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Case Report-A learning from clinical experiential history

세포교정영양요법(OCNT)을 이용한 담석증 환자 만성소화불량과 피로개선 사례 연구

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A Case Study on the Improvement of Chronic Indigestion and Fatigue in Patients with Cholelithiasis Using Ortho-Cellular Nutrition Therapy (OCNT)

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ABSTRACT

Objective: A case report on improving the chronic indigestion and fatigue of patients with cholelithiasis by Ortho-Cellular Nutrition Therapy (OCNT).

Methods: A Korean female in her 40s who had a very low quality of life due to chronic indigestion and severe fatigue caused by her diagnosed cholelithiasis.

Results: The practice of Ortho-Cellular Nutrition Therapy (OCNT) improved fatigue and problems in gastrointestinal functions.

Conclusion: Ortho-Cellular Nutrition Therapy (OCNT) can be effective in relieving the symptoms of patients with problems in gastrointestinal functions.

Keywords Ortho-Cellular Nutrition Therapy (OCNT), Chronic indigestion, Chronic fatigue, and Cholelithiasis

Introduction

Indigestion is a general term for the symptoms of digestive disorders that occur after eating foods. Indigestion means all the discomforts and symptoms resulting from a variety of causes in the digestive system, including gastric and hepatobiliary diseases. It includes all symptoms, including abdominal pain, with the symptoms of digestive problems such as heartburn, belching, nausea, epigastric discomfort, gastric distension, etc.[1] Gastrointestinal diseases are said to be very common in modern people, to the extent that gastrointestinal cancer accounts for more than a quarter of all cancers to be reported worldwide.[2] Indigestion occurs due to various causes such as digestive diseases, heart diseases, systemic diseases, mental diseases, etc. Indigestion is also caused by the diseases of digestive organs, such as pancreatitis, gallbladder disease, gastric cancer, and chronic appendicitis, or by diseases, such as anemia, tuberculosis, heart failure, and urinary tract infection, that occur in organs other than the digestive organs. Indigestion can also be caused by foods not sufficiently digested by digestive enzymes due to improper dietary habits, such as irregular dietary habits,

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having a meal at a fast pace, etc. And, swallowing air during meals or at ordinary times habitually may continue to cause bloating. Smoking, excessive coffee and alcohol intake, hypersensitivity to certain foods, irregular bowel habits, and stress from daily life can also cause indigestion.[1] In addition, it is also caused by proton-pump inhibitors and medications for stomach indiscriminately prescribed in hospitals, overeating, instant food intake, coffee, smoking, stress, etc.[3] Generally, hospitals prescribe digestive medicines, regulators of gastrointestinal motility, antacids, etc. to patients complaining of indigestion. They help those patients temporarily digest well, but if taken for a long time, they not only reduce their gastrointestinal functions, but also cause hypoacidity.[4] Thus, they cause the symptoms of chronic indigestion by preventing proper secretion of gastric acid and reducing exercise capacity. The patient of this case had been receiving counseling for Ortho-Cellular Nutrition Therapy (OCNT) due to chronic indigestion for a long time while continuing to take 3 types of Aqua. The patient was diagnosed with gallstones and polyps in the gallbladder through a medical check-up in January 2022. The patient had never been prescribed any medications or had any special procedures before. Therefore, this case study aimed to report the progress after the practice of Ortho-Cellular Nutrition Therapy (OCNT) to the patient who had felt uncomfortable due to acute fatigue and indigestion.

Case

1. Target

The subject of this case study was one patient with cholelithiasis.

1) Name: Eom O O (F/43 years old)
2) Diagnosis: Cholelithiasis
3) Date of onset: January 2022
4) Treatment period: September 2022 to March 2023 (about 7 months)
5) Chief complaint: Indigestion and fatigue
6) Medical history: None
7) Social history: Only drinking (1 bottle every 2 days for 5 years)
8) Family medical history: High blood pressure and diabetes
9) History of present illness: None

2. Methods

Heartberry Black, Aqua SAC Pure, and Cyaplex Mineral Bamboo Salt were used to treat the patient's hypoacidity and dryness. The patient was feeling very tired, but had very poor gastrointestinal conditions, so she was asked to add those medications to 500ml of water and then to take them after breakfast, lunch, and dinner. As the patient usually had poor dietary habits, she was recommended to abstain from alcohol, change the type of food, and chew her food slowly and well. And, the patient was also asked to start exercising so that her gastrointestinal movement could work well.

