

Medication **Xanax**
 Valium Multiplier 20
 Original Dose **2.000**
 Current Dose **2.000**
 Start Date **January 1, 2006**
 Dry Dose **1.750**
 Dissolve Dose **0.250**
 Water in ML **126**
 ML Increments **2**
 Display Dates **no**

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Xanax mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop
		1.750	126	0.250	2	124	1.996	39.921	0.0040	0.20%			0.00%
		1.750	126	0.250	4	122	1.992	39.841	0.0040	0.20%			0.40%
		1.750	126	0.250	6	120	1.988	39.762	0.0040	0.20%			0.60%
		1.750	126	0.250	8	118	1.984	39.683	0.0040	0.20%			0.79%
		1.750	126	0.250	10	116	1.980	39.603	0.0040	0.20%			0.99%
		1.750	126	0.250	12	114	1.976	39.524	0.0040	0.20%			1.19%
		1.750	126	0.250	14	112	1.972	39.444	0.0040	0.20%			1.39%
		1.750	126	0.250	16	110	1.968	39.365	0.0040	0.20%			1.59%
		1.750	126	0.250	18	108	1.964	39.286	0.0040	0.20%			1.79%
		1.750	126	0.250	20	106	1.960	39.206	0.0040	0.20%			1.98%
		1.750	126	0.250	22	104	1.956	39.127	0.0040	0.20%			2.18%
		1.750	126	0.250	24	102	1.952	39.048	0.0040	0.20%			2.38%
		1.750	126	0.250	26	100	1.948	38.968	0.0040	0.20%			2.58%
		1.750	126	0.250	28	98	1.944	38.889	0.0040	0.20%	0.052	2.58%	2.78%
		1.750	126	0.250	30	96	1.940	38.810	0.0040	0.20%			2.98%
		1.750	126	0.250	32	94	1.937	38.730	0.0040	0.20%			3.17%
		1.750	126	0.250	34	92	1.933	38.651	0.0040	0.20%			3.37%
		1.750	126	0.250	36	90	1.929	38.571	0.0040	0.21%			3.57%
		1.750	126	0.250	38	88	1.925	38.492	0.0040	0.21%			3.77%
		1.750	126	0.250	40	86	1.921	38.413	0.0040	0.21%			3.97%
		1.750	126	0.250	42	84	1.917	38.333	0.0040	0.21%			4.17%
		1.750	126	0.250	44	82	1.913	38.254	0.0040	0.21%			4.37%
		1.750	126	0.250	46	80	1.909	38.175	0.0040	0.21%			4.56%
		1.750	126	0.250	48	78	1.905	38.095	0.0040	0.21%			4.76%
		1.750	126	0.250	50	76	1.901	38.016	0.0040	0.21%			4.96%
		1.750	126	0.250	52	74	1.897	37.937	0.0040	0.21%			5.16%
		1.750	126	0.250	54	72	1.893	37.857	0.0040	0.21%			5.36%
		1.750	126	0.250	56	70	1.889	37.778	0.0040	0.21%	0.052	2.86%	5.56%
		1.750	126	0.250	58	68	1.885	37.698	0.0040	0.21%			5.75%

Medication Xanax
 Valium Multiplier 20
 Original Dose 2.000
 Current Dose 1.750
 Start Date March 5, 2006
 Dry Dose 1.500
 Dissolve Dose 0.250
 Water in ML 126
 ML Increments 2
 Display Dates no

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Xanax mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		1.500	126	0.250	2	124	1.746	34.921	0.0040	0.23%			12.70%	
		1.500	126	0.250	4	122	1.742	34.841	0.0040	0.23%			12.90%	
		1.500	126	0.250	6	120	1.738	34.762	0.0040	0.23%			13.10%	
		1.500	126	0.250	8	118	1.734	34.683	0.0040	0.23%			13.29%	
		1.500	126	0.250	10	116	1.730	34.603	0.0040	0.23%			13.49%	
		1.500	126	0.250	12	114	1.726	34.524	0.0040	0.23%			13.69%	
