



The remember regeneration therapy method: An overview of new therapy protocol to approach diseases

Mustafa Yasar

RTM Clinic, Istanbul, Turkey

ABSTRACT

Epigenetic mechanisms, which cannot be explained by genotypic changes, but reveal the phenotype formation differences of genes, take part in the whole cellular process throughout our life. Recent advances in today's rapidly evolving technology have shown that erroneous epigenetic regulations can contribute to serious biological consequences and diseases in human. Human is the smallest model of the universe with its memory, which is processed into DNA codes within the cell, which is the smallest building block. All the phenomena we see as causal relationships in the human body are a reflection of "balance and harmony" relationship. We can see the intersection point of the quadruplet body (human body, energy body, electrical body, and energy channels) as a homeostatic system that produces continuous "balance and harmony" for the coordination of the inheritance DNA. As known, therapeutic approaches that are called as holistic or complementary medicine mainly target to the causes underlying basis of the diseases by using natural therapeutic agents and methods. Thus, it is primarily aimed to protect physiological mechanisms of the body. Also, such therapeutic methods allow medicine to avoid possible side effects of the modern therapeutic approaches. Probably, these are benefits of holistic or complementary medicine methods. On the other hand, many complementary and alternative medicine methods are commonly available, reasonable, and regularly used in many countries. And, these therapies are maintained by practical evidence on protection and efficacy. A growing amount of scientific clinical studies nowadays maintain the usage of definite these therapies. The Remember Regeneration Therapy Method (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 center 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 essentially improving the deteriorating structures. Considering that many of the epigenetic changes that cause disease can potentially be reversed, it has been clinically observed that epigenetic changes and irregularities improved when appropriate treatment protocols were applied, as in the RTM model. In conclusion, the main aim of this review is to introduce a new model of diagnosis and treatment to medical literature and to demonstrate the efficacy of RTM, which has been characterized by clinical experience (nearly 130,000 individuals suffering from several disorders) over a long period (approximately 25 years) and the reviewing of previous scientific knowledge.

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Introduction

Experiences are very valuable if they are based on clinical trials, and using this, the principal mechanism of diseases can be identified and on which new arrangements of screening, prevention,

diagnosis, or treatment of can be used to cure the diseases [1–3]. Patients who have been dealing with chronic diseases may prefer new treatment programs in cases where Modern Western Medicine does not give satisfactory results [4–6].

Contact Mustafa Yasar ✉ drmustafa.yasar@rtmclinic.com.tr 📍 rtmclinic Nişantaşı Şişli, İstanbul, Türkiye.

It is more likely that these results are related to the philosophy of the modern medicine. Although almost every disease includes various and different pathological mechanisms and structural problems, most of the medications used in current treatment protocols target specific symptoms and signs of the diseases. In other words, this is to see a small piece of a picture rather than to see the big picture. Perhaps, the most important problem of the modern medicine is this perception.

It is recognized that the environmental, cultural, and financial factors currently influencing the world by consolidating with matters such as efficacy, quality of life, care, access to health care, cost-effectiveness, and safety [7]. Considering the progress made in the science in the last century and particularly in biology, genetics, and epigenetics in the last two decades, it can be seen that many developments that were once imagined can be easily applied today.

Not only medicine will be used to heal disorders but also the features of a healthy human personality due to the quick development of biomedical investigations [8].

Environmental determinants such as air and water pollution, tobacco smoke, UV radiation, which trigger inflammation, are presumably the main reason for cancer development by forming oncogenic mutations [9]. Understanding that chronic inflammation is very important in many diseases leads to new horizons in treatments. Therefore, determining the interaction between the immune system and inflammation can help discovering how disease processes develop and how chronic inflammation is activated [10].

To date, approximately 80 autoimmune diseases (ADs), which present in the difficult and complex situations and of which underlying causes lead to intolerance by the immune system have been described, and these ADs have affected 5%–10% of the population [11]. It may be related to an irregularity in the immune system, a special modification of an immune-related gene, or the irregular expression of isolated epitopes, or misfolded composition of endogenous or exogenous substance occurring in the cells. Therefore, that has guided to the introduction of various hypotheses to describe the ADs in the medical literature (See the Reference #11 for review). As a result, the same systems might have a separate impact on the susceptibility in the periphery, local environmental components (e.g., gut microbiota), and field of inflammation controlled on tissue regions in the ADs. ADs have common

characteristics such as (i) appearing in adulthood, (ii) genetic and epigenetic modifications, (iii) sex, (iv) relationship with infections, and (v) autoantibodies of non-organ-specific individuals [11].

In cardiovascular diseases accompanied by atherosclerotic complications, the effect of oxidative stress (OS) caused by excessive nutrition, insulin resistance, impaired glucose tolerance (IGT), and diabetes has been demonstrated [12,13]. In one study, in addition to determining pathogenic issues facilitating the emergence of insulin resistance, it has been pointed out that the transition from insulin resistance to diabetes enhances the cardiovascular jeopardy status of prediabetic and diabetic people by IGT [14]. Therefore, the OS hypothesis can help us know how various curative medications capable of reducing OS can prevent or postpone the opening of diabetes and cardiovascular disease [14]. The ADs correlated with psoriasis frequently have one alike cellular response model, indicating that primary signal pathways may play a role in the knowledge of every autoimmune reply. Although a large number of large genome-wide association studies exist, an exact causal locus for psoriasis or other ADs still remain unknown [15]. In recent years, clinical and scientific evidence from the therapeutic approaches to intestinal dysbiosis in inflammatory bowel diseases has strengthened the views of complementary and alternative medicine (CAM). New scientific researchers have shown that sensitive and new generation CAM strategies for the treatment of specific disease conditions will gain great advantages with improvements in research technologies [16].

