

세포교정영양요법(OCNT)을 이용한 가슴통증 개선 사례

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A Case Study on the Improvement of Chest Pain Using Ortho-Cellular Nutrition Therapy (OCNT)

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ABSTRACT

Objective: Case report on the improvement of chest pain, respiratory disorders, and digestive disorders using Ortho-Cellular Nutrition Therapy (OCNT).

Methods: A Korean woman in her forties suffering from chest pain, respiratory disorders, and digestive disorders underwent OCNT.

Results: After the application of OCNT, significant improvements were noted in chest pain, respiratory disorders, and digestive disorders.

Conclusion: OCNT can be beneficial in alleviating symptoms for patients suffering from chest pain and related disorders.

Keywords: Ortho-Cellular Nutrition Therapy (OCNT), Chest Pain, Respiratory Disorders, Digestive Disorders

Introduction

Chest pain can be caused by various reasons. One of the possible causes includes acute coronary syndrome (ACS), aortic dissection, pericarditis, myocarditis, and cardiac effusion, which are related to diseases near the heart. Additionally, pulmonary embolism, pneumothorax, esophageal rupture, gastroesophageal reflux disease (GERD), and strains or injuries of the ribs or thoracic muscles can also cause chest pain.¹

In Korea, among 248 patients who visited the chest pain clinic at a university hospital, 47 had cardiac chest pain, accounting for 23.2% of the total. This was followed by musculoskeletal issues in 39 patients (19.3%), psychogenic causes in 30 patients (14.8%), gastrointestinal issues in 25 patients (12.4%), respiratory issues in 14 patients (6.9%), and other causes in 47 patients (23.2%).²

Sometimes, dehydration can lead to chest pain. However, dehydration is not a direct cause of chest pain. When dehydration causes blood vessels to contract, it can damage the inner walls of the vessels and increase the amount of reactive

oxygen species.³ The excessive reactive oxygen species generated can cause inflammation and damage to cells and tissues, including those in the chest area, leading to pain.⁴

Furthermore, dehydration reduces the volume of extracellular fluid, leading to hypotension and tachycardia, which impair blood circulation. It also causes electrolyte imbalances, increasing the likelihood of developing hyponatremia.⁵

Dehydration impairs blood circulation and increases blood viscosity, which reduces oxygen supply in the capillary circulation.⁶ This hypoxia can cause muscle fatigue and cramps, and may also lead to chest pain. Additionally, hypoxia can affect the function of the diaphragm and exacerbate fatigue in the diaphragm and abdominal muscles, which could potentially cause back pain.⁷

This case involves a patient who experienced significant improvement in severe chest pain after undergoing Ortho-Cellular Nutrition Therapy (OCNT), allowing them to resume normal activities. The report is made with the patient's consent.

Case Study

1. Subject

A case involving a patient with chest pain, respiratory disorders, and digestive disorders.

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- 2) Diagnosis: None
- 3) Date of onset: January 2024
- 4) Treatment duration: February 2024 to present
- 5) Primary symptoms: Chest pain, respiratory disorders, digestive disorders
- 6) Medical history: Diagnosed with hypotension since menarche at age 14
- 7) Social history: None
- 8) Family history: Hepatitis B, liver cancer, lung cancer, diabetes, hypotension
- 9) Medications and Treatments Applied: Hypotension, no medication

2. Methods

- First OCNT (02/13/2024 ~ 02/20/2024, for one week)
Aqua SAC pure
Cyaplex mineral bamboo salt
Instructed to mix two sachets of each OCNT daily with 2L of water for intake.
- Second OCNT (02/21/2024 ~ present)
Aqua SAC pure
Cyaplex mineral bamboo salt
Instructed to mix one sachet of each OCNT daily with 1L of water for intake.

Results

The patient, a 40-year-old Korean woman, had been suffering from severe chest pain from January 2024 until the consultation in February. The area of pain was located between the first and second ribs below the clavicle, and she described the pain as piercing through the front chest and back, feeling like being pricked with needles and aching continuously throughout the month. This led to respiratory and digestive disorders, as well as sleep disturbances.

The patient, who is 168 cm tall and weighs 53 kg, had lost weight down to 48 kg due to overwork and stress around the time the chest pain started. Therefore, OCNT was implemented to address her symptoms.

The chest pain in the front disappeared the night OCNT was implemented, and she slept well. The next morning, the pain in her back also disappeared, along with all other uncomfortable symptoms such as respiratory and digestive disorders.

All pain was gone within two days, and afterwards, she had preemptively booked appointments at a hospital where she

underwent abdominal ultrasound, lung CT, and blood tests. The results showed no abnormalities in all tests.

OCNT was continued with adjusted dosages, and three months later, her weight had returned to normal.

Discussion

The case subject is a 40-year-old Korean woman who suddenly developed chest pain, which led to respiratory and digestive disorders, and even sleep disturbances. These symptoms were suspected to be caused by decreased oxygen supply due to blood deficiency and dehydration, prompting the initiation of OCNT.

Aqua SAC Pure contains calcium, which not only supports bone health but also aids muscle function. In the sarcoplasmic reticulum, calcium ions are released and absorbed, facilitating muscle contraction and relaxation. A deficiency in calcium can lead to muscles being less responsive to stimuli, quicker and more intense fatigue, and consequently pain.⁸

Moreover, Aqua SAC Pure includes 70 different minerals such as magnesium, potassium, sodium, phosphorus, sulfur, iron, zinc, copper, and manganese. These minerals play various roles in the body including muscle and nerve functions, energy production, heart health, muscle functionality, maintaining fluid balance, regulating blood pressure, and nerve functions.⁹

The powder extract of aronia in Cyaplex Mineral Bamboo Salt has strong antioxidant activities, effectively removing reactive oxygen species. This function can help reduce inflammation in cellular tissues, one of the identified causes of chest pain.¹⁰ The anthocyanin-fucoidan complex not only enhances this antioxidant efficiency but also boosts immune functions.^{11,12} Bamboo salt also contains various minerals that could have contributed to alleviating the chest pain.¹³

This case report, being a single instance, has its limitations in universally applying to all patients with chest pain. However, the significant reduction in the patient's chest pain and the noticeable improvement in quality of life after OCNT are meaningful. This case has been reported with the patient's consent.

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Table 1. Symptom Index of the Patient During OCNT Administration.

Symptoms	First Phase 02/12/2024	Second Phase 02/13/2024	Third Phase 02/14/2024	Fourth Phase 05/17/2024	Remarks
Chest Pain	5	4	0	0	Severe chest pain that caused respiratory disorders, sleep disorders, and digestive disorders has disappeared.
Back Pain	5	4	0	0	
Digestive Disorders	5	4	0	0	
Sleep Disorders	5	4	0	0	
Weight	48 kg	48 kg	48 kg	53 kg	

* 1: Symptoms are mild and have little impact on daily life, 2: Symptoms are moderate and some adjustment is needed in daily activities, 3: Symptoms significantly affect daily life, causing difficulty in performing some activities, 4: Symptoms cause great difficulty in conducting daily activities, 5: Daily discomfort is felt, causing severe stress.

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