		1.500	126	0.250	14	112	1.722	34.444	0.0040	0.23%			13.89%	
		1.500	126	0.250	16	110	1.718	34.365	0.0040	0.23%			14.09%	
		1.500	126	0.250	18	108	1.714	34.286	0.0040	0.23%			14.29%	
		1.500	126	0.250	20	106	1.710	34.206	0.0040	0.23%			14.48%	
		1.500	126	0.250	22	104	1.706	34.127	0.0040	0.23%			14.68%	
		1.500	126	0.250	24	102	1.702	34.048	0.0040	0.23%			14.88%	
		1.500	126	0.250	26	100	1.698	33.968	0.0040	0.23%			15.08%	
		1.500	126	0.250	28	98	1.694	33.889	0.0040	0.23%	0.052	2.95%	1.032	15.28%
		1.500	126	0.250	30	96	1.690	33.810	0.0040	0.23%			15.48%	
		1.500	126	0.250	32	94	1.687	33.730	0.0040	0.23%			15.67%	
		1.500	126	0.250	34	92	1.683	33.651	0.0040	0.24%			15.87%	
		1.500	126	0.250	36	90	1.679	33.571	0.0040	0.24%			16.07%	
		1.500	126	0.250	38	88	1.675	33.492	0.0040	0.24%			16.27%	
		1.500	126	0.250	40	86	1.671	33.413	0.0040	0.24%			16.47%	
		1.500	126	0.250	42	84	1.667	33.333	0.0040	0.24%			16.67%	
		1.500	126	0.250	44	82	1.663	33.254	0.0040	0.24%			16.87%	
		1.500	126	0.250	46	80	1.659	33.175	0.0040	0.24%			17.06%	
		1.500	126	0.250	48	78	1.655	33.095	0.0040	0.24%			17.26%	
		1.500	126	0.250	50	76	1.651	33.016	0.0040	0.24%			17.46%	
		1.500	126	0.250	52	74	1.647	32.937	0.0040	0.24%			17.66%	
		1.500	126	0.250	54	72	1.643	32.857	0.0040	0.24%			17.86%	
		1.500	126	0.250	56	70	1.639	32.778	0.0040	0.24%	0.052	3.28%	1.032	18.06%
		1.500	126	0.250	58	68	1.635	32.698	0.0040	0.24%			18.25%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Xanax mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		1.500	126	0.250	60	66	1.631	32.619	0.0040	0.24%			18.45%	
		1.500	126	0.250	62	64	1.627	32.540	0.0040	0.24%			18.65%	
		1.500	126	0.250	64	62	1.623	32.460	0.0040	0.24%			18.85%	
		1.500	126	0.250	66	60	1.619	32.381	0.0040	0.24%			19.05%	
		1.500	126	0.250	68	58	1.615	32.302	0.0040	0.25%			19.25%	
		1.500	126	0.250	70	56	1.611	32.222	0.0040	0.25%			19.44%	
		1.500	126	0.250	72	54	1.607	32.143	0.0040	0.25%			19.64%	
		1.500	126	0.250	74	52	1.603	32.063	0.0040	0.25%			19.84%	
		1.500	126	0.250	76	50	1.599	31.984	0.0040	0.25%			20.04%	
		1.500	126	0.250	78	48	1.595	31.905	0.0040	0.25%			20.24%	
		1.500	126	0.250	80	46	1.591	31.825	0.0040	0.25%			20.44%	
		1.500	126	0.250	82	44	1.587	31.746	0.0040	0.25%			20.63%	
		1.500	126	0.250	84	42	1.583	31.667	0.0040	0.25%	0.052	3.39%	1.032	20.83%
		1.500	126	0.250	86	40	1.579	31.587	0.0040	0.25%			21.03%	
		1.500	126	0.250	88	38	1.575	31.508	0.0040	0.25%			21.23%	
		1.500	126	0.250	90	36	1.571	31.429	0.0040	0.25%			21.43%	
		1.500	126	0.250	92	34	1.567	31.349	0.0040	0.25%			21.63%	
		1.500	126	0.250	94	32	1.563	31.270	0.0040	0.25%			21.83%	
		1.500	126	0.250	96	30	1.560	31.190	0.0040	0.25%			22.02%	