Today, a number of CAM practices such as acupuncture, massage, light therapy, etc. have achieved quite satisfactory results in the treatment of patients. For example, the efficacy of acupuncture on traditional therapy for pain relief has been described by various clinical trials [17,18].

Although these metaphysical definitions are made while explaining the positive results from the pathophysiological point of view, the applications are officially legitimized in the whole world under the name of complementary and integrative medicine after long and troublesome years. However, it is more appropriate to explain the success of these treatments with epigenetic mechanisms by new developments in science, because there are no specific molecular and pathophysiologic target for these therapeutic approaches. Also, in these treatment approaches, the philosophy of holistic can make the adaptation of the body to new state

and curing the diseases resulting from the internal changes caused by factors and physiopathological processes.

Epigenetics is included in several natural cellular manners. In the human body, cells, tissues, and organs are modified by the “opening” or expression of certain gene groups, or the “closing” or suppression of other gene groups [19].

There are three methods within the cell that can interact with each other to silence the genes: DNA methylation, histone modifications, and RNA-related silencing [20].

Briefly, the Remember Regeneration Therapy Method (RTM) is a *holistic approach* that includes the combination of several complementary and traditional medical methods. Diseases are recognized as the reflection of epigenetic changes occurring as a result of gene-environment disparity to the phenotype in the RTM model, and the treatment strategy is mainly based on the recovery of human health by improving the deteriorated structures and functions.

The primary aim of this review is to examine the efficacy of RTM, which has been characterized by clinical experience over a long period and presents a new model of diagnosis and treatment.

Physiological condition

The body is a whole, and it is never a machine functioning alone in accordance with the system it creates. The biological, histological, and physical structure of the human body is composed of living cells and extracellular materials, and there are a perfect network that provides connection and information exchange between each other. Autonomously, the human body is able to work hard to believe by sending the signals that pass through our brain at a very high speed every day [21].

Today's conception of medicine considers the body as a mechanical system that is independent of the mind and the spirit, which is not related to universal external factors. However, there are scientific studies that prove the impact of universal and environmental factors such as air and water pollution, UV radiation, and chemical exposure on the general health of the body. Modern Western Medicine does not refuse the work of the evidence itself, but still prefer to stay away from them [22]. However, as our knowledge about human being increases, a different complex structure that maintains the body structure with the soul can be revealed.

Cell and DNA

The human body is physically composed of the same basic material. In nature, all living creatures are composed from cells, some of which are formed of a single living cell and termed single-cell organisms. Therefore, all components of our body are building blocks of different cells with chemical and structural properties. In humans, there are approximately 200 various cell species and 20 various compositions or organelles [23]. DNA is a long chain molecule that performs an important function in our lives. The genetic structure of all organisms controls the information encoded in DNA strands. DNA basically performs a function in replication, gene expression, coding information, mutation, and recombination [24]. DNA is a constantly acting molecule; when a cell is ready to separate, it is transcribed and read to create molecules such as proteins to perform cell functions. DNA molecules in a unique human cell from one end to the other have a length of approximately 2 m, and the human genome is about 3 billion base pairs [25].

Human body and quantum theory

According to the quantum theory, the substance is not consisted of fixed concrete molds but has a variable structure that changes according to the actions taken from the meaning. Everything we see or perceive in our environment and body is the images of the vibrations generated by the subatomic structures in the energy dimension [26]. According to this prediction, the structures that vibrate in the energy dimension are shaped as visual objects in the body dimension. The universal knowledge-dimensional, which is from the “Universal Information Center (UIC)” thought revealed by Quantum, is the universal energy field, the universal vibrations, and the universal polarization, all say that everything is a partnership. This partnership, from our cells to the great design in the universe, shows that the whole universe is fed from a common source of information. As the visual formations depend on the energy signals, the transmission of the energy signals depends on the information under the signalization. Our body is a tool for detecting environmental signals throughout life.

The soul is what the beings who have DNA need to have life. Humans provide bodily form and functioning by transferring the information they have with universal knowledge to the body through their DNA [22].

Pitfalls in modern medicine

Nobody can discuss the importance of evidence-based medicine. It provides the allocation of informed determinations and limited resources to carefully measure the safety and effectiveness of the drugs and tools used to treat our patients. This practice continues to apply in dermatology as well as in other medical fields. In the evidence-based medicine (EBM), medical doctor's private information may be due to deliberate prejudices and the possibility of the emergence of a high degree of misconduct to reduce or even prevent [27].

Nowadays, the fascinating modern medicine relies on a quite conservative scientific strategy for symptoms, diagnosis, and treatment. This modern medicine is so limited that it can clearly disregard any alternative treatment and all other therapeutic practices. Critical intensive care is based only on the therapeutic procedure when life is on a limited range. In our knowledge, 21st-century faith is solely a convicted medical program. At an increasing level, we expect a medical drug such as a magic wand that can cause health problems to dissolve without having to alter the way we live [28].

