

# The Remember/Regeneration Therapy Method as a New Holistic Approach for Plaque Psoriasis: Case Series

Mustafa Yasar<sup>\*1</sup>, Bulent Uysal<sup>\*</sup> and Teoman Alpay Demirel<sup>\*</sup>

<sup>\*</sup>RTM Clinic, Izmir, Turkey.

**ABSTRACT Background:** Psoriasis, a common and chronic inflammatory skin disease, can reduce the life quality of the patients. To date, many advances have been provided for the management of psoriasis. For example, it has shown that proinflammatory cytokines play significant roles in the pathogenesis of disease. Although various biologic medications targeting the different pathological mechanisms have been developed and studied for the management of the disease, scientific studies are still performed to treat the disease completely. The Remember/Regeneration Therapy Method (RTM) is a novel holistic medicine approach that targets physiopathological differences in quadruplet body structures and includes various complementary methods such as acupuncture, ozone therapy and phytotherapy especially in different rates which vary depending on specific diseases. **Case Presentation:** We present four plaque psoriasis cases (three severe and one moderate plaque psoriasis) successfully healed with the RTM therapy without a significant side effects in a short time, such as four months. In all patients, psychological stress was determined as the triggering factor. **Conclusion:** RTM may provide consistent results for psoriasis and many similar diseases by using different RTM combinations which include different holistic methods and its' different doses, treatment duration and sessions. Identification of epigenetically regulated genes related to psoriasis may be promising to develop epigenetic drugs for disease management. For that purpose, further scientific studies which contain aforementioned features are needed.

**KEYWORDS** Psoriasis, RTM method, holistic medicine

## Introduction

Psoriasis is a chronic inflammatory skin disease characterised by increased turnover rate of keratinocytes in the epidermis. The aetiology of the disease has not been fully established. However, genetic risk factors and environmental triggers appear to play an important role [1]. On the other hand, several factors such as traumatic injury to the skin, physical and psychological stress, cold weather, and excessive alcohol intake have been shown to exacerbate psoriasis [2]. Also, it has been demonstrated that the environmentally induced epigenetic changes such as

DNA methylation, histone modification, and microRNAs play an essential role in the pathogenesis of psoriasis [3]. Despite current therapeutic approaches, there is no treatment protocol or drug which is completely curable for psoriasis. Therefore, many complementary and traditional medicine methods such as phytotherapy, acupuncture and ozone therapy are also used to treat the disease [4]. 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 several complementary and traditional medical methods such as acupuncture, cupping therapy, hirudotherapy, ozone therapy, etc. In the RTM model, 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 fundamentally improving the deteriorating structures. It has been considered that pathological process of a disease can potentially be reversed by RTM method, considering the epigenetic changes. It has been clinically observed that epigenetic modifications and irreg-

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<sup>1</sup>Mustafa Yasar, M.D., RTM Clinic, Izmir, Turkey.;  
Email:drmustafa.yasar@rtmclinic.com.tr

ularities improved when appropriate treatment protocols were applied, as in the RTM model. [5]

### Case Report

In the current study, total of four cases which consist of three patients diagnosed with generalise plaque lesions and one patient diagnosed with local plaque lesions are presented. All patients received the RTM consist of special phytotherapeutics and various holistic treatment methods in RTM Clinic, Izmir, Turkey. All lesions in the patients were healed in a short time as four months approximately following the treatment. Also, all cases were shown to be cured with RTM treatment after a 6-year follow-up period confirming the efficacy of the treatment.

#### Case 1

The case was a 26 years old male with localised plaque lesion on the extremities and was suffering from the disease for 1.5 years. There is no stress factor which triggers the disease about case 1. The case was cured with RTM consists of different holistic approaches and phytotherapeutic agents in four months (Figure 1). Following RTM protocol was used for Case 1.



**Figure 1.** Before treatment and 4th month photos that possess 26 years old male with localized plaque lesion on the extremities.