		1.500	126	0.250	98	28	1.556	31.111	0.0040	0.25%			22.22%	
		1.500	126	0.250	100	26	1.552	31.032	0.0040	0.26%			22.42%	
		1.500	126	0.250	102	24	1.548	30.952	0.0040	0.26%			22.62%	
		1.500	126	0.250	104	22	1.544	30.873	0.0040	0.26%			22.82%	
		1.500	126	0.250	106	20	1.540	30.794	0.0040	0.26%			23.02%	
		1.500	126	0.250	108	18	1.536	30.714	0.0040	0.26%			23.21%	
		1.500	126	0.250	110	16	1.532	30.635	0.0040	0.26%			23.41%	
		1.500	126	0.250	112	14	1.528	30.556	0.0040	0.26%	0.052	3.51%	1.032	23.61%
		1.500	126	0.250	114	12	1.524	30.476	0.0040	0.26%			23.81%	
		1.500	126	0.250	116	10	1.520	30.397	0.0040	0.26%			24.01%	
		1.500	126	0.250	118	8	1.516	30.317	0.0040	0.26%			24.21%	
		1.500	126	0.250	120	6	1.512	30.238	0.0040	0.26%			24.40%	
		1.500	126	0.250	122	4	1.508	30.159	0.0040	0.26%			24.60%	
		1.500	126	0.250	124	2	1.504	30.079	0.0040	0.26%			24.80%	
		1.500	126	0.250	126	0	1.500	30.000	0.0040	0.26%			25.00%	

Medication Xanax
 Valium Multiplier 20
 Original Dose 2.000
 Current Dose 1.500
 Start Date May 7, 2006
 Dry Dose 1.250
 Dissolve Dose 0.250
 Water in ML 126
 ML Increments 2
 Display Dates no

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Xanax mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		1.250	126	0.250	2	124	1.496	29.921	0.0040	0.26%			25.20%	
		1.250	126	0.250	4	122	1.492	29.841	0.0040	0.27%			25.40%	
		1.250	126	0.250	6	120	1.488	29.762	0.0040	0.27%			25.60%	
		1.250	126	0.250	8	118	1.484	29.683	0.0040	0.27%			25.79%	
		1.250	126	0.250	10	116	1.480	29.603	0.0040	0.27%			25.99%	
		1.250	126	0.250	12	114	1.476	29.524	0.0040	0.27%			26.19%	
		1.250	126	0.250	14	112	1.472	29.444	0.0040	0.27%			26.39%	
		1.250	126	0.250	16	110	1.468	29.365	0.0040	0.27%			26.59%	
		1.250	126	0.250	18	108	1.464	29.286	0.0040	0.27%			26.79%	
		1.250	126	0.250	20	106	1.460	29.206	0.0040	0.27%			26.98%	
		1.250	126	0.250	22	104	1.456	29.127	0.0040	0.27%			27.18%	
		1.250	126	0.250	24	102	1.452	29.048	0.0040	0.27%			27.38%	
		1.250	126	0.250	26	100	1.448	28.968	0.0040	0.27%			27.58%	
		1.250	126	0.250	28	98	1.444	28.889	0.0040	0.27%	0.052	3.45%	1.032	27.78%
		1.250	126	0.250	30	96	1.440	28.810	0.0040	0.27%			27.98%	
		1.250	126	0.250	32	94	1.437	28.730	0.0040	0.28%			28.17%	
		1.250	126	0.250	34	92	1.433	28.651	0.0040	0.28%			28.37%	
		1.250	126	0.250	36	90	1.429	28.571	0.0040	0.28%			28.57%	
		1.250	126	0.250	38	88	1.425	28.492	0.0040	0.28%			28.77%	
		1.250	126	0.250	40	86	1.421	28.413	0.0040	0.28%			28.97%	
		1.250	126	0.250	42	84	1.417	28.333	0.0040	0.28%			29.17%	
		1.250	126	0.250	44	82	1.413	28.254	0.0040	0.28%			29.37%	
		1.250	126	0.250	46	80	1.409	28.175	0.0040	0.28%			29.56%	
		1.250	126	0.250	48	78	1.405	28.095	0.0040	0.28%			29.76%	
		1.250	126	0.250	50	76	1.401	28.016	0.0040	0.28%			29.96%	