Results

The heaviness that the patient felt in the stomach and her indigestion were relieved more than before when the 1st Ortho-Cellular Nutrition Therapy (OCNT) was implemented. The patient continued to receive Ortho-Cellular Nutrition Therapy (OCNT) even after gallstone removal surgery in January 2023, which made her digest food much better and feel lighter than before. The patient's fatigue from her physical activities returned to normal levels, and the heartburn and acid reflux she suffered from her chronic gastroenteritis were alleviated to the extent that she did not feel uncomfortable in her daily life. (Table 1)

Table 1. An index of the patient's chief complaint. As the index increases from 1 to 5, it means that it is more severe.

Symptoms	1st Sep 10, 2022	2nd Oct 20, 2022	3rd Dec 30, 2022	4th Feb 10, 2023	5th Mar 10, 2023	Remarks
Heartburn	5	3	2	1	1	
Indigestion	5	3	2	1	1	
Acid reflux	5	3	2	1	1	
Fatigue	5	3	3	2	2	

Considerations

The patient of this case had suffered from indigestion and chronic fatigue, which seemed to make her feel very tired due to the inadequate supply of nutrients in her body. Therefore, it was thought that if the patient's digestive function was improved, the supply of nutrients would work smoothly from her body, and the blood would circulate evenly to other organs in her body, besides the stomach, resulting in the recovery of organ functions and reduction of fatigue. In addition, As the patient complained of hypochlorhydria and severe dryness, nutritional supplements for the stomach in tablet form were expected to accompany Herxheimer reactions such as bloating, heartburn, gas, gastrointestinal pain, etc. Therefore, Ortho-Cellular Nutrition Therapy (OCNT) was applied to the patient using three types of Aqua in liquid form in order to adjust the concentration according to her gastrointestinal condition. When the 1st Ortho-Cellular Nutrition Therapy (OCNT) was implemented, the patient was asked to add the medications to 500ml of water to take them after meals because she had a very poor gastrointestinal condition. But she complained of the heartburn and stomachache. As the patient had a bad dietary habit of eating food at a fast pace and of frequently drinking alcohol that put a burden on her gastric health, attempts were made to find the proper concentration for her by further diluting three types of Aqua with the correction of her dietary habit. The patient's heartburn symptom did not readily improve, but she stopped feeling pain after taking the medications at some point during the gradual increase in their concentration. As such, the concentration could be easily adjusted according to the patient's gastrointestinal condition, suggesting that Ortho-Cellular Nutrition Therapy (OCNT) in liquid form is considered effective for patients complaining of chronic indigestion and severe gastritis.

Cyanidin, a component of Heartberry Black, has excellent antioxidant and anti-inflammatory effects, protecting cells from free radicals.[5] In addition, Epigallocatechin gallate (EGCG), a polyphenol, has been reported to have various functions such as the metabolism of glucose, activity regulation of α-amylase and α-glucosidase, protection of internal organs, etc.[6] It might be likely to help improve the lowered digestive function due to hypochlorhydria. The Aqua SAC Pure and the ingredient bamboo salt contained in Cyaplex Mineral Bamboo Salt have been reported to improve the inhibition of the production of PGE2r, inhibit the increase in the production of MDA and TXB2, and restore the decrease in the amount of free radical scavenging enzymes, such as SoD, GSH, etc., thereby reducing gastritis in the gastric tissue of animals that cause gastritis.[7] Hypochlorhydria means that the stomach does not have enough acids to absorb nutrients, which may lead to the development of other diseases. Particularly, calcium ions may cause a decrease in water solubility and reactivity if sufficient gastric acids are not secreted, which may lead to osteoporosis.[8] The highly activated calcium in Aqua SAC in ionic form has a high reactivity, so that it can help supply a calcium component required in the body.

As this case study is based on a single instance of data, it cannot be applied universally to all patients, but it is thought to be a case of providing help in improving the patient's symptoms by properly adjusting the concentration according to the patient's gastrointestinal condition. Therefore, this case study is reported with the patient's prior consent.

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