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Case Report-A learning from clinical experiential history

세포교정영양요법(OCNT)을 이용한 다발성 원형 탈모 개선 사례 연구

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A Case Study on the Improvement of Multiple Alopecia Areata using Ortho-Cellular Nutrition Therapy (OCNT)

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ABSTRACT

Objective: Report on the case of improvement of multiple alopecia areata through implementation of Ortho-Cellular Nutrition Therapy (OCNT).

Methods: A Korean female in her 50s suffering from multiple alopecia areata.

Results: Multiple alopecia areata was improved following implementation of OCNT.

Conclusion: Application of OCNT can be helpful to multiple alopecia areata.

Keywords Ortho-Cellular Nutrition Therapy (OCNT), multiple alopecia areata, alopecia, alopecia areata

Introduction

Excessive stress can degrade the functions of the adrenal glands, one of the organs responsible for the body's immune system, thereby leading to a degradation of immunity.[1] Autoimmune diseases manifested by degraded immunity can lead to immune cells receiving erroneous order and attacking normal body cells. In such case, the normal cells are attacked by the autoimmune response, which can lead to multiple alopecia areata.[2]

Stress stimulates the nerves and disrupts the autonomic nervous system, which controls tension and relaxation in the body.[3] It also affects the immune system[4] and the nervous system, which control the body's immunity,

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causing problems in the ability to regulate the attack and defense systems. As a result, they attack normal cells in the body, thereby causing a variety of symptoms referred to as autoimmune diseases. [5]

Multiple alopecia areata is a condition in which the endocrine system[6], immune system[7] and nervous system, which regulate homeostasis, attack the cells that grow hair roots, thereby resulting in hair to fall out.

Trauma or infection can cause disorders of energy and blood circulation disorder, metabolism and hormones. This leads to a degradation in immunity, etc. Imbalances in life due to factors such as stress, overwork, excessive alcohol consumption, smoking and sleep deprivation can reduce the gastrointestinal functions and, if chronic, affect the body's immune system, which can become the cause of multiple alopecia areata.

Case report is made with the consent of the patient as implementation of OCNT significantly and visibly improved multiple alopecia areata.

Case

1. Subject

It was subjected to 1 case of patient with multiple alopecia areata.

1) Name: Kim, O O (F/52 years old)

2) Name of diagnosis: Multiple alopecia areata

3) Manifestation date: December 2019

4) Treatment period: August 2022 ~ November 2023

5) Main symptoms: Numerous multiple alopecia areata

6) Past medical history: None

7) Past social history: None

8) Past family history: None

9) Medications administrated: Numerous steroid injection therapies

2. Method

OCNT was implemented from August 6, 2022 to present as illustrated in the table below.

Name of OCNT	2022.08.06 ~2022.11.05			2022.11.06 ~2023.02.04			2023.02.05 ~2023.05.04			2023.05.05 ~2023.11.03			2023.11.04 ~ Present		
	Morning	Afternoon	Evening	Morning	Afternoon	Evening	Morning	Afternoon	Evening	Morning	Afternoon	Evening	Morning	Afternoon	Evening
Cyaplex X	1	0	1	1	0	1	1	0	1	1	0	1	1	0	1
Cyaplex F	1	0	1	1	0	1	1	0	1	1	0	1			
Eufaplex	3	0	3	3	0	3	3	0	3	3	0	3	3	0	3
Nctplex	3	0	3	3	0	3	3	0	3	3	0	3	3	0	3
Tmplex	0	1	0	0	1	0	0	1	0	0	1	0	0	1	0
Collaplex	1	0	1	1	0	1	1	0	1	1	0	1	1	0	1
Caroplex	1	0	1	1	0	1	1	0	1	1	0	1	1	0	1
Morangmorang booster	1	0	1	**2**	**0**	**2**	2	0	2	2	0	2	**1**	**0**	**1**
Aqua sac pure	Consume as required by dissolving 1 sachet in 500ml of water														
Cyaplex mineral															
Heartberry black															
Thyroplex							**1**	**0**	**1**	1	0	1			
No booster							**2**	**0**	**2**	2	0	2			

Hemoplex							**2**	**0**	**2**	2	0	2	2	0	2
Scalp Care Tonic Scalp Shampoo							Use once a day at the time of shower			Use once a day at the time of shower					
Viva circu										**1**	**0**	**1**	1	0	1
Viva kan										**1**	**0**	**1**	1	0	1

Results

After 3 months from the initial OCNT implementation date of November 5, 2022, the rate of hair fall was significantly reduced. (Fig. 1A) After 6 months, the alopecia areata affected areas began to shrink as new hair began to grow. (Fig. 1B) After 9 months, alopecia areata affected areas were reduced, with some areas with completely elimination. (Fig. 1C) After 12 months, the alopecia areata response was improved by 90% and the previously thin hair got thicker and the hair started to shine (Fig. 1D).