		1.250	126	0.250	52	74	1.397	27.937	0.0040	0.28%			30.16%	
		1.250	126	0.250	54	72	1.393	27.857	0.0040	0.28%			30.36%	
		1.250	126	0.250	56	70	1.389	27.778	0.0040	0.28%	0.052	3.85%	1.032	30.56%
		1.250	126	0.250	58	68	1.385	27.698	0.0040	0.29%			30.75%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Xanax mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop
1.250	126	0.250	60	66	1.381	27.619	0.0040	0.29%					30.95%
1.250	126	0.250	62	64	1.377	27.540	0.0040	0.29%					31.15%
1.250	126	0.250	64	62	1.373	27.460	0.0040	0.29%					31.35%
1.250	126	0.250	66	60	1.369	27.381	0.0040	0.29%					31.55%
1.250	126	0.250	68	58	1.365	27.302	0.0040	0.29%					31.75%
1.250	126	0.250	70	56	1.361	27.222	0.0040	0.29%					31.94%
1.250	126	0.250	72	54	1.357	27.143	0.0040	0.29%					32.14%
1.250	126	0.250	74	52	1.353	27.063	0.0040	0.29%					32.34%
1.250	126	0.250	76	50	1.349	26.984	0.0040	0.29%					32.54%
1.250	126	0.250	78	48	1.345	26.905	0.0040	0.29%					32.74%
1.250	126	0.250	80	46	1.341	26.825	0.0040	0.29%					32.94%
1.250	126	0.250	82	44	1.337	26.746	0.0040	0.30%					33.13%
1.250	126	0.250	84	42	1.333	26.667	0.0040	0.30%	0.052	4.00%	1.032		33.33%
1.250	126	0.250	86	40	1.329	26.587	0.0040	0.30%					33.53%
1.250	126	0.250	88	38	1.325	26.508	0.0040	0.30%					33.73%
1.250	126	0.250	90	36	1.321	26.429	0.0040	0.30%					33.93%
1.250	126	0.250	92	34	1.317	26.349	0.0040	0.30%					34.13%
1.250	126	0.250	94	32	1.313	26.270	0.0040	0.30%					34.33%
1.250	126	0.250	96	30	1.310	26.190	0.0040	0.30%					34.52%
1.250	126	0.250	98	28	1.306	26.111	0.0040	0.30%					34.72%
1.250	126	0.250	100	26	1.302	26.032	0.0040	0.30%					34.92%
1.250	126	0.250	102	24	1.298	25.952	0.0040	0.30%					35.12%
1.250	126	0.250	104	22	1.294	25.873	0.0040	0.31%					35.32%
1.250	126	0.250	106	20	1.290	25.794	0.0040	0.31%					35.52%
1.250	126	0.250	108	18	1.286	25.714	0.0040	0.31%					35.71%
1.250	126	0.250	110	16	1.282	25.635	0.0040	0.31%					35.91%
1.250	126	0.250	112	14	1.278	25.556	0.0040	0.31%	0.052	4.17%	1.032		36.11%
1.250	126	0.250	114	12	1.274	25.476	0.0040	0.31%					36.31%
1.250	126	0.250	116	10	1.270	25.397	0.0040	0.31%					36.51%
1.250	126	0.250	118	8	1.266	25.317	0.0040	0.31%					36.71%
1.250	126	0.250	120	6	1.262	25.238	0.0040	0.31%					36.90%
1.250	126	0.250	122	4	1.258	25.159	0.0040	0.31%					37.10%
1.250	126	0.250	124	2	1.254	25.079	0.0040	0.32%					37.30%
1.250	126	0.250	126	0	1.250	25.000	0.0040	0.32%					37.50%

Medication Xanax
 Valium Multiplier 20
 Original Dose 2
 Current Dose 1.250
 Start Date July 9, 2006
 Dry Dose 1.000
 Dissolve Dose 0.250
 Water in ML 126
 ML Increments 2
 Display Dates no

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Xanax mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		1.000	126	0.250	2	124	1.246	24.921	0.0040	0.32%			37.70%	