EBM is often described as "conscious, open, and logical use of the best evidence currently available to decide on the responsibility of patients" [29]. EBM is not limited to randomized clinical trials and meta-analysis. It includes following up the excellent exterior confirmation to explain the clinical problems. We require to determine the correct cross-sectional investigations of presumed subjects with this clinically associated disease, not each randomized research [29]. It is hard to think that EBM can only encourage doctor-patient cooperation. Nevertheless, EBM is not far from the effects of pharmaceutical manufacturing. Critics believe that, in contrast to expectations, EBM allows physicians to intervene in the direction of directing and managing this relationship, in addition to improving doctor-patient cooperation. As the pharmaceutical business maintains its effectiveness on EBM, doctors will have to be more alert to treatment decisions by patients. In order to avoid such problems, doctors need to develop new ways of approaching and giving information to the patient [30]. Today, the EBM is not considered to be magnified in modern health services, because scientific interpretations, as an international health service model, are seen as the main way to be followed [31].

While the EBM-based curriculum is modifying medical training, evidence-based thought also led

to a review of as well as nursing and health-related policies [32]. Most of the EBM questions naturally originate from medical fields. As well as, in a number of systematic questions about the production of robust guidelines when evidence is inadequate, they emphasize the devastating influences of measures at the regional level. In fact, the work is a kind of personal ability or art that can result in a much higher measure of subject responsibility which is permitted to mention personal competence and practice [32].

In order to overcome such problems, it is not mandatory to stay on the applications very much. However, there is a need to implement clear policies in order to make the best use of the common and relevant aspects of the work on medical matters. The versatile strategy to limited partners and their concerns is more logical than the policy of resolving the obstacle of clarity by minimizing expert independence [32].

Complementary and alternative therapy methods

In the United States and Canada, more than 70% of people use the CAM method at least once in their lives [33–35], which is thought to spend billions of dollars in these treatments [36]. CAM is a common definition traditionally used for health practices that are not part of conventional medicine. In fact, in many cases, as evidence of efficacy and safety increases, these treatments are combined with traditional medicine. Thus, rather than the definition of alternative medicine, more recent terms such as CAM have been used. Complementary medicine can help improve the quality of life by reducing the symptoms of cancer, persistent pain, chronic fatigue, fibromyalgia, and similar symptoms of many patients (e.g., pain and anxiety) [37]. CAM has been described as an application of "different medical and healthcare interventions, applications, products or disciplines" which are not accepted as part of standard medicine. The National Center for Complementary and Complementary Integrative Health (NCCIH) located at the National Institutes of Health (NIH) describes as "complementary" when non-mainstream applications are used in conjunction with conventional medicine, and "alternative" when conventional medicine is replaced by "complementary", and "integrative" when conventional and complementary methods are combined with the practice and coordinated program [38]. In a study, it was stated that CAM guidelines, which received a good score from various evaluations, can be evaluated mainly by patients and health

specialists regarding the application and outcomes of CAM therapies [39].

Nowadays, most people who apply non-mainstream methods practice classical health service. However, instead of complementary and alternative, the word “functional medicine” is used. Integrative healthcare services frequently combine both conventional and complementary methods in an organized manner. The definition of health-care and wellness (usually mental, emotional, functional, spiritual, cultural characteristics) indicates a holistic, patient-oriented procedure that completely treats a complete individual rather than a body system. The NCCIH, located at the NIH, supports the organization of research to improve considerably critical scientific and public health care issues regarding Complementary and Integrative Health strategies. According to NCCIH data, more than 100 million Americans spent \$600 billion on complementary health approaches. As indicated in the NCCIH’s Strategic Plan, research on chronic pain, which causes cost and productivity loss and insufficient conventional medicine, is the main focus [40].

A conversation involving the approval of the opinions and choices of subjects and their relatives has the opportunity to develop the shared parts needed to improve healing. Supplies granted by NCCAM can support health personnel amplifies their information and experience of CAM applications [41].

The use of CAM is actually quite common and varies from country to country. Rates of CAM application are 20%–40% in the United Kingdom [42,43]. It is stated that CAM is used by cancer patients around 20%–77% by Patient–Physician Conversation [44].

There is a notable interest for CAM applications in the world. The World Health Organization (WHO) has stated that in developing countries, several CAM applications have been in the primary health care (PHC) service and that has become more widespread [6]. On the other hand, many economic and social reasons increase excited enthusiasm for CAM applications in industrially developed countries [6,45]. In a study, the main purpose for practicing the highest CAM methods among children with mental health concerns was found as the CAM’s complementary function to disorders administration (combined with conventional therapy) [46].

Epigenetics

New and outstanding discoveries in the science of biology and genetic science over the past 25 years have shown that inheritance has a whole new

dimension beyond the genes, not in the structure of the DNA, but in the study of the genes that there have been significant changes in life. In this new dimension of inheritance called epigenetics, it has been shown that changes can be transferred to new generations [47,48]. In addition, it is not surprising to see that epigenetic mechanism (examples of epigenetic memory that use relevant mechanisms over different time scales: cellular memory, transcriptional memory, and transgenerational memory) provide all organisms to adjust to environmental differences on long-term measures even for generations and an organism modifies to any incentive [49].