- RTM Phytotherapeutics
  - DVD.Reg (A mixture with thistle)
  - ISY.Reg (A mixture with nettle leaf)
  - ARD.Rem (A mixture with juniper fruit)
  - SDS.X (St. John's wort extract)
- Wet cupping (1 session)
- Ozone therapy: Major and minor autohemotherapy (5 sessions)
- Magnetic field therapy (5 sessions)

#### Case 2

Case 2 was a 46-year-old man who had psoriatic lesions characterised by a widespread plaque and was suffering from the disease for nine years. The patient had various stress factors which trigger the disease. Also, the case is accompanied by arthritis as joint manifestation and diabetes mellitus. The case healed with RTM which includes various conventional holistic approaches after four months (Figure 2A, 2B and 2C). Following RTM protocol was used for Case 2.

- RTM Phytotherapeutics
  - DVD.Reg (A mixture with thistle)
  - ISY.Reg (A mixture with nettle leaf)
  - ARD.Rem (A mixture with juniper fruit)
  - DTX.19 (Turmeric extract)
- Wet cupping (1 session)
- Ozone therapy: Major and minor autohemotherapy (5 sessions)



**Figure 2:**

#### Case 3

Case 3 was a 39-year-old man who had psoriatic lesions characterised by a widespread plaque lesion and was suffering from



**Figure 2:**

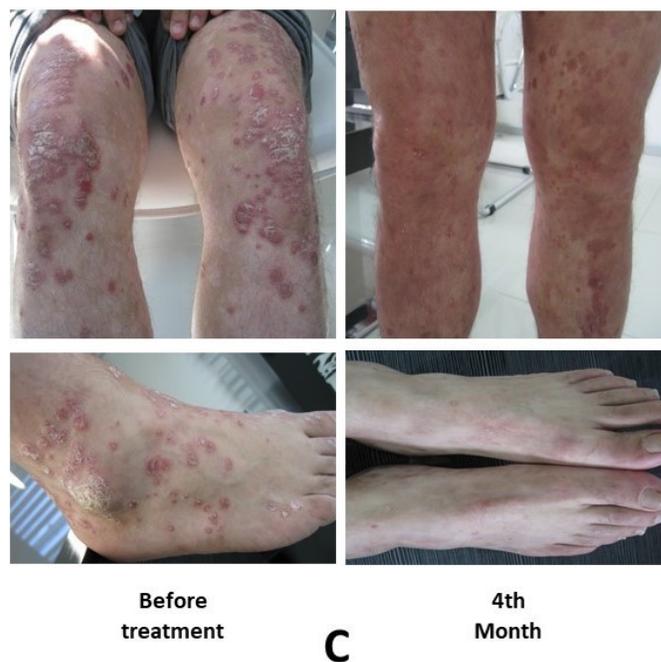
this disease for 19 years. He had pitted on the nails and stress factor that triggers the disease as well. The end of the third months of the treatment, a full recovery has been obtained due to RTM that consists of different conventional methods and therapeutics. (Figure 3A and 3B). Following RTM protocol was used for Case 3.

- RTM Phytotherapeutics
  - DVD.Reg (A mixture with thistle)
  - ISY.Reg (A mixture with nettle leaf)
  - ARD.Rem (A mixture with juniper fruit)
  - SDS.X (St. John's wort extract)
- Wet cupping (2 sessions)

#### Case 4

Case 4 was a 14-year-old female who had a widespread plaque lesion and was suffering from the disease for seven years. Also, the case is accompanied by arthritis as joint manifestation. As a result of RTM consists of different conventional therapies, the case was fully cured after three months (Figure 4A and B). Following RTM protocol was used for Case 4.

- RTM Phytotherapeutics
  - DVD.Reg (A mixture with thistle)



**Figure 2 A, B, C:** Before treatment and 4th month photos that possess 46-year-old man who had psoriatic lesions characterized by a widespread plaque lesion on the extremities and the body.

- ISY.Reg (A mixture with nettle leaf)
- ARD.Rem (A mixture with juniper fruit)
- SDS.X (St. John's wort extract)
- Wet cupping (4 sessions)

We here presented the results of four cases with psoriasis following the RTM therapy. Briefly, all of the cases were completely healed with RTM in four months. Moreover, it has been shown that RTM cured the cases as confirmed after a follow-up period of 6 years.

In this article, the development of four psoriasis patients after RTM treatment after long-lasting conventional treatments will be discussed. Table 1 summarises the clinical and demographic characteristics of four patients with psoriasis.

#### Follow-up period

All patients were called for control once per 3 weeks, and physical examination and other practices were performed. Clinical complaints or complaints were not observed after six years of follow-up of the patients with psoriasis. Also, RTM therapy interruptions because of adverse effects were not detected. The therapy exhibited a desirable safety outline and was associated with a reasonable response rate of 100% at week 12.

