

세포교정영양요법(OCNT)을 이용한 폐암 개선 사례

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A Case Study on Lung Cancer Using Ortho-Cellular Nutrition Therapy (OCNT)

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ABSTRACT

Objective: A case study on the reduction of side effects of chemotherapy and cancer-related fatigue in lung cancer patients using Ortho-Cellular Nutrition Therapy (OCNT).

Methods: OCNT was administered to a 63-year-old Korean male diagnosed with stage IV lung cancer who was experiencing side effects from chemotherapy.

Results: After the implementation of OCNT, there was a notable reduction in symptoms caused by side effects, and auricular diagnosis helped monitor the patient's improvement.

Conclusion: OCNT can be beneficial in reducing chemotherapy-induced side effects and cancer-related fatigue in lung cancer patients.

Keywords: Ortho-Cellular Nutrition Therapy (OCNT), lung cancer, immunotherapy, auricular diagnosis, cancer-related fatigue

Introduction

Lung cancer is one of the malignant tumors that causes up to 2.2 million new cases and 1.79 million deaths worldwide each year.¹ In South Korea in 2008, the incidence was 28.1 per 100,000 population, with a mortality rate of 29.9 per 100,000, indicating poor prognosis. Additionally, lung cancer is the fourth most common cancer in Korea and the leading cause of cancer-related death, with a five-year survival rate of only 17.5%.²

Lung cancer is classified into small-cell lung cancer (SCLC) and non-small-cell lung cancer (NSCLC), with NSCLC accounting for 85% of all cases. Causes include direct and indirect smoking, alcohol consumption, air pollution, exposure to occupational hazards, and genetic factors.³ Various treatments like surgical tumor removal, chemotherapy, immunotherapy, and targeted therapy have been researched and applied. Recently, research on immunotherapy has been specifically conducted.⁴

Immunotherapy utilizes immune checkpoint inhibitors to block immune signals emitted by tumor cells, thereby reducing immune suppression and ultimately inducing cancer cell death. This therapy shows high specificity against tumors,

significantly prolonging the survival and improving the quality of life of lung cancer patients. However, it can cause side effects such as colitis, rashes, thyroid dysfunction, and blood toxicity, and discontinuing the therapy can limit subsequent treatments and reapplication of therapeutic drugs.^{5,6}

Recently, it has been reported in Korean medicine (KM) that auricular diagnosis can be used to assess a patient's condition and diagnose diseases. Auricular diagnosis is a theory in KM that explains the functional state, pathological changes, and interrelationships of internal organs based on symptoms appearing in the ear. Particularly, the ear reflects specific diseases of corresponding body parts and further allows observation of the overall body response. Specific indicators for diagnosis include the overall color, shape, protrusions, depressions, and the direction and depth of wrinkles on the ear.⁷

The patient was diagnosed with stage IV lung cancer in November 2023 and experienced significant side effects and cancer-related fatigue from several rounds of chemotherapy. Consequently, a tailored Ortho-Cellular Nutrition Therapy (OCNT) was administered, resulting in a significant reduction of side effects, confirmed through auricular diagnosis. Therefore, this case is reported with the patient's consent.

Case Study

1. Subject

This case involves one lung cancer patient.

- 1) Name: Park OO (M/63 years old)
- 2) Diagnosis: Stage IV non-small cell lung cancer
- 3) Date of Onset: November 2023
- 4) Treatment Duration: December 2023 to present

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- 5) Primary Symptoms: Cough, breathing difficulties, dizziness, loss of appetite, weight loss
- 6) Medical History: Hyperlipidemia, hearing impairment
- 7) Social History: Smoking two packs of cigarettes per day (since age 20) and consumption of two bottles of makgeolli every day
- 8) Family History: Father died of stomach cancer; mother died of lung cancer
- 9) Medications and Treatments Applied: Tecentriq, Apetrol suspension, Beecom tablet, Feroba-You SR tablet, Beszyme tablet.

2. Method

- December 2023 to January 2024:

Immediate consumption of two sachets of Noeufa Raphanus Seed oil at the pharmacy. Subsequent prescriptions included:

- Cyaplex F granule (202, twice daily, two sachets per dose)
- Betaplex (101, twice daily, one sachet per dose)
- Eufaplex Alpha Stick (101, twice daily, one sachet per dose)
- Curcuplex granule (101, twice daily, one sachet per dose)
- Heartberry Black (101, twice daily, one sachet per dose)
- Aqua SAC Bottle (101, twice daily, 7cc per dose)
- Cyaplex Mineral Rock Salt (101, twice daily, one sachet per dose)
- Selenplex (101, twice daily, one tablet per dose)
- Tmplex granule (101, twice daily, one sachet per dose)

The above prescription was mixed with 500cc of water and taken frequently.