Current information on the significance of epigenetics in diseases promises an important prospect for epigenetic study. The performance of epigenetics in diseases has attracted more attention in describing complex diseases such as cancer, behavioral plasticity, and AD for a long time. Therefore, it has been hoped that the performance of the relationship of some epigenetic markers with special disorders may improve the instruments to be used in the diagnosis and prognosis of the disease [50]. The importance of epigenetic modifications in long-term memory performance has been demonstrated in the most extensive and comprehensive study on the significance of DNA methylation. Chromatin remodeling, histone modifications, and non-coding RNA mechanisms are other important changes. DNA methylation models are also known to produce an irregular representation of cancer-dependent genes [51]. In the future, the human epigenome project will solve the model of DNA methylation in various tissues and mediate the organization of gene composition is each chromatin or DNA, or both [52]. Consequently, it may be possible to identify the appearance forms of responsive genes sensitive to environmental effects, resulting in epigenetic characteristics for human disorders and environmental disclosure [53]. In addition, the hypothesis is proposed that hereditary epigenetic modifications in chromatin formation may perform a significant function in development. According to this pattern, an environmental incentive is capable of inducing hereditary chromatin changes, which may result in a highly particular, anticipated, and adaptive reply [54]. The significance of epigenetics in cancer is well known. And, it is expected that rapid developments will be experienced in this short time. Because of the progress in technology and new highly efficient systems has addressed reasonably to investigate the more extensive epigenetic manner even a single gene. Next-generation

sequencing methods provide the research of the DNA methylation mechanism situation of cells at the nucleotide level [55].

In light of today's information, epigenetics, defined as the adjustable regulation of gene silencing and expression without changing the gene DNA, can link special genes relating various environmental determinants related to ADs [11]. In a review of ADs, many hypotheses were discussed, and what is defined as the "nucleolus hypothesis" of ADs, could give a description for the female bias, the engagement of epigenetics, the source of most autoantigens, and the existence of specific mechanisms that are appropriate in various relevant ADs [11]. Consequently, as researchers progress towards epigenetics to find explanations to AD inquiries, the nucleolus hypothesis continues to keep important matters to be discussed [56].

In summary, DNA methylation is an epigenetic variation of DNA which has a significant role in the regular organization of transcription, embryonic development, imprinting, and genome stability [57]. DNA methylation models are interrupted in cancer, with genome- and gene-specific hypomethylation, and hypermethylation, proceedings happening concurrently in the similar product, respectively [57]. X inactivation is regulated by a complicated genetic locus termed the X-chromosome and is marked in extra-embryonic tissues of eutherian animals [58]. An interesting feature of imprinted genes in which they frequently gather in massive chromosomal regions, increasing the probability that gene- and domain-specific mechanisms manage imprinting [59]. On the other hand, the critical function of DNA methylation and the communication among different epigenetic administrative route not only contributes an understanding of cell differentiation, evolution, and functions related to the formation of diseases but also supports in the improvement of active stem cell-associated therapies and clinical beneficial compound inhibitors [60].

In the future, the function of methylation in transcriptional regulation, chromatin structure, DNA repair, and genome stability is expected to be the focal point of intensive and specific investigations in the area of DNA methylation in epigenetics. Thus, the characteristics of such communications are thought to shed light on the pathogenesis of disorders of methylation patterns and innovative therapeutic agents in cancer cells [61]. The primary origins of epigenetic mechanisms and their

participation in human wellness, the use of epigenetic pathways in targeted therapeutics, novel strategies are constantly being developed. With the results of these studies, the risk of epigenetic disorder that leads to disease is reduced and in later life epigenetic errors are corrected. Thus, epigenetic treatments will be replaced as a new treatment option in medicine soon [62].

The importance of epigenetics has become more prominent with the increasing recognition of the role of specific epigenetic mechanisms in cancer which ensures to combine genetics and epigenetics [63]. Today, advances in science focus on DNA methylation, histone modification, non-coding RNAs, and changes in chromatin structure with the help of molecular-level high-scale technologies [64].

In addition, the life cycles of the cells, which are the basis of life, contain important clues to understand the pathophysiology of diseases. It is appreciated that the event of senescence, called cellular senescence reveals the nature of cellular ageing caused by telomere loss due to the lack of endogenous telomerase activity following great reproduction [65]. Basically, OS reactive oxygen species (ROS) causes epigenetic changes. Studies have shown that intracellular and external cellular stresses stimulate the cellular senescence schedule. These stresses initiate a change of cellular signaling processes, resulting in a DNA damage response. In particular, ROS is leading to DNA damage response by disrupting gene transcription and DNA replication in addition to telomere shortening. In cells exposed to severe stress, a mechanism that is not yet fully understood is activated and cellular senescence begins. Cells that undergo senescence may also initiate an inflammatory process, independent of senescence causing stress [66].

The effect of senescence and epigenetic changes caused by chronic toxicity and chronic inflammation on cellular and tissue levels will lead to the development of new approaches to diagnosis and treatment of many diseases.

