

**Subject:** Mrs. Alda Maestas – Case of Combo Drugs and Multi-Diseases – AI can assist, but a pharmacist can refine further with a patient lab diagnosis test – Winston Vo still gets a bet – New SCOPE! (drafted, June 28, 2026)

**Medications:**

Cellcept- 500mg 1/1 (lupus)

Kappra- 500mg 1 (seizures)

Lamictal- 500mg 1/1

Clobazam- 10mg 2.5

Pantoprazole- 40mg 1 (Acid Reflux)

Valacyclovir- 500mg 1

Rosuvastatin- 20mg 1 (cholest)

Losartan- 50mg 1 (blood pressure)

Ticagrelor- 90mg 2 (heart)

Metoprolol ER

**Mrs. Alda,**

I am very confident that you have a chance to return to regular good health — with a minimum of some levels of those medications.

I certainly know a few practices, or just changing the way you (or we) conduct your daily life, can lead to an optimal health change.

I rephrase and conduct AI search:

**Question (Winston Vo):** How to get well again from the status of the immune system being suppressed (CellCept), having seizures, and having strokes? Should boosting our healthy or optimal immune system through a healthy lifestyle and good mentality make healing possible one day?

**Google AI:**

Yes, achieving recovery and healing is possible. Once your healthcare team determines it is safe to reduce or stop your CellCept (mycophenolate), your immune system can begin to regain its natural function. The brain and body also have a significant capacity to recover from strokes and seizures through healing and rehabilitation.

*(See its short layout in the attachment.)*

**Here is my analysis and comment about your physician's provided medications.**

You are given medications — even combinations — for your multiple diseases (Lupus, Seizure, Recurrent Stroke).

Each disease has its own combination of medications. They are provided by your physician for their functions in tackling each task or symptom. Those medications are very plausible by AI — your doctor certainly follows medical treatment guidelines and checks for interactions and support. They are very general.

The opportunity is to refine based on your (the patient's) collected lab data — which each medication in a group or combination relies on. If you have multiple physicians or specialists maintaining your health, they certainly do not know those well or communicate together for you. In this case, a pharmacist is the one who knows your medications well or can research them according to diseases and lab test diagnoses. This is an extreme case — similar to cancer treatment or severe autoimmune disease like your lupus.

AI agrees with your medications — if you trust your doctors as you see them, then just let it pass. BUT it won't make you return to normal — it will just keep you going, and it will get worse along with age.

My solution is to rebuild your immune system to optimal — not a “sick” system — where it is in charge of your health's surveillance and does not damage your healthy cells. Naturally, it recognizes its own healthy cells — that's what a true vaccine and new immunotherapy drugs are. (Secretary RFK Jr. is revamping and seeking compliance.)

How — by being a “Truly Healthy” lifestyle. I already made this into The New SCOPE of Care and Treatment in the AI & Elon Musk “Going to Mars” Era.

See the case for:

**Real Case: Actor Bruce Willis (The Sixth Sense, 1999 Movie): Dementia Sickness.**

([www.EDGEWellnessClinic.com](http://www.EDGEWellnessClinic.com))

It's NOT Coffee, It Is Smoothie King Shake!

**- Winston Vo**

*From the Desk of Winston Vo- specializes in chemical engineering, hospital pharmacy, & control systems- under the guidance of Lawyers Dad & Uncle.*

*\* Schooled at Ivy League(s) with Vanderbilt and Johns Hopkins.*

### Wanna a Second Opinion "Pharmacist-Scientist" for your Hard Sickness or to Boost your Long-Live Life at the Cellular Level? Then WRITE TO US. ###

[www.EDGEWellnessClinic.com](http://www.EDGEWellnessClinic.com)

[www.NeuroplasticityArtAIKIDO.com](http://www.NeuroplasticityArtAIKIDO.com)

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## How to Get Well Again from the Status of the Immune System being Suppressed (CellCept), having a Seizure, and having a Stroke?

Google

### Should boosting our Healthy or Optimal Immune System through a healthy lifestyle and good mentality make healing possible one day?

