



The remember/regeneration therapy method as a new holistic approach for celiac disease: Two case reports

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ABSTRACT

Background: Celiac disease (CD) is a widespread disorder caused by an intolerance to gluten which is a protein found in many foods in genetically susceptible individuals. The disease is characterized by small-intestinal mucosal injury and nutrient malabsorption. Currently, in spite of a life-long gluten-free diet is the effective and available treatment option for patients with CD, the widespread use of wheat-derived gluten in the food industry limits the effectiveness of treatment. Therefore, it is needed to perform further studies on non-dietary therapies which solve the causes of the disease. The Remember/Regeneration Therapy Method (RTM) is a novel holistic medicine approach that targets physiopathological changes in quadruplet body structures and includes various complementary methods such as acupuncture, ozone therapy, and phytotherapy, etc. in different combinations which are determined depending on the disease.

Case Presentation: We present two celiac cases that were serologically diagnosed and successfully healed with the RTM without a significant side effect.

Conclusion: RTM may provide consistent results for CD and similar diseases by using combinations of various holistic medicine methods in different doses, durations, and sessions. The identification of epigenetically regulated genes related to CD may be promising to develop epigenetic drugs for disease management. For that purpose, further scientific studies that contain the aforementioned features are needed.

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Background

Celiac disease (CD) is a widespread disorder characterized by small-intestinal mucosal injury and nutrient malabsorption. It is caused by an intolerance to gluten which is a protein found in many foods. Also, genetic predisposition is one of the main characters of CD [1]. Many scientific studies have demonstrated that CD is a disease that involves various epigenetic mechanisms as well as its genetic aspects. [2-4]

Currently, a life-long gluten-free diet is an effective and available treatment option for patients with celiac disease. But, the widespread use of wheat-derived gluten in the food industry limits the effectiveness of life-long gluten diet [5]. Therefore, many scientific studies that target various issues related to the disease such as non-dietary therapies, gluten tolerization, and immunomodulation and immune cell-targeted therapies have been performed by considering the pathological mechanisms of the disease [6]. Alternative options were investigated in order to find curative medical approaches. It has been demonstrated that alternative and complementary medicine methods such as acupuncture and phytotherapeutic agents have beneficial effects on CD [7,8].

On the other hand, the links between epigenetic mechanisms and CD have recently become the subject of scientific research [9]. Novel scientific discoveries in the sciences of biology and

genetics have demonstrated that inheritance has a whole new dimension beyond the genes, not in the structure of the DNA. In this new dimension of inheritance called epigenetics, it has been shown that changes can be transferred to new generations [10,11]. The importance of epigenetic modifications in long-term memory performance has been demonstrated in the most extensive and comprehensive study on DNA methylation. The processes such as chromatin remodeling, histone modifications, and non-coding RNA are also other important changes that belong to epigenetic mechanisms [12].

The Remember/Regeneration Therapy Method (RTM) is a holistic approach which consists of diagnostic and treatment systems that include mainly phytotherapy and different combinations of various complementary and traditional medical methods such as acupuncture, cupping therapy, hirudotherapy, ozone therapy, etc. Phytotherapy is the main and pivot part of the RTM while the other treatment modalities are used to support its effects. In phytotherapeutic applications of RTM, two main groups of phytotherapeutics called "Remember Herbs" and "Regeneration Herbs" are used. According to the RTM, diseases are seen as the reflection of epigenetic changes in the phenotype resulting from the gene-environment mismatch. The treatment strategy is based on the recovery of health by essentially improving the deteriorating structures. It has been considered that the pathological process of a disease

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