

To: **Mrs. Alda Maesta** - my wife's coworker at Nashville Metro Public Schools.

Continued ... to your physician works!

Nashville, Tennessee

Tuesday, July 7, 2026

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

You have been overseen by multiple physicians (3). Your lab report also needs a collaborator—a pharmacist (clinical), not for maintenance but toward release of the dosage/meds and healing, rather than just basic maintenance, which will be worn out by aging. For example, current CellCept med versus hydroxychloroquine for Lupus or a group of Immune Checkpoint Inhibitors (brake) or Cytokines (stimulate immune cell production/activity). *(Note: While antibody drugs are the standard of care, the pharmaceutical industry is actively researching and developing oral small-molecule checkpoint inhibitors to bypass the need for IV infusions. Because they are smaller, they can be taken as pills and have the potential to penetrate tissues better—Clinical Trials: GS-4224, CCX559)*

You are given medications—even combinations—for your multiple diseases (Lupus, Seizure, Recurrent Stroke). Each disease has its own combination of medications, provided by your physician to tackle specific tasks or symptoms. Those medications are logical and practical; your doctor certainly follows medical treatment guidelines and checks for interactions and support. The opportunity is to refine these based on your (the patient's) collected lab data, which each medication in a group relies on.

If you have multiple physicians or specialists maintaining your health, they certainly may not know each other's prescriptions 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 your diseases and lab test diagnoses. That should serve as a second opinion for extreme cases, such as cancer treatments or severe autoimmune diseases like your lupus.

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

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. That's a trend now as

new drugs are built to assist and strengthen your body's immune system — as vaccines and immunotherapy are for precision targets!

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)

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

Now, I go deeper into rebuilding or healing your immune system—the way to treat the root cause of getting well day after day (while relying less on meds).

Your mentality needs to get a boost: motivating, exciting, and enjoying your activities or, even better, your daily life.

To boost your thoughts and motivation, focus on a mix of aerobic movement to increase blood flow to the brain, and mind-body exercises to build focus and neuroplasticity. These habits trigger endorphin releases and clear brain fog, creating an optimal foundation for mental clarity and drive. (Intensity) The combination of intense bursts of exercise and rest keeps the brain engaged, prevents boredom, and triggers a quick surge in mental energy.

- + **Brisk Walking/Swimming (or water therapy)**
- + **Yoga/Western Meditation (gardening, knitting,...).** In Asia, they (or the Chinese) practice meditation, but it can be too dry and cause more damage. Here, Americans can enjoy soft/therapeutic music while doing some light tasks with exercise devices, like rolling balls or jogging.
- + **Movies.** Watching therapy, not just for leisure, will have great brain benefits. Pause, don't just watch a whole movie!
- + **Bible lectures, Sunday preaching, and Western Latin philosophy.**

Buddhism is just a daily wisdom, as the fact that Elon Musk now will have X-man landed on Mars very soon!

"Although the revelation is complete, it has not yet been fully explained; Therefore, the Christian faith must learn gradually, over time, all the subordination of revelation."

My first and this special observation has come from a correlation between Buddha and Jesus for their thoughts and words.

Jesus said, *"The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly."* (John 10:10).

Yes, Buddhism is totally trapped as it retrieved the reincarnation concept from that verse, as well as the fact that Elon Musk will have X-man landed on Mars very soon!

See my full article written on LinkedIn (Sept. 13, 2025): "The statue of the Virgin Mary embracing the body of Jesus by the famous Sculptor Michelangelo."

Nutritions: Foods— Choose ones with a more obvious kick to your nerves, like citrus fruits, green hot peppers, or turmeric, for antioxidants and anti-inflammation. Eat in large amounts at once- SHOULD NOT divide into small meals stretching out through the week!

12 Brain Foods That Supercharge Your Memory, Focus & Mood:

+ Eggs: For Memory and Learning

Excellent source of choline, which is used to produce acetylcholine, a neurotransmitter important for mood and memory regulation.

Unfortunately, eggs have gotten a bad rap for containing cholesterol but, in fact, your brain needs cholesterol! (Note: People are very wrong for this message!)

Your brain is your fattiest organ — it contains up to 60% fat and includes 25% of your body's total cholesterol.

+ **Fatty Fish (e.g., salmon, sardines, trout)**

Rich in omega-3 fatty acids, which are essential for building brain and nerve cells and are linked to slower age-related mental decline and reduced risk of Alzheimer's.

+ **Chili & Spices:**

Hot peppers contain capsaicin, which triggers the release of endorphins (your body's natural feel-good chemicals). Spices like Turmeric (with curcumin) fight brain inflammation and support memory.

+ **Broccoli**

High in antioxidants and vitamin K, which is essential for forming sphingolipids, a type of fat that's densely packed into brain cells.

+ **Kale: A Nutrition Bomb**- one of the most nutrient-dense vegetables in the world.

It's extremely high in brain-protecting antioxidants including beta carotene, flavonoids, and polyphenols.

+ **Avocados: Possibly the Most Perfect Food**

Avocados are a creamy, nutrient-dense fruit that some brain experts believe is the world's most perfect food.