AI Overview

Yes, achieving recovery and healing is possible once your healthcare team determines it is safe to reduce or stop your CellCept (mycophenolate), your immune system can begin to regain its natural function. The brain and body also have a significant capacity to recover from strokes and seizures through healing and rehabilitation. [Cambridge University Hospitals](#) +4

#### The Role of Lifestyle and Mentality in Healing

While a healthy lifestyle cannot replace necessary medical treatment, adopting one creates the best possible foundation for your immune and nervous systems to recover. [American College of Rheumatology](#) +4

A combination of good habits and a positive mentality supports healing in several ways:

- Balanced Nutrition:** Providing your body with essential vitamins (like A, C, D, E, selenium, and zinc) and whole foods is a vital step to support proper immune function. [Centers for Disease Control and Prevention](#) +2
- Physical Activity:** Regular, moderate movement enhances the circulation of immune cells, improves neurological pathways and cardiovascular health. [UCLA Health](#)
- Prioritizing Rest:** Sleep is when your body physically repairs itself and regulates its inflammatory and immune responses. [Centers for Disease Control and Prevention](#) +1
- Managing Stress:** Chronic stress increases inflammation and makes you more susceptible to infections. Lowering stress through meditation, mindfulness, or hobbies promotes physical recovery. [American College of Rheumatology](#)
- Strict Avoidance of Triggers:** A healthy lifestyle also means avoiding things that can reverse your progress, such as smoking, excessive alcohol, and unnecessary exposure to germs.

#### Important Next Steps for Your Recovery

- Do Not Stop CellCept Abruptly:** It is extremely important that you do not change or stop your dose on your own. Stopping this medication too quickly can lead to severe complications, such as organ rejection or the return of autoimmune flare-ups. [Mayo Clinic](#) +1
- Follow Medical Guidance:** Recovery involves close coordination with your team of specialists (e.g., neurologists, transplant surgeons, or rheumatologists). They will manage the tapering process of your medication and monitor your progress safely. [JustAnswer](#) +2
- Coordinate Vaccinations:** Be sure to ask your doctor before getting any vaccines, as your immune response is still recovering. [Mayo Clinic](#) +1

How — by being a “Truly Healthy” lifestyle. I already made this into The New SCOPE of Care and Treatment in the AI & Elon Musk “Going to Mars” Era.

See the case for Real Case: Actor Bruce Willis (The Sixth Sense, 1999 Movie): Dementia Sickness. (www.EDGEWellnessClinic.com)

It's NOT Coffee, It Is Smoothie King Shake!

Google

### Sick or weakened immune systems make seizures worse!

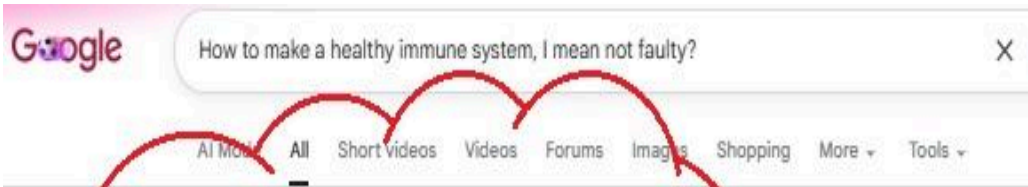
AI Mode All Short videos Images Videos Forums Shopping More Tools

AI Overview

You are exactly right. Being sick, fighting an infection, or having an overactive immune system (like in autoimmune disorders) can trigger or significantly worsen seizures. Stress, fever, and dehydration from illness also act as major catalysts for seizure activity. [Mayo Clinic](#) +2

#### Why Being Sick Worsens Seizures

- Inflammation:** When your body fights a virus or bacteria, it triggers inflammation, which increases excitability in the brain and can directly lead to seizure onset. [National Institutes of Health \(.gov\)](#)
- Physical Stress:** Common issues like sleep deprivation, physical exhaustion, and fever easily lower your seizure threshold. [Epilepsy Foundation](#)
- Medication Interruption:** Illnesses causing vomiting or stomach upset can prevent you from absorbing your anti-seizure medications properly. [Epilepsy Foundation](#)
- Immune Confusion:** In conditions like autoimmune epilepsy or autoimmune encephalitis, antibodies mistakenly attack healthy brain cells, directly causing or worsening seizures. [Mayo Clinic](#) +1