		1.000	126	0.250	4	122	1.242	24.841	0.0040	0.32%			37.90%	
		1.000	126	0.250	6	120	1.238	24.762	0.0040	0.32%			38.10%	
		1.000	126	0.250	8	118	1.234	24.683	0.0040	0.32%			38.29%	
		1.000	126	0.250	10	116	1.230	24.603	0.0040	0.32%			38.49%	
		1.000	126	0.250	12	114	1.226	24.524	0.0040	0.32%			38.69%	
		1.000	126	0.250	14	112	1.222	24.444	0.0040	0.32%			38.89%	
		1.000	126	0.250	16	110	1.218	24.365	0.0040	0.32%			39.09%	
		1.000	126	0.250	18	108	1.214	24.286	0.0040	0.33%			39.29%	
		1.000	126	0.250	20	106	1.210	24.206	0.0040	0.33%			39.48%	
		1.000	126	0.250	22	104	1.206	24.127	0.0040	0.33%			39.68%	
		1.000	126	0.250	24	102	1.202	24.048	0.0040	0.33%			39.88%	
		1.000	126	0.250	26	100	1.198	23.968	0.0040	0.33%			40.08%	
		1.000	126	0.250	28	98	1.194	23.889	0.0040	0.33%	0.052	4.14%	1.032	40.28%
		1.000	126	0.250	30	96	1.190	23.810	0.0040	0.33%			40.48%	
		1.000	126	0.250	32	94	1.187	23.730	0.0040	0.33%			40.67%	
		1.000	126	0.250	34	92	1.183	23.651	0.0040	0.33%			40.87%	
		1.000	126	0.250	36	90	1.179	23.571	0.0040	0.34%			41.07%	
		1.000	126	0.250	38	88	1.175	23.492	0.0040	0.34%			41.27%	
		1.000	126	0.250	40	86	1.171	23.413	0.0040	0.34%			41.47%	
		1.000	126	0.250	42	84	1.167	23.333	0.0040	0.34%			41.67%	
		1.000	126	0.250	44	82	1.163	23.254	0.0040	0.34%			41.87%	
		1.000	126	0.250	46	80	1.159	23.175	0.0040	0.34%			42.06%	
		1.000	126	0.250	48	78	1.155	23.095	0.0040	0.34%			42.26%	
		1.000	126	0.250	50	76	1.151	23.016	0.0040	0.34%			42.46%	
		1.000	126	0.250	52	74	1.147	22.937	0.0040	0.34%			42.66%	
		1.000	126	0.250	54	72	1.143	22.857	0.0040	0.35%			42.86%	
		1.000	126	0.250	56	70	1.139	22.778	0.0040	0.35%	0.052	4.65%	1.032	43.06%
		1.000	126	0.250	58	68	1.135	22.698	0.0040	0.35%			43.25%	

Medication Xanax
 Valium Multiplier 20
 Original Dose 2
 Current Dose 1.000
 Start Date September 10, 2006
 Dry Dose 0.750
 Dissolve Dose 0.250
 Water in ML 126
 ML Increments 2
 Display Dates no

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Xanax mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop
		0.750	126	0.250	2	124	0.996	19.921	0.0040	0.40%			50.20%
		0.750	126	0.250	4	122	0.992	19.841	0.0040	0.40%			50.40%
		0.750	126	0.250	6	120	0.988	19.762	0.0040	0.40%			50.60%
		0.750	126	0.250	8	118	0.984	19.683	0.0040	0.40%			50.79%
		0.750	126	0.250	10	116	0.980	19.603	0.0040	0.40%			50.99%
		0.750	126	0.250	12	114	0.976	19.524	0.0040	0.40%			51.19%
		0.750	126	0.250	14	112	0.972	19.444	0.0040	0.41%			51.39%
		0.750	126	0.250	16	110	0.968	19.365	0.0040	0.41%			51.59%
		0.750	126	0.250	18	108	0.964	19.286	0.0040	0.41%			51.79%
		0.750	126	0.250	20	106	0.960	19.206	0.0040	0.41%			51.98%