#### Discussion

Despite intense scientific studies on psoriasis, a curable treatment without side effects could not be still found. To date, many treatment options such as topical steroids, metotracksate, cyclosporine, retinoids, phototherapy and biologic agents have been used for psoriasis [6]. Nowadays, the biologic agents, one of these options, show the efficacy on psoriasis through the blocking of various cytokines in inflammatory pathways and are considered as a promising treatment option [7]. The interaction between each other of cytokines, chemokines, receptors and

**Table 1** Clinical and demographic features of the cases with plaque psoriasis.

Demographic Features	Case #1	Case #2	Case #3	Case #4
Gender	Male	Male	Male	Female
Old	26	46	39	14
Family History	?	?	?	-
Associated other disorders (DM, HT, arthritis, obesity, IBS, etc.)	-	Diabetes mellitus	-	-
Triggering Factors (Stress, cigarette, alcohol, infection, trauma, drug, etc.)	-	Stress	Stress	Stress
Duration with Disease	1.5 years	9 years	19 years	7 years
Clinical Type (Local/Generalise plaque; guttat; palmoplantar; erithrodermic; invers)	Local plaque	Generalise plaque	Generalise plaque	Generalise plaque (guttat?)
Severity of Lesions	Moderate	Severe	Severe	Severe
Progress of Lesions Before/After RTM	++ +/-	++++/-	++ +/-	++ +/-
Itching and Pustular on Plaques	+/-	+/-	+/-	+/-
Burning Sensation on Plaques	?	?	+/-	?
Arthritis	-/-	++/-	-/-	+/-
Incrustation on Scalp Skin	++/-	+/-	-	++/-
Acne and Spotting on Face	+/-	-	-	-
Pitting on Fingernails	-	-	+++/-	-
RTM Therapy	<ul style="list-style-type: none"> <li>DVD.Reg (A mixture with thistle)</li> <li>ISY.Reg (A mixture with nettle leaf)</li> <li>ARD.Rem (A mixture with juniper fruit)</li> <li>SDS.X (St. John's wort extract)</li> <li>Wet cupping</li> </ul> (1 session) <ul style="list-style-type: none"> <li>Ozone therapy: Major and minor autohemotherapy (5 sessions)</li> <li>Magnetic field therapy (5 sessions)</li> </ul>	<ul style="list-style-type: none"> <li>DVD.Reg (A mixture with thistle)</li> <li>ISY.Reg (A mixture with nettle leaf)</li> <li>ARD.Rem (A mixture with juniper fruit)</li> <li>DTX.19 (Turmeric extract)</li> <li>Wet cupping</li> </ul> (1 session) <ul style="list-style-type: none"> <li>Ozone therapy: Major and minor autohemotherapy (2 sessions)</li> </ul>	<ul style="list-style-type: none"> <li>DVD.Reg (A mixture with thistle)</li> <li>ISY.Reg (A mixture with nettle leaf)</li> <li>ARD.Rem (A mixture with juniper fruit)</li> <li>SDS.X (St. John's wort extract)</li> <li>Wet cupping</li> </ul> (2 sessions)	<ul style="list-style-type: none"> <li>DVD.Reg (A mixture with thistle)</li> <li>ISY.Reg (A mixture with nettle leaf)</li> <li>ARD.Rem (A mixture with juniper fruit)</li> <li>SDS.X (St. John's wort extract)</li> <li>Wet cupping</li> </ul> (4 sessions)
Side Effects of RTM Therapy	-	-	-	-
Duration of Healing	4 months	4 months	9 months	3 months



**Figure 3 A,B:** Before treatment and 3th month photos that possess 39-year-old man who had psoriatic lesions characterized by widespread plaque lesions on the extremities and the body.