Phytotherapy may be a different therapeutic approach. Studies have shown that some phytochemicals may change abnormal gene activation or silencing in addition to normal epigenetic events. It has been shown that the compounds in many food support products (teas, garlic, soy products, herbs, grapes and cruciferous vegetables) have anticarcinogenic effects as epigenetic modulators and can perform a character in the regulation of biological processes [67–69] (Fig. 1).

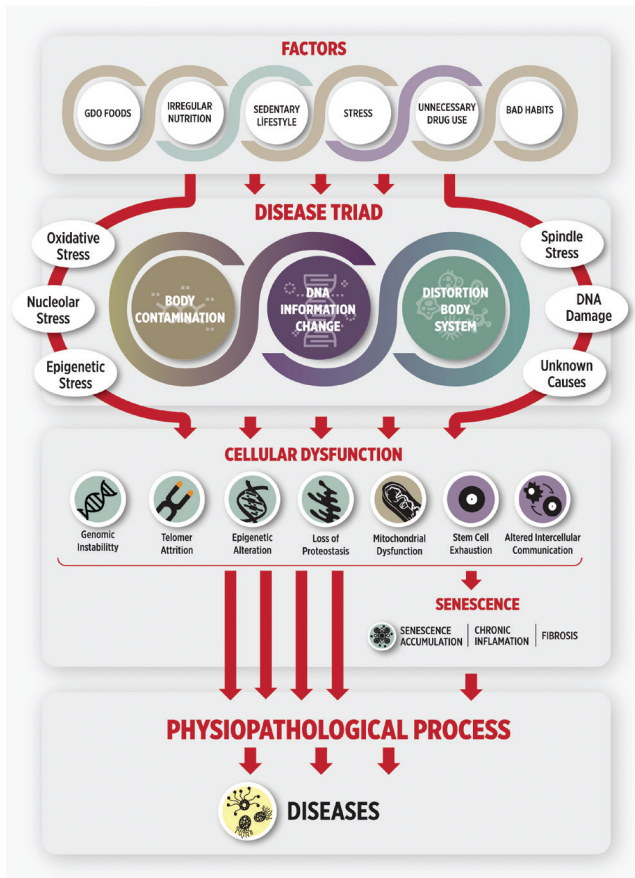


Figure 1. The molecular basis of the diseases and its inducers.

The remember regeneration therapy method

Under the light of the knowledge above mentioned, it may say that human organism has a complicated structure and different mechanisms, and in any case of disease, all of these may be cause pathological conditions by altering normal processes. Therefore, the treatment of any pathological conditions depends on the normalization of all altered process. But, for this normalization, a medication planning which aim to ameliorate all impaired physiological mechanisms should have been developed rather than a medication that targets a single pathologic mechanism. For instance, such medication may include just one phytotherapeutic agent, or a combination of various holistic medicine methods such as phytotherapy, ozone therapy, acupuncture, etc. In other words, it is important to determine the most ideal combination of holistic medicine methods in order to normalize impaired mechanisms, setpoints and even molecular structure such as DNA. So, the mechanism of effect of each treatment methods should be known and related to the pathophysiological mechanisms of detected diseases. Thus, the content of these

treatment combination will vary according to various factors such as individual features of the patients, the severity and extent of the diseases. This treatment philosophy constitutes the basis of the RTM.

One of this pathological mechanisms which is targeted by RTM is also epigenetic alterations. It has been shown that epigenetic alterations may play important role in many diseases including cancer, and a number of bioactive dietary components forming the content of phytotherapy placed in center of RTM also show beneficial effects due to epigenetic modifications [69,70].

RTM is a holistic approach to diagnostic and treatment system with phytotherapy and combination of several complementary and traditional medical methods such as acupuncture, cupping therapy, hirudotherapy, ozone therapy, etc. since the 2000s. The efficacy of RTM has been characterized by both clinical experience and observation (nearly 130,000 individuals suffering from several disorders) over a long period (approximately 25 years) by laboratory evidence.

The most important point here is the different point of view of the diseases and treatments. In the RTM system, diseases considered as adjustments of the body to new manners of structure, and these modifications are in fact positive new processes that the body has settled forward to sustain errors. In order to initiate the healing process, it is essential to eliminate the factors that push the body to these conditions and to correct the internal changes that occur in the body, and at the same time, convert the body to its former form in the new information and adaptations in the cellular DNA module. When we compile all of these, it can be summarized as the RTM [22].

Quadruplet body structure

QBS covers all structural, visual, and functional functions in our body originating from DNA. The functioning of DNA information is important and works together with all body structures. The whole aim is to sustain life and to achieve these setpoints should continuously be adjusted. There is harmony in the biological system. The alignment between the quadruplet structures is important in providing body setpoints. The aim of harmony and balance is the sustaining of life, and the maintenance of life is a requirement. Equilibrium relationship and harmony rather than causal are recognized as a disease. Biological systems are semi-autonomous (cell, tissue, organ, system, etc.), and there is a balance between existence and absence (semi-autonomous structure).

The most important information in DNA coordination is the functional information that provides the body activity. While standard body activities are coordinated with standard setpoints, reflex body activities are coordinated with reflex setpoints. Standard body activities are performed on the standard setpoints produced by the first information in DNA.