		0.750	126	0.250	22	104	0.956	19.127	0.0040	0.41%			52.18%
		0.750	126	0.250	24	102	0.952	19.048	0.0040	0.41%			52.38%
		0.750	126	0.250	26	100	0.948	18.968	0.0040	0.42%			52.58%
		0.750	126	0.250	28	98	0.944	18.889	0.0040	0.42%	0.052	5.18%	52.78%
		0.750	126	0.250	30	96	0.940	18.810	0.0040	0.42%			52.98%
		0.750	126	0.250	32	94	0.937	18.730	0.0040	0.42%			53.17%
		0.750	126	0.250	34	92	0.933	18.651	0.0040	0.42%			53.37%
		0.750	126	0.250	36	90	0.929	18.571	0.0040	0.43%			53.57%
		0.750	126	0.250	38	88	0.925	18.492	0.0040	0.43%			53.77%
		0.750	126	0.250	40	86	0.921	18.413	0.0040	0.43%			53.97%
		0.750	126	0.250	42	84	0.917	18.333	0.0040	0.43%			54.17%
		0.750	126	0.250	44	82	0.913	18.254	0.0040	0.43%			54.37%
		0.750	126	0.250	46	80	0.909	18.175	0.0040	0.43%			54.56%
		0.750	126	0.250	48	78	0.905	18.095	0.0040	0.44%			54.76%
		0.750	126	0.250	50	76	0.901	18.016	0.0040	0.44%			54.96%
		0.750	126	0.250	52	74	0.897	17.937	0.0040	0.44%			55.16%
		0.750	126	0.250	54	72	0.893	17.857	0.0040	0.44%			55.36%
		0.750	126	0.250	56	70	0.889	17.778	0.0040	0.44%	0.052	5.88%	55.56%
		0.750	126	0.250	58	68	0.885	17.698	0.0040	0.45%			55.75%

Medication Xanax
 Valium Multiplier 20
 Original Dose 2
 Current Dose 0.750
 Start Date November 12, 2006
 Dry Dose 0.500
 Dissolve Dose 0.250
 Water in ML 126
 ML Increments 2
 Display Dates no

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Xanax mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		0.500	126	0.250	2	124	0.746	14.921	0.0040	0.53%			62.70%	
		0.500	126	0.250	4	122	0.742	14.841	0.0040	0.53%			62.90%	
		0.500	126	0.250	6	120	0.738	14.762	0.0040	0.53%			63.10%	
		0.500	126	0.250	8	118	0.734	14.683	0.0040	0.54%			63.29%	
		0.500	126	0.250	10	116	0.730	14.603	0.0040	0.54%			63.49%	
		0.500	126	0.250	12	114	0.726	14.524	0.0040	0.54%			63.69%	
		0.500	126	0.250	14	112	0.722	14.444	0.0040	0.55%			63.89%	
		0.500	126	0.250	16	110	0.718	14.365	0.0040	0.55%			64.09%	
		0.500	126	0.250	18	108	0.714	14.286	0.0040	0.55%			64.29%	
		0.500	126	0.250	20	106	0.710	14.206	0.0040	0.56%			64.48%	
		0.500	126	0.250	22	104	0.706	14.127	0.0040	0.56%			64.68%	
		0.500	126	0.250	24	102	0.702	14.048	0.0040	0.56%			64.88%	
		0.500	126	0.250	26	100	0.698	13.968	0.0040	0.56%			65.08%	
		0.500	126	0.250	28	98	0.694	13.889	0.0040	0.57%	0.052	6.91%	1.032	65.28%
		0.500	126	0.250	30	96	0.690	13.810	0.0040	0.57%			65.48%	
		0.500	126	0.250	32	94	0.687	13.730	0.0040	0.57%			65.67%	
		0.500	126	0.250	34	92	0.683	13.651	0.0040	0.58%			65.87%	
		0.500	126	0.250	36	90	0.679	13.571	0.0040	0.58%			66.07%	
		0.500	126	0.250	38	88	0.675	13.492	0.0040	0.58%			66.27%	
		0.500	126	0.250	40	86	0.671	13.413	0.0040	0.59%			66.47%	
		0.500	126	0.250	42	84	0.667	13.333	0.0040	0.59%			66.67%	