**Figure 3:**



Figure 4



Figure 4 A,B: Before treatment and 3th month photos that possess 14-year-old female who had widespread plaque lesions characterized by widespread plaque lesions on the extremities and the body.

regulatory proteins like caspases which play an essential role in all processes in inflammation and immunity is so complicated, and therefore the term of network is mostly used to describe this complicated process. [8,9] So, just because of that, potential and proper therapeutic targets within the cytokine network are scanned for inflammatory diseases [10]. Moreover, for this purpose, different therapeutic targets such as TNF and certain interleukins which play essential role in inflammation have been detected. Currently, many agents which block some specific cytokines are commonly used to treat various inflammatory diseases such as rheumatoid arthritis, inflammatory bowel diseases and psoriasis [11,12]. Whereas, inflammation is one of most essential mechanisms defending the body, and it achieves this by regulating the balance between different inflammatory processes which are called as good and bad [13]. It is called as good, because, inflammatory cytokines have a crucial role for various mechanisms in tissue homeostasis such as host defence, bone formation and remodeling, etc. [14-16] Therefore, anti-cytokine therapies that target inflammation not only ameliorate the diseases, but also may cause various additional pathologies and side effects due to disruptions in the physiological mechanisms and homeostasis mentioned below. For instance, despite the efficacy of anti-cytokine therapies on inflammatory diseases, such biological therapies using TNF- $\alpha$  inhibitors have a potential to increase risk of opportunistic infections like tuberculosis. [17] Also, it has shown that broad and long term use of cytokine blockers may cause paradoxical autoimmune events including demyelinating lesions of the central nervous system (CNS) and lupus erythematosus-like syndrome [18-20]. Moreover, even, such much more examples that indicate side effects of blockers may be given [21]. Furthermore, this situation is the opposite of “*primum non nocere*” which is basic notion in medicine, and perhaps it should not be accepted as a treatment.

On the other hand, the negative consequences and side effects of the treatments have led scientists to seek harmless and effective treatment options, just as they do in all other areas of medicine. Many methods of holistic and alternative medicine have been studied to find the most proper treatment options for psoriasis as well as all disease almost [22,23].

RTM is a holistic medicine that describes the anatomical and physiological aspects of physiopathological changes in quadruplet body structures (QBSs), which is unique treatment system where phytotherapy is at its centre and integrated with traditional and complementary applications. In the RTM model, 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 fundamentally improving the deteriorating structures. Considering that many of the epigenetic changes which lead to disease can potentially be reversed, it has been clinically observed that epigenetic modifications and irregularities improved when appropriate treatment protocols were applied, as in the RTM model. Thus, firstly, these extraordinary and abnormal conditions that lead to the gene-environment mismatch should be eliminated, and secondly, previous normal physiological processes should be reminded to body. Already, the name of RTM comes from the particular treatment strategy that composes of proper combinations of regenerative and remainder phytotherapeutic agents and holistic medicine methods [5]. RTM has ameliorated four cases with plaque psoriasis entirely without any side effect, and any relapse has not been detected after a period of 6-year follow-up. It more like that these results are related to the effects of RTM

on epigenetic modification.

It has been shown that multiple genes which are related to epidermal differentiation and proliferation, immunity, the cell cycle, apoptosis, inflammation, and IFN- $\gamma$  and TNF- $\alpha$  signalling exhibit abnormal methylation patterns in psoriasis. Also, hypoacetylation of histone H4 is a kind of epigenetic modification which is observed in peripheral blood mononuclear cells of psoriatic patients. [24]. Many phytochemicals have been shown to affect through epigenetic regulation on some conditions such as cancer chemoprevention and metabolic syndrome [25,26]. Even, scientific discussions about epigenetic remedies which are used for inflammatory skin disorders still maintain up-to-date. [27]. In another study, the significant involvement of DNA methylation has been shown in psoriasis development. Moreover, DNA methylation has been mentioned to control disease progression as well as involved in the manifestation of characteristic histopathological features. Thus, the dynamic nature of the disease during remission and relapse of the psoriatic may also explain with the reversibility of DNA methylation [28].

## Conclusion

As a conclusion, RTM treatment was well tolerated by four patients with psoriasis; no side effects were observed. Clinically, the recovery of patients' health in a short period, effective and practical treatment without any side effects, caused us new hopes for psoriasis in the future.

Identification of epigenetically regulated genes related to psoriasis may be promising to develop epigenetic drugs for disease management. However, further functional studies might be required to determine epigenetically regulated genes in psoriasis.

## Funding

None

## Competing Interests

The authors declared that this review was done independently without any conflict of interest of any organizations that would lead this review to bias.

## Ethical statement

This is a retrospective case report without the use of any samples from patients, so ethical approval can be waived.

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