According to the RTM system, the human has four body structures (QBS). The first one is called the *human body* and represents the known physical structure of man. Although the *electrical body* is the second body structure used for diagnostic purposes, its use in treatment applications is limited. It is possible to see the functions of this body with diagnostic devices such as EEG, ECG, and EMG. Our third body structure is our *energy body* and covers the field of yoga and meditation. It is the body area where seven energy centers called the Chakra are located. In order to provide information exchange, the *energy channels* that form connections between the human body and the energy body can be defined as our fourth body structure and the movement area of the acupuncture treatment is related to this body structure.

The “universal knowledge” which from the “UIC” is based on the “Primary DNA Change” in the DNA. The pathogenic effect does not produce a change in DNA after a reflex response. If the pathological process continues, DNA changes in the body. The primary goal of the body is to provide vital values. Strong and persistent pathogens affect DNA and cause the “Secondary DNA Change” and then it causes a cell dysfunction. All of them are result in “Third Setpoints” and cellular structure change (e.g., hypertension, diabetes, elevated cholesterol, ADs, circulatory disorders, chronic disorders, etc.). The tables defined as the disease are actually new setting changes. Thus, the disease expression in the RTM module is defined as “new setting changes”. Thus, three separate mechanisms are involved in the introduction of the new body values: (i) DNA information changes, (ii) Contamination due to factors, and (iii) Bodily changes.

There are many cells and structures in our body that confirm this knowledge. Merkel cells, which are one of them, are cells composed by solid secretory granules and cytoskeletal skin and in some mucous membranes. The conjunction of the Merkel cells to the brain is two-way, which not only receive but also has the ability to emit electromagnetic pulses. Therefore, the efferent perspectives of palmar and plantar Merkel nerve finishes constitute the bottom for biofield modalities. Merkel cells

are multisensorial cells that can collect the whole surrounding environmental incentives, including electromagnetic waves. As a result, Merkel cells are highly functional cells that can meet in one point between conventional and complementary medicine [71] (Fig. 2).

Setpoints

Functional information that is vital in life is constantly dictated to our body by DNA. Our body also serves to perform the functional body values of all bodily activities from the DNA to the cells, from cells to tissues, from tissues to organs and systems. The information dictated by the DNA from our bodies creates fixed points that regulate the functional functioning. The body organizes its functioning according to these fixed points (setpoints). Standard set point activities are normal body activities that are demonstrated without active DNA support. As a result, set point values are created.

In order for the body to continue to function, the initial information from the DNA is sufficient. According to this information, setpoints are vital standards for us. The activities of the reflex body are also carried out depending on this information. It is the body and energy body togetherness that represent the substance and mana contacts which are the main components of the coordination of functional activities. When exposure to chronic pathogens and the existing functional parameters do not suffice to maintain life, the DNAs in both the substance realm and the soul are actively engaged to form new parameters (second setpoints) for

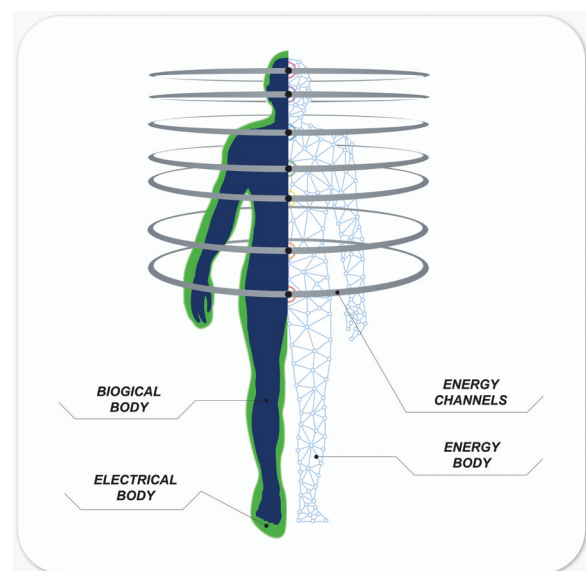


Figure 2. The components of the QBS.

the maintenance of life. The energy channels that is same with the “Meridians” defined in Traditional Chinese Medicine are special connections providing the exchange of the functional knowledge between the energy body and the human body according to the RTM method. Thus, the pathologies related to both kinds affect each other. It is a requirement of the two-body coexistence.

As an example of epigenetics in the formation of diseases, essential hypertension, the etiology of which is not very well known, is a complicated multifactorial disease with epigenetic and environmental determinants according to its currency. In human physiology, the sympathetic nervous system performs a significant function in the keeping of hypertension and the rostral ventrolateral medulla (RVLM), which is the principal cause of this sympathetic activation. A reasonable mechanism for explaining sympathetic hyperactivity in RVLM is the/a movement in the area postrema (AP). Thus, it seems likely that AP appears to be the area of high blood pressure, which occurs in hypertension. It has been suggested that epigenetic changes from melatonin in AP neurons has a task in this change and shift in AP (set point). According to this hypothesis,

the AP has been described to include great levels of melatonin receptors that are involved in epigenetic changes in specific cells [72] (Fig. 3).