- February 2024 to April 2024:

Previous prescriptions adjusted by reducing Cyaplex F granule to 101 (twice daily, one sachet per dose) and adding Amiplex (001, once daily, one tablet per dose).

- May 2024 to Present:

Added Yoonjoem (101, twice daily, one sachet per dose) and Noeufa Raphanus Seed oil (101, twice daily, one sachet per dose).

Results

When the patient first visited the pharmacy in November 2023, he had a weak voice to the point of difficulty speaking, lacked energy, and showed a lack of vitality in his ears (Fig. 1A). Thus, Noeufa Raphanus Seed oil was administered immediately, and an improvement in his voice was noted shortly after ingestion. Subsequently, a tailored OCNT was prescribed based on his symptoms.

One week into the treatment, the patient reported feeling energized even when he had difficulty eating. By March, there was a noticeable improvement in his appetite and energy levels, and a revitalization of his ears was observed (Fig. 1B).

From April onwards, the patient was able to engage in light hiking and driving, and managed normal meals without needing Apetrol, the prescribed appetite syrup. Also, a significant fading of the tumor-related hemisphere in his ears was noted, and vitality was much restored compared to the start of OCNT (Fig. 1C).

Starting in May 2024, the patient reported severe nighttime coughing. However, this symptom has significantly improved since adjusting the OCNT prescription. The patient has been effectively managing cancer-related fatigue from chemotherapy up to this point (Table 1).

Discussion

Before being diagnosed with lung cancer, the patient had unhealthy habits, such as smoking over two packs a day and heavy drinking. Early in 2023, he began exhibiting symptoms like coughing, phlegm, and breathing difficulties but did not receive any substantial treatment. In November, he was diagnosed with stage IV lung cancer, which was not amenable to surgical intervention, and began receiving immunotherapy. During treatment, he frequently reported energy loss. However, the therapy could not be discontinued until the decision of the oncologist. Therefore, OCNT was initiated to mitigate the chemotherapy-related side effects and enhance the effectiveness of cancer treatment.

Considering the patient was undergoing immunotherapy, strengthening immune function and cellular membranes and protecting cells from damage through antioxidants to reduce

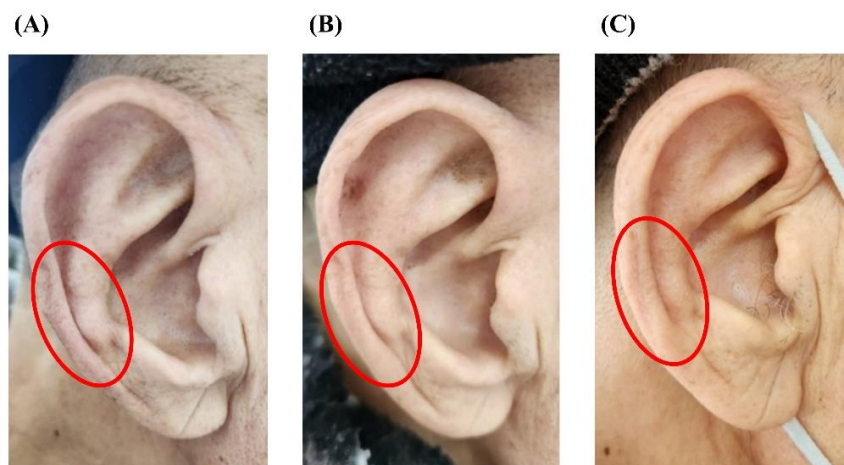


Fig. 1. Changes in the patient's ear color and blood hue: (A) December 2023, (B) March 2024, (C) May 2024. Over time, the tumor-related hemisphere fades, and the overall vitality of the ear appears to be restored.

side effects while prolonging cancer treatment's efficacy seems crucial.

Plant-derived anthocyanins and polyphenols, known for their strong antioxidant properties, inhibit various transcription and growth factors, suppressing the proliferation, angiogenesis, invasion, and metastasis of non-small cell lung cancer cells. Notably, a high polyphenol intake has been associated with a reduced cancer cell risk in multiple types of cancer, including lung cancer.^{8,9} These components are abundantly found in Cyaplex F and Heartberry Black. Additionally, fucoidan, a major component of Cyaplex F found in brown algae, significantly inhibits cancer cell migration, according to studies.¹⁰

Additionally, many components of the prescribed OCNT are believed to have contributed cancer cell inhibition and support the patient's healthy life. Curcumin, abundantly found in Curcuplex, has been known for centuries for its various therapeutic properties such as antioxidation, pain relief, anti-inflammation, and antimicrobial activities.¹¹ Selenium, a key ingredient in Selenplex, enhances the activity of immune cells such as T cells and natural killer cells, increasing their cytotoxicity against cancer cells and thus activating the immune response.¹² Beta-glucan, heavily present in the oat extract component of Betaplex, is known to activate various immune cells such as macrophages, neutrophils, monocytes, and natural killer cells by interacting with numerous immune receptors.¹³ The application of OCNT is believed to enhanced the patient's antioxidant capabilities and immune function, thereby reducing the side effects of cancer treatment.