		0.500	126	0.250	44	82	0.663	13.254	0.0040	0.60%			66.87%	
		0.500	126	0.250	46	80	0.659	13.175	0.0040	0.60%			67.06%	
		0.500	126	0.250	48	78	0.655	13.095	0.0040	0.60%			67.26%	
		0.500	126	0.250	50	76	0.651	13.016	0.0040	0.61%			67.46%	
		0.500	126	0.250	52	74	0.647	12.937	0.0040	0.61%			67.66%	
		0.500	126	0.250	54	72	0.643	12.857	0.0040	0.61%			67.86%	
		0.500	126	0.250	56	70	0.639	12.778	0.0040	0.62%	0.052	8.00%	1.032	68.06%
		0.500	126	0.250	58	68	0.635	12.698	0.0040	0.62%			68.25%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Xanax mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop
		0.500	126	0.250	60	66	0.631	12.619	0.0040				68.45%
		0.500	126	0.250	62	64	0.627	12.540	0.0040				68.65%
		0.500	126	0.250	64	62	0.623	12.460	0.0040				68.85%
		0.500	126	0.250	66	60	0.619	12.381	0.0040				69.05%
		0.500	126	0.250	68	58	0.615	12.302	0.0040				69.25%
		0.500	126	0.250	70	56	0.611	12.222	0.0040				69.44%
		0.500	126	0.250	72	54	0.607	12.143	0.0040				69.64%
		0.500	126	0.250	74	52	0.603	12.063	0.0040				69.84%
		0.500	126	0.250	76	50	0.599	11.984	0.0040				70.04%
		0.500	126	0.250	78	48	0.595	11.905	0.0040				70.24%
		0.500	126	0.250	80	46	0.591	11.825	0.0040				70.44%
		0.500	126	0.250	82	44	0.587	11.746	0.0040				70.63%
		0.500	126	0.250	84	42	0.583	11.667	0.0040	0.052	8.70%	1.032	70.83%
		0.500	126	0.250	86	40	0.579	11.587	0.0040				71.03%
		0.500	126	0.250	88	38	0.575	11.508	0.0040				71.23%
		0.500	126	0.250	90	36	0.571	11.429	0.0040				71.43%
		0.500	126	0.250	92	34	0.567	11.349	0.0040				71.63%
		0.500	126	0.250	94	32	0.563	11.270	0.0040				71.83%
		0.500	126	0.250	96	30	0.560	11.190	0.0040				72.02%
		0.500	126	0.250	98	28	0.556	11.111	0.0040				72.22%
		0.500	126	0.250	100	26	0.552	11.032	0.0040				72.42%
		0.500	126	0.250	102	24	0.548	10.952	0.0040				72.62%
		0.500	126	0.250	104	22	0.544	10.873	0.0040				72.82%
		0.500	126	0.250	106	20	0.540	10.794	0.0040				73.02%
		0.500	126	0.250	108	18	0.536	10.714	0.0040				73.21%
		0.500	126	0.250	110	16	0.532	10.635	0.0040				73.41%
		0.500	126	0.250	112	14	0.528	10.556	0.0040	0.052	9.52%	1.032	73.61%
		0.500	126	0.250	114	12	0.524	10.476	0.0040				73.81%
		0.500	126	0.250	116	10	0.520	10.397	0.0040				74.01%
		0.500	126	0.250	118	8	0.516	10.317	0.0040				74.21%
		0.500	126	0.250	120	6	0.512	10.238	0.0040				74.40%
		0.500	126	0.250	122	4	0.508	10.159	0.0040				74.60%
		0.500	126	0.250	124	2	0.504	10.079	0.0040				74.80%
		0.500	126	0.250	126	0	0.500	10.000	0.0040				75.00%

Medication Xanax
 Valium Multiplier 20
 Original Dose 2
 Current Dose 0.500
 Start Date January 14, 2007
 Dry Dose 0.250
 Dissolve Dose 0.250
 Water in ML 126
 ML Increments 2
 Display Dates no