Diseases and new set points

Functional values alter according to the differences in the body. The new values are the *new setpoints* that are perceived as diseases. Three mechanisms are involved in the formation of new settings (set-points) perceived as diseases in the body. These are called the *disease triad* in the RTM system and consist of three components: contamination of the body, system degradation, and DNA information change. The *treatment triad* is needed for treatment of diseases and return to primary settings, cleaning the body, regulating systems, and resetting DNA [22] (Fig. 4).

RTM treatment model

In the treatment triad, RTM module is mainly related to deteriorating structures after three mechanisms: (i) DNA information changes. DNA Information Process has no place among current

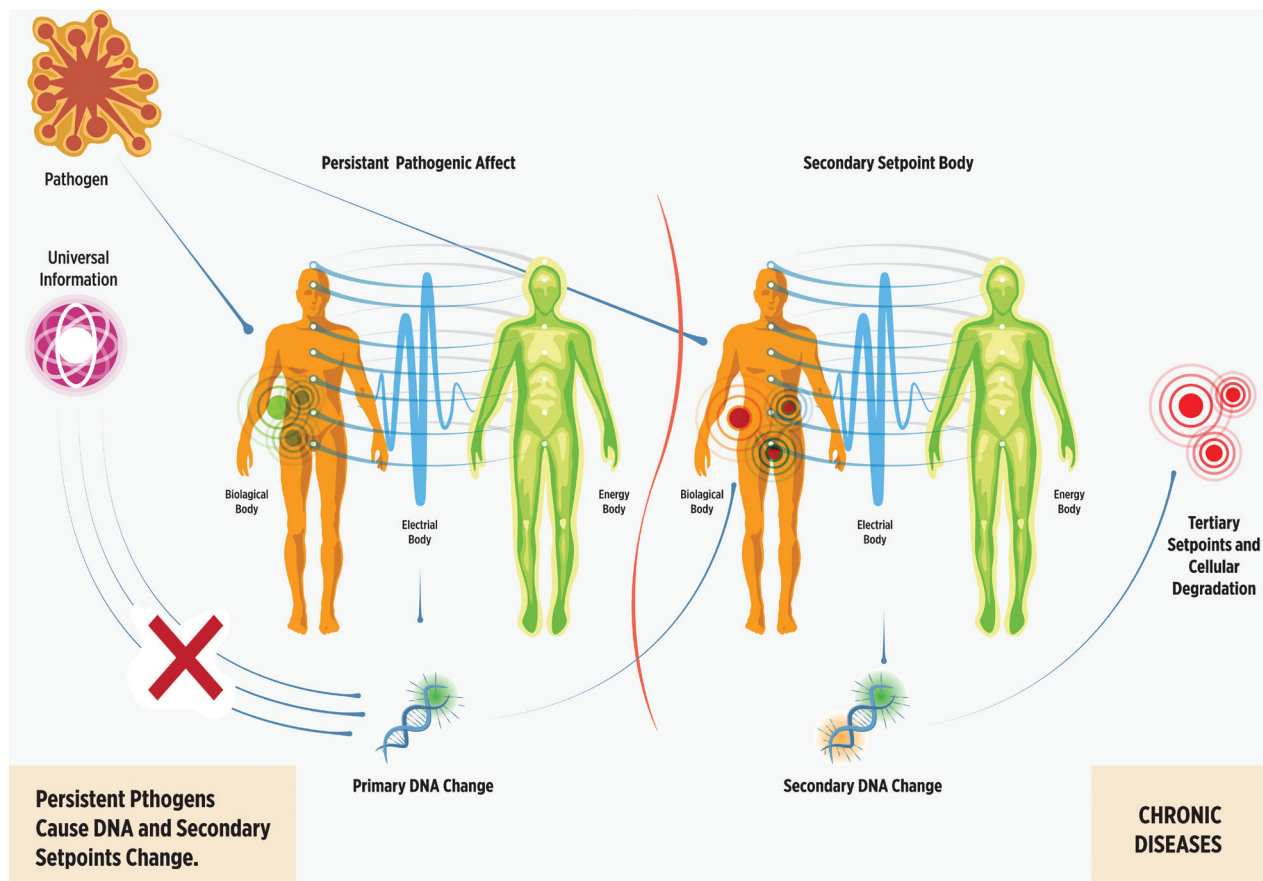


Figure 3. The changes of DNA and seconder setpoints in QBS.

