



## LETTER TO EDITOR

# A New and Different Perspective on Traditional and Complementary Medicine

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Dear Editor

I would like to present to you and your readers a different perspective on the classical medical education I received at the medical school like any physician and then on the art of routine patient treatment in the medical profession.

I was born in Izmir in 1970. After primary and secondary education, I graduated from Samsun Ondokuz Mayıs University Faculty of Medicine in 1994 as a medical doctor. When I was a student at the medical school, I started to think that there were some deficiencies in medical knowledge and treatment techniques in the lectures taught to us. As a matter of fact, a complete treatment of many diseases has not been performed yet. I realized that the treatment techniques in the current system are symptom-suppressing, and in fact I came to the conclusion that the underlying causes of the diseases should be eliminated. Even when I was a student in medical school, I tried to do some studies on physiopathology and developed a treatment technique I named "Remember-Regeneration Therapy Method" (RTM). After my researches and trials, I focused on my studies in the field of holistic medicine.

Throughout my more than 25 years of medical experience, my search for perfecting the treatment technique continued and in this direction, I received a master's degree in Pharmacognosy at Ankara University Faculty of Pharmacy in 1996. Since the 1990s, I have trained and provided training more than 40 in traditional and complementary medicine in nearly 30 different countries, including Russia, the USA, Germany, South Korea, India, Canada, Switzerland, Spain, Azerbaijan, France, Romania, and I attended seminars. Since the beginning of my medical

adventure, I have been happy to contribute in helping patients recover in more than 140 thousand cases, almost all of which are considered difficult. Most of these diseases consist of psoriasis, urticaria, rheumatoid arthritis, gangrenous foot, celiac, MS and many types of cancer, and I have achieved great success in the treatment of these diseases. In our clinic, treatment success rates are between 75% and 95% in this and similar challenging diseases related to the immune system. As a result of our success both from Turkey and many parts of the world, there have been intensive patient applications; also I am proud of that the RTM system and some of the treatment achievements with the system are published in academic publications and presented to the scientific community. I currently have over 10 published academic articles on RTM treatment. According to my personal opinion; today, the biggest problem in the field of traditional and complementary medicine is that most of the physicians who are interested in this field try to treat their patients with an approach that is far from holistic medicine perception. I think every detail of the treatment should be carried out in a systematic, method and goal. The patient and the patient's problems should be approached physiopathologically, especially a resource-oriented approach should be adopted rather than result-oriented. Each patient may have their own special circumstances. Two patients with the same disease may not have the same causes. For this reason, the perception of "there is no disease, there is a patient" is of vital importance in the way of healing. Unfortunately, the commercial approaches recently exhibited by some of our colleagues in this



field marginalize traditional and complementary medicine practices, which contain thousands of years of ancient knowledge, in the eyes of the public and authorities.

Another problem that we encounter in the field of traditional and complementary medicine is that these practices are not fully understood in the eyes of the public and are perceived as treatments that are far from scientific. In fact, the situation is on the contrary in developed countries. Many patients with scientific background prefer these methods in their treatment. To me reason for this negative perception in Turkey "stabbing" called "cupping" have been practiced in places unlicensed, made by people without medical competence and licenses, so, this is causing damage to the people of these applications. Traditional and Complementary Medicine Practices lose prestige in the eyes of the public and they experience a lack of trust in the eyes of the patients, even though it is forbidden to make such applications by unauthorized persons, because there is not effectively prevention. In my opinion, Traditional and Complementary Medicine Practices should only be applied by physicians trained in this field and authorized institutions should not allow the activities of these unlicensed enterprises.

It is a big problem that many products that can be called phytotherapeutic today are not produced under appropriate conditions, in the right technology and with the right method. Phytotherapeutics form the basis of the RTM system, which takes place in a holistic perception of medicine. In my professional journey, I founded the company "Naturin Nutraceuticals" in 2005 to provide the right phytotherapeutics to my patients, within the framework of the steps to perfect my treatment technique. Naturin Nutraceuticals moved to its new campus in 2014 with new investments. Today it made a distinguished name as a facility in the area of food supplements.

Health is a sacred area in the medical profession and in my perception. And as in every sacred area, medicine has responsibilities and rituals. Honesty is among the foremost rituals in this area. The RTM system has been shaped in line with this

understanding of reality. Discourses that create a false perception that do not reflect the truth create a reaction against traditional and complementary medicine practices with a multiplying effect over time, which puts other physicians who carry out their business ethically under suspicion.

Studies and publications on "holistic medicine/traditional and complementary medicine" are increasing day by day, especially in developed countries. The result of the perception of treating diseases with "methods of suppressing symptoms" is before us. Medical science has now entered a return journey to essence. Turkey itself must not be abstracted from this transformation and the leadership of the university in the true healing to reach this point in academic work should be done, these studies should be integrated into academic publications. I wholeheartedly congratulate your magazine and your team that served this purpose.

In today's world, nearly 70% of health expenditures are made for chronic diseases. According to data from 2015, in Turkey, the number of "Type 2 Diabetes" patients just using the drug at least 3 times a year has reached to 13 million. Modern medicine cannot treat these types of diseases, exhibiting a symptom-suppressing perspective due to its philosophy, and each new patient increases the total number of patients to higher figures. With this approach, healthcare systems are not sustainable either economically or in terms of public health and give alarm all over the world. Traditional and Complementary Medicine Practices, on the other hand, can give permanent positive results directly on chronic diseases, even if they are applied alone. The RTM system has achieved proven success in chronic diseases thanks to its revolutionary approach in Holistic Medicine perception.

My opinion is that; Traditional and Complementary Medicine Practices should be emphasized, disseminated and explained to the society correctly as a state policy in order to achieve a sustainable and healthier society. If we do this, a real transformation in health will occur and we will be counted among the countries that lead world medicine.