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Case Report-A learning from clinical experiential history

세포교정영양요법(OCNT)을 이용한 SIBO증 환자 개선 사례 연구

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A Case Study on the Improvement of a Patient with SIBO Syndrome Using Ortho-Cellular Nutrition Therapy (OCNT)

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ABSTRACT

Objective: To report a case of SIBO syndrome improvement through Ortho-Cellular Nutrition Therapy.

Methods: A Korean male in his 60s suffering from indigestion due to SIBO.

Results: After the OCNT, symptoms of SIBO and indigestion improved.

Conclusion: OCNT can be beneficial for patients with SIBO and indigestion.

Keywords Ortho-Cellular Nutrition Therapy (OCNT), Hypochlorhydria, Indigestion, Small Intestinal Bacterial Overgrowth, SIBO

INTRODUCTION

Small Intestinal Bacterial Overgrowth (SIBO) is defined as an increase in the number or a change in the type of bacteria in the upper gastrointestinal tract. The causes are usually complex and related to insufficient gastric acid secretion, exocrine pancreatic insufficiency, Immunodeficiency syndromes, small bowel obstruction, diverticula, fistulas, etc.[1]

The patient had hypochlorhydria due to prolonged use of antacids and stress. Long-term use of antacids can decrease gastric acid secretion, resulting in the loss of a physicochemical barrier important for

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controlling intestinal bacterial growth and settlement, potentially promoting intrinsic infections and increasing the formation of carcinogens in the stomach.[2]

Reduced gastric acid secretion due to prolonged use of antacids was considered a contributing factor to SIBO. The focus was on reducing bacterial count and normalizing stomach pH.

OCNT was relatively short, but it resulted in an improvement in SIBO, with the patient's consent obtained for case reporting.

CASE STUDY

1. Subject

A case of a SIBO patient was studied.

1) Name: Mr. Hwang (M/69)

2) Diagnosis: Gastric atony due to SIBO

3) Onset date: After February 2023

4) Treatment period: October 27, 2023, to November 3, 2023

5) Symptoms: Feeling bloated and gassy, a fullness in the stomach

6) Past medical history: None

7) Social history: No alcohol or smoking

8) Family history: None

9) Medications: Antacids, etc.

2. Methods

First OCNT on October 27, 2023:

Enzaplex (111, three times daily, one sachet per time)

Yangwi-bo (111, three times daily, one sachet per time)

These were taken for two days.

Second OCNT on October 30, 2023:

Paragon (101, twice daily, one sachet per time)

Apple vinegar powder (101, twice daily, one sachet per time)

Bioplex (101, twice daily, one sachet per time)

Enzaplex (101, twice daily, one sachet per time)

Taken one sachet each morning and evening for five days.

RESULTS

The patient experienced discomfort in daily life due to a bloated and gassy stomach, feeling full. However, after about one week of OCNT, the bloated feeling and gas improved, indicating an improvement in indigestion.

DISCUSSION

Hypochlorhydria led to incomplete digestion of food in the stomach, causing intestinal putrefaction and subsequent harmful bacterial growth in the small intestine, resulting in SIBO. Excessive bacteria can interfere with the metabolism and absorption of various substances like carbohydrates, proteins, fats, and vitamins.[3]

During the first visit, the patient was prescribed Enzaplex and Yangwi-bo three

times a day for two days. Enzaplex contains digestive enzymes like protease, amylase, and lipase, which aid in food digestion[4], while the tangerine peel in Yangwi-bo improves gastrointestinal motility[5], and the toasted rice bran's phenolic compounds and jujube's polysaccharides play an important role in regulating intestinal microorganisms[6,7]. Additionally, licorice root [8], and ginger rhizome[9] were beneficial for digestion.

After seeing the effects of this two-day regimen, the patient was advised to take Paragon, Apple beanie powder, Bioplex, and Enzaplex again. Paragon's fennel[10], buckwheat[11], and clove[12] aided digestion, and the natural probiotics in Apple beanie powder, the fructooligosaccharide powder in Bioplex[13,14], oat fiber[15,16], and psyllium husk fiber[17] were thought to improve intestinal flora, suppress harmful bacteria, and alleviate the patient's SIBO symptoms, gastric distention and digestive discomfort.

This case report, based on a single case, cannot be universally applied to all patients with digestive issues but is thought to have helped improve the patient's symptoms, hence reported with the patient's consent.

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