

세포교정영양요법(OCNT)을 이용한 과민성 대장 증후군 개선 사례

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A Case of Improvement of Irritable Bowel Syndrome Using Ortho-Cellular Nutrition Therapy (OCNT)

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ABSTRACT

Objective: Report on symptom improvement in a patient with irritable bowel syndrome (IBS) using Ortho-Cellular Nutrition Therapy.

Methods: An 80-year-old Korean woman suffering from IBS symptoms including constipation, digestive disorders, abdominal bloating, lethargy, and depression was treated with OCNT for approximately 7 months.

Results: After initiating OCNT, there was a gradual reduction in symptoms of constipation, abdominal pain, bloating, digestive disorders, dizziness, lethargy, and depression. About 7 months later, the discomfort caused by these symptoms was significantly improved.

Conclusion: OCNT can help alleviate symptoms in patients experiencing discomfort due to irritable bowel syndrome.

Keywords: Ortho-Cellular Nutrition Therapy (OCNT), irritable bowel syndrome, abdominal bloating, constipation

Introduction

Irritable Bowel Syndrome (IBS) is a chronic functional gastrointestinal disorder that primarily affects the colon. IBS is not due to structural issues within the digestive tract but rather functional abnormalities caused by hypersensitive contractions of the colon muscles. While no definitive causes have been established, stress, dietary habits, and psychological factors are known to contribute. Recent research also points to new causes such as disturbances in the gut-brain axis, abnormalities in the immune system, and imbalances in the gut microbiome.¹

IBS affects approximately 7-21% of the global population, is more common in women, and frequently occurs between the ages of 20 and 40.² Although IBS is not life-threatening, its symptoms can be chronic and recurrent, significantly impacting the quality of life. Symptoms of IBS can vary and commonly include spasmodic constipation or diarrhea, which may occur alone or alternately.³ During constipation, the stool may be hard and pellet-like or narrow, whereas diarrhea may involve the passage of mucus or watery stool accompanied by mild abdominal pain. Other symptoms can include bloody stools,

digestive and reproductive disorders, irregular menstruation, lethargy, headaches, anxiety, restlessness, and depression.¹

Treatment of IBS primarily focuses on symptom relief. This typically involves pharmacotherapy, dietary modifications, and stress management. Medications are selected based on the type of IBS, such as constipation-predominant or diarrhea-predominant, and may be used in conjunction with probiotics, antidepressants, and muscle relaxants.⁴ However, medication alone often does not lead to a complete recovery. Since IBS is influenced by a complex interplay of various factors, it is crucial to carefully assess the individual patient's symptoms and suspected causes, and implement a personalized treatment plan that includes dietary management and lifestyle adjustments beyond pharmacotherapy.

The patient in this case had a long history of suffering from IBS, involving drug treatments and hospitalizations. Therefore, OCNT was applied to induce symptom improvement, and it showed significant results. Thus, this case is reported with the patient's consent.

Case Study

1. Subject

A case involving a patient with IBS was studied.

- 1) Name: Jo OO (83/F)
- 2) Diagnosis: Irritable Bowel Syndrome (IBS)
- 3) Date of onset: 2014

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- 4) Treatment duration: July 10, 2020, to January 2021
- 5) Primary symptoms: Constipation, digestive disorders, light eating, abdominal bloating, ischemic dizziness, lethargy, depression
- 6) Medical history: Frequent hospitalizations due to intestinal bleeding, frequent ophthalmic issues, osteoarthritis, type 2 diabetes, depression, stroke (5 years ago)
- 7) Social history: None
- 8) Family History: None
- 9) Medications and Treatments Applied: Medications prescribed for IBS, glaucoma, hypertension, hyperlipidemia, antidepressants, diabetes medications

in the intestines and improved stool condition. This also led to a substantial improvement in associated dizziness, lethargy, and depression.

By the seventh month of OCNT, only mild constipation remained, with other physical and mental symptoms significantly improved compared to the onset of OCNT.

The degree of symptoms experienced by the patient during OCNT is detailed in Table 2.

2. Methods

The OCNT prescribed to the patient is displayed in Table 1.

Results

The patient had been suffering from various symptoms of IBS for a long time and had not seen significant improvement, which led to the application of OCNT.

For the first month of OCNT, symptoms appeared not to improve due to the bacterial shift in the gut. However, after that period, the overall physical condition began to stabilize and recovery speed increased.