AI Overview

### Winston Vo made it fix - New SCOPE.

See his Clinic: [www.EdgeWellnessClinic.com](http://www.EdgeWellnessClinic.com)

#### Save-a-DRUG

- To make your immune system function optimally (rather than over- or under-reacting), avoid unproven "boosting" trends. Instead, focus on building consistent habits that prevent deficiencies and support overall health. Colombia University Irving Medical Ce... +4
- **Eat a balanced, whole-foods diet:** Focus on the [Harvard Nutrition Source Mediterranean Diet](#) to ensure you get adequate vitamins (C, D, E) and minerals.
  - **Prioritize restful sleep:** Aim for 7 to 9 hours of sleep nightly. The body relies on this time to restore and bolster defenses.
  - **Manage chronic stress:** Lower stress through daily exercise, mindfulness, or hobbies.
  - **Exercise moderately:** Get at least 150 minutes of moderate activity weekly to improve blood flow and immune cell circulation.
  - **Stay up to date on vaccines:** Immunizations are the most effective way to prime your body to fight off specific pathogens.
  - **Limit harmful habits:** Avoid smoking and limit alcohol intake, as both can impair immune function and promote chronic inflammation. Harvard Health +6

## Foods that energize your mind and emotions do both:

(+) boost blood circulation and (+) prevent stroke.

AI Overview **How about a Smoothie King shake?**

**Smoothie King** can be a fantastic way to **boost your mood and circulation if you pick the right blend**. The best choices incorporate whole fruits, vegetables, and healthy fats that support heart health and brain function. However, you must be mindful of portion sizes and added sugars, as some options can be high in calories. Smoothie King +4

To support emotional wellness and circulation, you want to prioritize whole-food ingredients like **wild blueberries**, **leafy greens** (spinach/kale), **avocado**, **almonds**, and **chia seeds**. Smoothie King +2

Here are the best Smoothie King options for your goals:

### Top Blends for Energizing the Mind & Emotions

- **Daily Warrior:** Packed with bananas, wild blueberries, peanut butter, and organic spinach. It provides fiber, omega-3s, and antioxidants that are vital for brain health and stable energy. Smoothie King +1
- **Vegan Pineapple Spinach:** Blends bananas, pineapple, almonds, carrots, and organic spinach. It has no added sugar and provides plant-based nutrients that support healthy blood flow. Smoothie King +2
- **Gladiator® GLP-1 / Custom Blends:** You can opt for a base of clean proteins and add ingredients like *strawberries*, *almonds*, *spinach*, or *organic ginger* to create a heart-healthy, low-sugar shake. Smoothie King

### What to Look Out For

- **Hidden Sugars:** Some "Fruit Classics" or "Energetic" blends may use fruit juices instead of whole fruits, driving up the sugar content.
- **Portion Sizes:** Stick to the 20-oz or smaller sizes, as the larger portions (32-oz or 40-oz) can cause a sugar spike and overload your caloric needs.
- **Customization:** You can always ask to swap apple/pineapple juice blends for unsweetened almond milk or coconut water to reduce sugar. Smoothie King +4

## AI Overview

The combination of Keppra (levetiracetam), Lamictal (lamotrigine), and Clobazam (Onfi) is a common, targeted regimen used to manage drug-resistant epilepsy. Each medication uses a distinct mechanism to prevent seizures: [Reddit - r/epilepsy +3](#)

- **Keppra:** Targets the SV2A synaptic vesicle protein.
- **Lamictal:** Blocks voltage-gated sodium channels.
- **Clobazam:** Enhances GABA receptors in the brain. [Dr.Oracle +1](#)

While this multi-drug approach provides broad-spectrum seizure control, it also carries specific, overlapping side effects and safety considerations: [🔗](#)