Curiously, botanists classify them as a berry — albeit a very big one!

Unlike other fruits that are mainly carbohydrates, avocados are 75% of mostly monounsaturated fats, the same healthy kind found in olive oil.

+ **Citrus Fruits:**

Grapefruits, oranges, and lemons contain Vitamin C and enhance your taste buds, rapidly stimulating brain activity and neurotransmitter production.

+ **Blueberries**

Packed with antioxidants, particularly anthocyanins, which reduce inflammation and oxidative stress that can contribute to brain aging and neurodegenerative diseases.

+ Walnuts: The #1 Nut for the Brain

Walnuts are one of the best sources of ALA (alpha-linolenic acid), the plant form of omega-3 fats. Omega-3 fatty acids are essential polyunsaturated fats that the body cannot make itself. Their primary uses include promoting cardiovascular health by lowering triglycerides, reducing chronic inflammation, and supporting critical brain and eye function

Walnuts are the best among the few foods that contain mood-elevating serotonin.

Walnuts contain a unique polyphenol, pedunculagin, which has antioxidant and anti-inflammatory properties and may reduce brain inflammation.

Walnuts have the potential to reverse several parameters of brain aging.

Walnut extract inhibits the buildup of toxic beta-amyloid proteins found in the brains of Alzheimer's patients.

One study on adults of all ages found that eating walnuts improved reaction time, learning, and memory recall.

+ Pumpkin Seeds

Contain magnesium, iron, zinc, and copper, which are critical for nerve signaling and brain function; deficiencies in these can impair cognition and mood.

+ Sea Vegetables: The Neglected Superfoods

Sea vegetables are some of the most nutrient-dense foods on the planet but, at least here in the West, are a largely neglected group of superfoods for the brain.

The people of Okinawa, Japan may owe their extreme health and longevity, at least in part, to their regular consumption of sea vegetables.

+ Fermented Foods: Nourishment for Your "Second Brain"

One of the weirdest and most fascinating neuroscience discoveries of recent times surrounds the microbiome, the bacteria that reside in our intestinal tract.

This community of microbes has a powerful and unexpected influence over our brain, causing science to refer to the gut as the "second brain" or the "backup brain."

Gut bacteria make over 30 neurotransmitters including serotonin, norepinephrine, acetylcholine, dopamine, and GABA.

These bacteria influence your health, your mood, and even the kinds of decisions you make.

Some neuroscientists are calling this discovery a paradigm shift in our understanding of the brain.

Ideally, there's a normal balance of both "good" and "bad" bacteria in your gut at all times.

But this balance can quickly get out of whack from antibiotics, stress, and even the food you eat.

An overabundance of bad bacteria creates toxic byproducts called lipopolysaccharides which have numerous negative effects on your brain.

But you can encourage a healthy balance of intestinal bacteria by adding fermented foods to your diet.

Virtually all healthy traditional diets wisely incorporate some fermented foods like yogurt, kefir, sauerkraut, kimchi, tamari, and miso.

These foods provide the good bacteria, while prebiotic foods provide the proper nutrition, especially prebiotic fibers, for good bacteria to grow and flourish.

Foods high in these prebiotic fibers include asparagus, Jerusalem artichokes, bamboo shoots, bananas, barley, chicory, leeks, garlic, jicama, lentils, mustard greens, onions, tomatoes, and yacón, a natural sweetener.

Just eating prebiotic foods can reduce stress, anxiety, and depression.

+ **Dark Chocolate:**

Stimulates the neural activity in pleasure and reward centers. It is packed with flavonoids and phenylethylamine (the "love drug") that give you a mild mood and memory buzz.

+ **Coffee & Green Tea:**

Both are powerhouses for focus. Coffee blocks fatigue-inducing brain chemicals, while green tea provides a unique amino acid called **L-theanine** that promotes a calm, alert

state.(I feel my mind deus) ←(still in challenging) It blinds you- you are awake but not strong- not motivate as suppose to be! (Winston Vo)

- **Non-Alcoholic Apple Cider or Juice** (you just need a hype for a moment as a kind of mind therapy, though!- still my own thought)
 - **The Energy Boost:** The natural sugars and complex carbohydrates found in freshly pressed apples provide a clean, quick source of natural energy. However, because it lacks fiber or protein, a sudden blood sugar spike may lead to a crash shortly after.
 - **The Vibe:** Crisp, refreshing, and festive. It is an excellent choice for hydration and offers potent antioxidants like polyphenols and Vitamin C.

Minerals or Drugs vs. Foods:

Foods provide vitamins and minerals very slowly — think about mineral pills for faster and more efficient delivery to our body cells.

Above are my research and commentary. For an academic and expert in the field- Dr. Liz Applegate, PhD Professor of Sport Nutrition at UC- Davis and a frequent guest and author for TV Channels.

https://youtu.be/qa7zGZmiLNk?si=KJxY1dIvTgez_0AR

I am very glad to assist you further!

-Winston Hieu-Duc Vo

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

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

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