From the second month of OCNT, chronic symptoms such as abdominal pain, bloating, constipation, and digestive disorders significantly eased; the patient reported less discomfort

Discussion

The patient has been suffering from IBS accompanied by constipation for over a decade. In recent years, the condition led to repeated hospitalizations and at times progressed to bloody stools resulting in a diagnosis of ischemic colitis. Additionally, the burden of various underlying diseases has contributed to depressive symptoms, and the discomfort in the intestines has progressively worsened.

The patient noted that he had a long history of IBS symptoms, multiple hospital stays, and underlying conditions. Therefore, it is assumed that these factors led to a weakened overall immune function. Also, the patient's medications likely caused an imbalance in the gut microbiome, complicating the improvement of IBS symptoms.

IBS is known to be caused by a complex interplay of factors rather than a single factor. In particular, it has been found that

Table 1. OCNT Prescription Details for the Patient.

Duration \ Prescription Details	1	2	3 ~ 7	8~
Cyaplex X granules	101	101	101	100 (101 if needed)
Heartberry black	101	101	101	100 (101 if needed)
Bioplex F Granules	101	101	101	001 (101 if needed)
Enzaplex F Granules	101	101	-	-
Nutaplex Granules	101	101	-	-

* 101: Take twice a day, one sachet each in the morning and evening. 100: Take once a day, one sachet in the morning. 001: Take once a day, one sachet in the evening.

Table 2. Degree of Symptoms Experienced by the Patient during OCNT. The discomfort level experienced by the patient increases from 0 to 5.

Duration \ Symptoms	1	2	3 ~ 7	8~
Constipation	5	2	1	0.5
Abdominal Pain & Bloating	4	2	0	0
Digestive Disorders	4	2	1	0
Vertigo (Dizziness)	5	2	0	0
Lethargy	4	2	1	0
Depression	4	2	1	1

0: No symptoms, no impact on daily life. 1: Mild symptoms, almost no impact on daily life. 2: Clearer symptoms, slight adaptation needed for daily activities. 3: Significant symptoms, difficulty in performing some activities. 4: Severe difficulty in performing daily activities. 5: Daily life significantly impacted, causing severe stress.

some IBS patients have an increased activity in both the innate and adaptive immune systems in the intestinal mucosa compared to healthy individuals.⁵ Additionally, stool tests have shown significant differences in the microbiota between healthy controls and IBS patients.⁶ Thus, a major goal of this OCNT was to generally improve these two aspects.

The main ingredients in Cyaplex X and Heartberry Black include aronia extract, which is rich in polyphenols such as anthocyanins. These components are known to reduce inflammation and suppress the expression of inflammation-inducing markers, thereby helping to improve overall intestinal function.⁷ One study confirmed that rats consuming aronia had reduced colon inflammation compared to the control group,⁸ suggesting that this ingredient helped improve the patient's immune system.

Gut microbiota play a crucial role in developing and maturing intestinal epithelial cells.⁹ They also help develop the immune system and regulate immune homeostasis and susceptibility to diseases through various direct and indirect roles.¹⁰ Probiotics contained in Bioplex contribute to forming beneficial gut microbiota and assist in anti-inflammatory actions and strengthening the immune system.¹¹ Dietary fibers, also abundantly present, serve as an essential metabolic source for microbes and play a crucial role in forming gut microbiota. Therefore, these components likely helped normalize the gut microbiota.

Enzaplex, which contains a variety of enzymes, aids in constituting the gut environment through the demise and growth promotion of gut microbiota and regulation of their networks.¹² One study showed that administering alpha-galactosidase, an enzyme, to people sensitive to galactooligosaccharides (GOS) significantly reduced IBS symptoms such as gas and abdominal bloating.¹³

Chlorella, a type of green algae, is known for its anti-inflammatory properties, lipid metabolism improvement, and toxin elimination, which help enhance metabolic functions and improve the intestinal environment.¹⁴ Thus, Nutaplex, which is rich in chlorella, was used to induce improvements in the gut environment.

The patient in this case reported an improved quality of life and stool consistency following OCNT, with significant reductions in IBS symptoms and feelings of depression and anxiety associated with living alone. Furthermore, the patient has continued to apply OCNT beyond the initial period, aiming to maintain a healthy life.

While this case is a single instance and may not universally apply to all patients, it is significant to note that OCNT helped alleviate IBS symptoms and discomfort, enhancing the patient's quality of life. The report is made with the patient's consent.

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