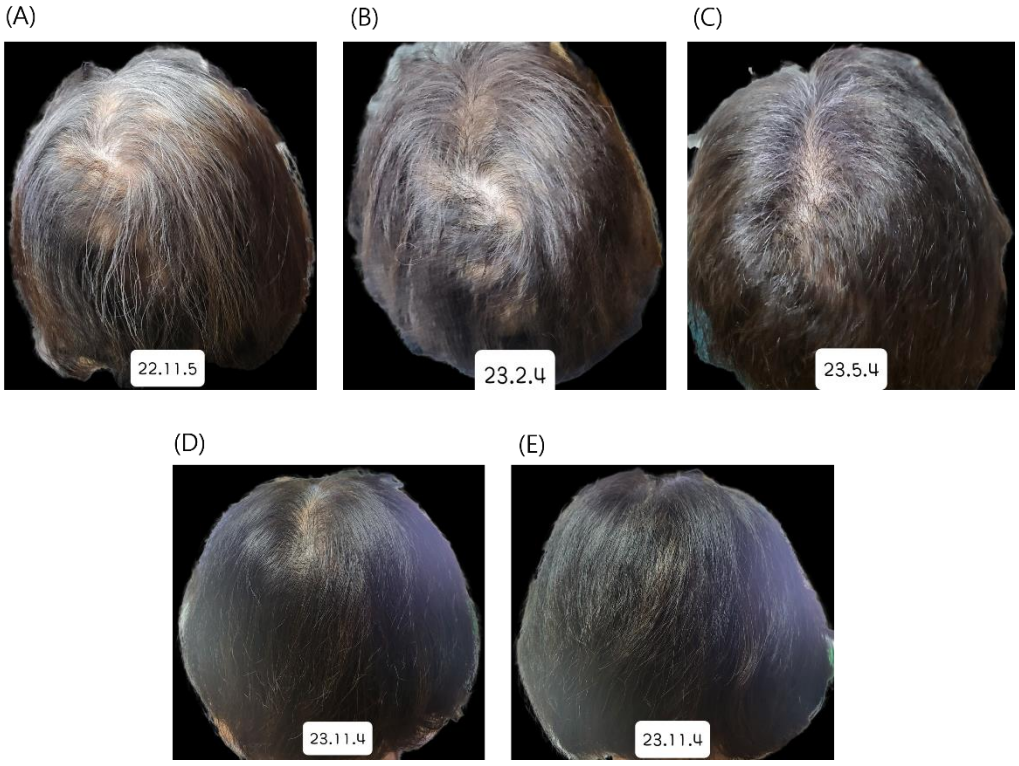

Fig. 1. (A) Photo 3 months after OCNT, although there still is a lot of hair loss, but the rate of hair loss has decreased. (B) Photo after 6 months of OCNT treatment. Hair has started to fill in the empty areas. (C) 9 months after OCNT. Except for the crown of the head, the previously affected areas are heavily filled with hair. (D), (E) 12 months after OCNT, there are no signs of alopecia and the hair began to shine.

Considerations

The fucoidans in Cyaplex X, Cyaplex F, Nctplex, and Caroplex have detoxification actions[8], while the anthocyanins provide stable antioxidant activity[9] and improves immunity.[10] Trace minerals in Tmplex help boost immunity.

Oleic and linolenic acids are unsaturated fatty acids that impart influence on the fluidity, enzymatic activity, receptor affinity, permeability and transport capacity of phospholipids in the cell membrane.[11] Supplementation of oleic and linolenic acids with Eufaplex improves oxygen transport into the cells.

Hyaluronic acid in Collaplex[12] improves inflammation and tissue restoration, while Biotin (Vitamin B7) and L-cysteine in Morangmorang Booster contribute to keratin generation.[13,14]

Vitamin C in No booster is required for collagen synthesis,[15] and collagen significantly increases elastin synthesis.[16]

In addition, L-arginine is used to generate nitric oxide (NO), which relaxes blood vessels to increase blood flow to harmonize oxygen transportation.[17,18] To further enhance oxygen transportation and address the issue of blood deficiency, Hemoplex, which contains heme iron, is added.

Lastly, ginkgo biloba extract contained in Viva circu is used to improve blood circulation[19] and Viva kan is used to protect the liver.[20]

Since this case report is on a single case and cannot be universally applied to all alopecia patients. Nonetheless, it is reported with the consent of the patient as it is believed that OCNT helped to improve the symptoms of the patient.

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