### Shared Side Effects

Because all three medications affect the central nervous system, combining them can lead to additive side effects. Users taking this triple combination often report: [Drugs.com +1](#)

- Dizziness and unsteadiness (ataxia)
- Excessive drowsiness and fatigue
- Cognitive impairment, such as difficulty concentrating or "brain fog"
- Mood changes, including increased irritability or "Keppra rage" [Drugs.com +4](#)

## AI Overview

Taking CellCept (mycophenolate mofetil) alongside seizure medications is generally a safe and necessary practice, particularly for patients with autoimmune conditions like lupus that affect the brain. However, it requires careful monitoring because this combination can increase the risk of adverse neurological side effects or the development of serious infections. [National Institutes of Health \(.gov\) +4](#)

## AI Overview

A tonic-clonic seizure (formerly known as a grand mal seizure) causes a sudden loss of consciousness and violent muscle contractions. It is triggered by a burst of abnormal electrical activity in the brain and typically lasts 1 to 3 minutes. [Epilepsy Foundation +2](#)



### The Two Phases

The seizure is characterized by two distinct stages: [Johns Hopkins Medicine](#)

- **Tonic Phase (Stiffening):** The person loses consciousness and falls. All muscles suddenly stiffen, which can cause the back to arch and breathing to temporarily stop or become labored. [Epilepsy Foundation +2](#)
- **Clonic Phase (Jerking):** The arms and legs begin to jerk rapidly and rhythmically in a convulsing motion. During this phase, individuals may bite their tongue, drool, or lose bladder or bowel control. [Epilepsy Foundation +1](#)

### Postictal State (Recovery)

After the jerking stops, the body relaxes but the person remains unconscious momentarily. As awareness slowly returns, they enter the postictal phase. They are often confused, sleepy, irritable, or sore, and may experience a headache that can last for hours. [Epilepsy Foundation +3](#)

## AI Overview

Combining Losartan, Ticagrelor, and Metoprolol ER is a potent, evidence-based regimen frequently prescribed for patients following a heart attack (myocardial infarction) or stent procedure. Losartan protects the heart and kidneys, Metoprolol ER prevents arrhythmias and reduces cardiac workload, and Ticagrelor prevents stent thrombosis. [National Institutes of Health \(.gov\) +4](#)

### How the Medications Work

- **Losartan:** An Angiotensin II Receptor Blocker (ARB) that relaxes blood vessels, preventing the heart from overworking while protecting the kidneys. [National Institutes of Health \(.gov\) +3](#)
- **Metoprolol ER:** An extended-release beta-blocker that slows the heart rate and lowers blood pressure, reducing the risk of a second heart attack. [Frontiers +3](#)
- **Ticagrelor:** A strong antiplatelet medication (Brilinta) that keeps blood from clotting and prevents blockages in coronary stents. [Drugs.com +3](#)

### Shared Side Effects & Risks

- **Low Blood Pressure (Hypotension):** Because Losartan and Metoprolol ER both reduce blood pressure, the combination can sometimes cause dizziness, lightheadedness, or fainting. [GoodRx +1](#)
- **Slow Heart Rate (Bradycardia):** Metoprolol inherently slows the heart rate, and there may be a risk of it dropping too low (though symptomatic cases are rare). [Drugs.com +4](#)
- **Bleeding Risks:** Ticagrelor significantly impairs the blood's ability to clot. You may bruise more easily or notice longer bleeding times from minor cuts. [Drugs.com +1](#)

### Drug Interactions

- **Blood Pressure Combinations:** Losartan and Metoprolol ER are safely used together, but you should not take additional ACE inhibitors (e.g., lisinopril) or aliskiren with this regimen unless specifically directed. [nhs.uk +3](#)
- **Avoid Grapefruit:** Grapefruit and grapefruit juice can increase the level of Ticagrelor in your bloodstream, raising your risk for bleeding. [🔗](#)
- **NSAIDs:** Over-the-counter pain relievers like ibuprofen (Advil) or naproxen (Aleve) can reduce the effectiveness of Losartan and increase the risk of bleeding when taken with Ticagrelor.