suspected of getting metabolic syndrome and complex diseases caused by overweight, such as diabetes, high blood pressure, high triglyceride index, etc. Furthermore, even if he got a little tired, his eyes were bloodshot and sometimes turned yellow. In addition, he not only suffered from chronic fatigue, but

The patient's glycemic and triglyceride indexes decreased from 105 to 86 and significantly from 211 to 115, respectively, after only about 10 months of getting Ortho-Cellular Nutrition Therapy (OCNT). However, his blood pressure showed no change. (Fig. 1)

Fig. 1. Numerical change of the factors over time before and after the practice of Ortho-Cellular Nutrition Therapy (OCNT)



Considerations

The causes of metabolic syndrome are very complex and diverse. Metabolic syndrome is known to be associated with a variety of risk factors, such as genetic predispositions, environmental factors, etc., but insulin resistance is considered the most important factor. Insulin is a hormone created by the pancreas that controls the amount of glucose in the bloodstream at any given moment. It also helps store glucose in the liver, muscle, and adipose tissue. Insulin resistance means that the body responds slowly to insulin. Although insulin is being secreted, blood glucose is not stored in the liver, muscle, etc., so it can cause hyperglycemia. As a result, it may lead to either prediabetes or diabetes. Furthermore, high insulin

triggers high blood pressure by accumulating salt and water in the body, obesity by inducing fat accumulation, and lastly dyslipidemia by increasing the blood triglyceride concentration. CYAPLEX-A contains Cyanidine Alginic Acid Nano Complex (CANCP) as its main component, and, in particular, cyanidin plays a role in protecting cells from active oxygen through its strong antioxidant properties.² EUFAPLEX ALPHA contains omega that has been reported to be effective in improving alcoholic fatty liver disease.³ Silymarin, the main component of VIVA KAN CAPSULE, performs various functions such as the cell membrane stabilization, antioxidant effect, accelerated liver regeneration, anti-inflammatory response, etc.⁴ In addition, vitamin C in VIVA C CAPSULE can cause fatty liver when it lacks,

and selenium in TMPLEX removes active oxygen by controlling the glutathione peroxidase activity.^{5,6}

The patient in this case study had multiple risk factors, such as impaired fasting glucose, hypertension, and hypertriglyceridemia, and complained of feeling very tired on a regular basis. Therefore, as his liver function was judged to be significantly reduced, Ortho-Cellular

Nutrition Therapy (OCNT) was administered for him to restore his liver function as well as to lower the risk of diseases related to his metabolic syndrome. As a result, Ortho-Cellular Nutrition Therapy (OCNT) is likely to help control blood glucose and cholesterol in metabolic syndrome patients, and this case study is reported with the patient's prior consent.

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