The cell membrane, which is composed of numerous proteins and lipids, plays a crucial role in altering cellular functions through the specific arrangement of these proteins and lipids. In cancer cells, abnormal changes in the cell membrane activate the tumor's metabolism. The intake of high-quality omega-3 fatty acids can correct these changes, aiding in anti-inflammation and immune activation, thereby enabling normal cellular functions. This efficacy has been proven in numerous studies.¹⁴ In this case, omega-3 fatty acids contained in Eufaplex Alpha are believed to have aided in restoring and strengthening the cell membrane, thus supporting the patient's recovery.

Since February 2024, while undergoing cancer treatment, the patient reported decreased physical strength and appetite, leading to the prescription and consumption of Apitrol syrup. Additionally, a side effect of lowered red blood cell counts emerged, prompting the hospital to prescribe and administer

Feroba-You SR tablets. From May of the same year, the patient exhibited severe nocturnal coughing symptoms. Thus, OCNT was used to address these emerging side effects and symptoms.

For effective production of blood cells, including red blood cells, it is essential to supply various trace minerals such as iron, manganese, iodine, selenium, and zinc.¹⁵ Hence, Tmplex was utilized to assist in the generation of red blood cells and other blood cells. Although precise values could not be verified due to the hospital not providing test results, the overall improvement of symptoms was indirectly confirmed through the appearance of blood color in the ears, suggesting recovery (Fig. 1).

The organic acids in Heartberry Black can improve digestion by affecting the pH and microbial composition of the gut.¹⁶ Additionally, high-quality plant-based proteins were provided to strengthen the patient's gastrointestinal muscles through Amiplex. A study has shown that plant proteins, similar to animal-based whey protein, can increase muscle mass and reduce body fat percentage in patients.¹⁷ The patient reported that there was no need to take the prescribed Apetrol syrup while undergoing OCNT because his appetite was sufficient for normal eating. Thus, OCNT can help diminish the appetite reduction symptoms cancer patients may experience.

Lily turf, *Platycodon grandiflorus*, and Japanese honeysuckle, which are used in Yoonjoeum, have been researched and found effective in calming coughs since ancient times.¹⁸⁻²⁰ Additionally, radish seeds used in Noeufa Raphanus Seed oil have also been shown to be effective in recovering from cough symptoms.²¹ Omega-3 and Omega-6 fatty acids can suppress inflammation in cell membranes, aiding in restoring oral mucosa to its normal state.²² After applying OCNT, the patient reported gradual improvement in his dry cough symptoms, and it is believed that these ingredients have assisted in alleviating and recovering from these symptoms.

The patient currently shows a strong will to live, not only abstaining from smoking but also diligently following the prescribed OCNT to overcome the side effects of chemotherapy and cancer-related fatigue. Additionally, he actively improves his diet by substituting cooking oil with prescribed Noeufa Raphanus Seed oil. Therefore, the appropriate prescription of OCNT and the patient's consistent adherence significantly enhance the overall effectiveness and play a crucial role in improving his quality of life.

This case is a single instance concerning a lung cancer patient, making universal application to all lung cancer patients

Table 1. Degree of cancer-related fatigue symptoms in patient after OCNT.

Symptoms	Month	First OCNT (23.12)	Second OCNT (24.03)	Third OCNT (24.05)	Remark
Tumor-related hemisphere		5	2	1	
Ear vitality		5	3	1	
Energy weakness		5	3	2	
Loss of appetite		5	4	2	
Dry cough		-	-	3	Symptoms are currently improving

* 1: Mild symptoms, almost no impact on daily life, 2: Moderate symptoms, some discomfort in daily activities, 3: Significant symptoms, difficulty in some activities, 4: Severe symptoms, major disruption in daily life, 5: Symptoms are causing significant daily discomfort and severe stress.

challenging. Furthermore, the inability to verify exact test figures presents a limitation. However, auricular diagnosis, previously reported as sufficiently diagnostic in other studies, showed significant recovery in the patient. Also, the reduction of side effects and the facilitation of a normal life through OCNT are deemed significant despite ongoing cancer treatment. Therefore, this case is reported with the patient's consent.

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