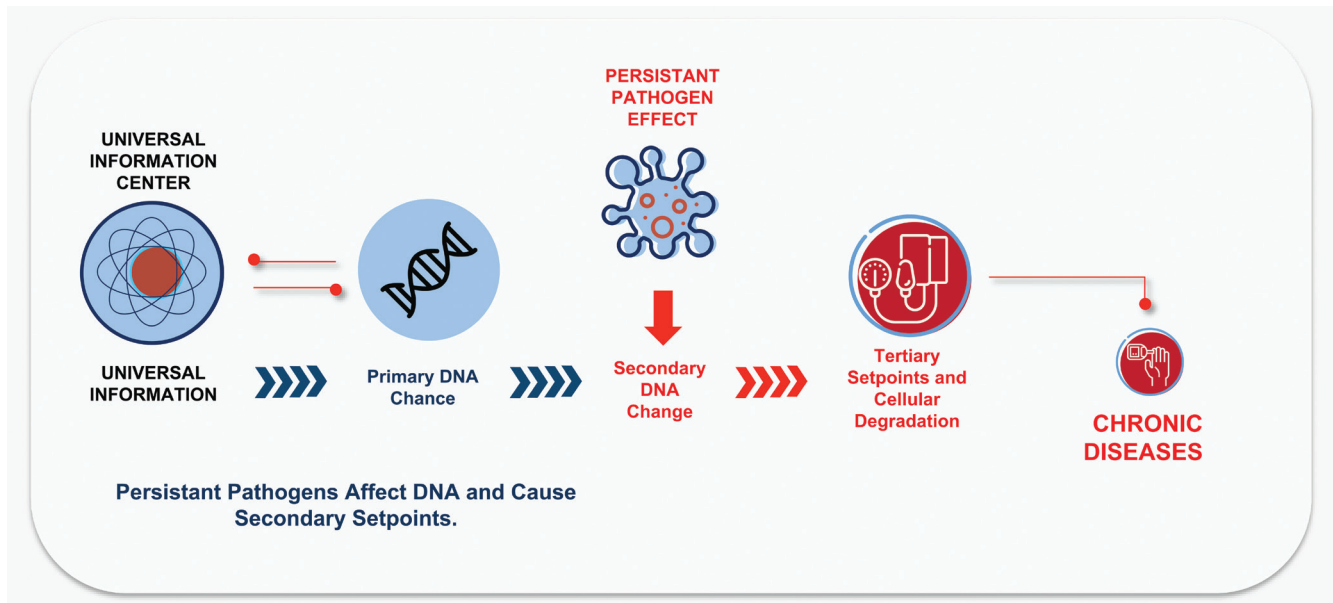


Figure 4. Chronic diseases due to interaction between universal information and DNA.

treatment methods and protocols. (ii) Clearing of physical contamination.

Every known treatment method tries to treat only its own Body Section. For example; cupping, ozone, colon-therapy, phytotherapy applications. (iii) Organization of systems. For this, the current treatment methods are used: acupuncture, reflexology, bioenergy, and phytotherapy applications.

Mechanisms

The mechanisms that is responsible for the efficacy of RTM can be classified under two main groups: *remember phase mechanisms* (in the resetting of DNA, the phenotypic structures in DNA are eliminated and the body is returned to the original information) and *regeneration phase mechanisms* (body cleaning application-detox and regulation of systems) [22].

In the remember phase, main mechanism is epigenetic regulation, and bioactive molecules used as phyto therapeutics are responsible for the normalization of epigenetic alterations [68].

In the regeneration phase consist of two sections: detox and the regulation of systems. The mechanism of action of the detox process is the reducing of free radicals and the increasing of antioxidants. Cupping and ozone therapy is some of the treatment methods used for this purpose [73,74].

The mechanisms of action played role in the system regulation phase is the regulation of impaired enzymatic and hormonal functions and the

restoration of cellular communication with phyto-therapeutic agents [75,76].

For the regeneration section, the mixtures are prepared from the leafy and opaque parts of the plants, while another mixtures consists of seed plants are used for the remember section. In the RTM treatment system, the lion's share in the success of the therapy belongs to the RTM therapeutics. In addition, the treatment is supported by various complementary medicine methods such as acupuncture, cupping, reflexology, hirudotherapy and ozone, etc. in order to accelerate the healing process. These CAM applications can be reproduced according to the condition of the patient and the disease. Briefly, RTM is a patient-specific treatment model that aims to treat the patient, not the disease [22].

Phytotherapy products

This approach is in RTM as, (i) Remember Phase: Seed plants for DNA resetting; (ii) the Regeneration Phase: The use of leafy plants for the cleaning of the body and the regulation of the systems. Phytotherapeutic products in the simplest form used are as follows: (i) Remember Phase and (ii) Regeneration Phase [22].

Follow-up and control

Time intervals are in the follow-up and control of patients as Weekly Close Follow-up, Monthly Follow-up, 40-Day Follow-up, and 3rd-40 Daily Follow-up.

Conclusion

In the RTM model, it is thought that epigenetic processes were wrongly developed and organized in diseases and contribute to phenotype of disease in human body. In the RTM Model, the treatment strategy is based on the recovery of health by essentially improving the deteriorating structures. Future studies should examine how mutations in genes that have modified epigenetics contribute to phenotype in diseases.

Importantly, many of these changes are potentially reversible and can be changed by treatment with appropriate drugs. Since epigenetic processes are at the root of biology, they have implications in all of human development and disease.

Our strategy in treatments has focused fundamentally on an original holistic approach, which we believe is based on interactions between processes such as DNA methylation, histone modification, and nucleosome setting to construct the epigenome. For this purpose, different treatment combinations consist of various holistic medicine methods such as acupuncture, ozone therapy, hirudotherapy as well as phytotherapy are determined. Also, these combinations vary from disease to disease or from person to person because each disease belongs to different pathological mechanism and severity. Thus, all pathological mechanisms which plays an important role in process of the diseases are targeted.

On the other hand, since most of these epigenetic alterations are theoretically reversible, the treatment triad in the RTM model will be revealed to be reasonable. Epigenetic processes are the basis of biology and it is believed that they have a high impact on most ADs, and more research about etiology of disorders related scientific study is needed in this area.

Conflict of Interests

The author declares no conflicts of interest in this work.

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