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Xanax mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		0.250	126	0.250	2	124	0.496	9.921	0.0040	0.79%			75.20%	
		0.250	126	0.250	4	122	0.492	9.841	0.0040	0.80%			75.40%	
		0.250	126	0.250	6	120	0.488	9.762	0.0040	0.81%			75.60%	
		0.250	126	0.250	8	118	0.484	9.683	0.0040	0.81%			75.79%	
		0.250	126	0.250	10	116	0.480	9.603	0.0040	0.82%			75.99%	
		0.250	126	0.250	12	114	0.476	9.524	0.0040	0.83%			76.19%	
		0.250	126	0.250	14	112	0.472	9.444	0.0040	0.83%			76.39%	
		0.250	126	0.250	16	110	0.468	9.365	0.0040	0.84%			76.59%	
		0.250	126	0.250	18	108	0.464	9.286	0.0040	0.85%			76.79%	
		0.250	126	0.250	20	106	0.460	9.206	0.0040	0.85%			76.98%	
		0.250	126	0.250	22	104	0.456	9.127	0.0040	0.86%			77.18%	
		0.250	126	0.250	24	102	0.452	9.048	0.0040	0.87%			77.38%	
		0.250	126	0.250	26	100	0.448	8.968	0.0040	0.88%			77.58%	
		0.250	126	0.250	28	98	0.444	8.889	0.0040	0.88%	0.052	10.40%	1.032	77.78%
		0.250	126	0.250	30	96	0.440	8.810	0.0040	0.89%			77.98%	
		0.250	126	0.250	32	94	0.437	8.730	0.0040	0.90%			78.17%	
		0.250	126	0.250	34	92	0.433	8.651	0.0040	0.91%			78.37%	
		0.250	126	0.250	36	90	0.429	8.571	0.0040	0.92%			78.57%	
		0.250	126	0.250	38	88	0.425	8.492	0.0040	0.93%			78.77%	
		0.250	126	0.250	40	86	0.421	8.413	0.0040	0.93%			78.97%	
		0.250	126	0.250	42	84	0.417	8.333	0.0040	0.94%			79.17%	
		0.250	126	0.250	44	82	0.413	8.254	0.0040	0.95%			79.37%	
		0.250	126	0.250	46	80	0.409	8.175	0.0040	0.96%			79.56%	
		0.250	126	0.250	48	78	0.405	8.095	0.0040	0.97%			79.76%	
		0.250	126	0.250	50	76	0.401	8.016	0.0040	0.98%			79.96%	
		0.250	126	0.250	52	74	0.397	7.937	0.0040	0.99%			80.16%	
		0.250	126	0.250	54	72	0.393	7.857	0.0040	1.00%			80.36%	
		0.250	126	0.250	56	70	0.389	7.778	0.0040	1.01%	0.052	12.50%	1.032	80.56%
		0.250	126	0.250	58	68	0.385	7.698	0.0040	1.02%			80.75%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Xanax mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		0.250	126	0.250	60	66	0.381	7.619	0.0040	1.03%			80.95%	
		0.250	126	0.250	62	64	0.377	7.540	0.0040	1.04%			81.15%	
		0.250	126	0.250	64	62	0.373	7.460	0.0040	1.05%			81.35%	
		0.250	126	0.250	66	60	0.369	7.381	0.0040	1.06%			81.55%	
		0.250	126	0.250	68	58	0.365	7.302	0.0040	1.08%			81.75%	
		0.250	126	0.250	70	56	0.361	7.222	0.0040	1.09%			81.94%	
		0.250	126	0.250	72	54	0.357	7.143	0.0040	1.10%			82.14%	
		0.250	126	0.250	74	52	0.353	7.063	0.0040	1.11%			82.34%	
		0.250	126	0.250	76	50	0.349	6.984	0.0040	1.12%			82.54%	
		0.250	126	0.250	78	48	0.345	6.905	0.0040	1.14%			82.74%	
		0.250	126	0.250	80	46	0.341	6.825	0.0040	1.15%			82.94%	
		0.250	126	0.250	82	44	0.337	6.746	0.0040	1.16%			83.13%	
		0.250	126	0.250	84	42	0.333	6.667	0.0040	1.18%	0.052	14.29%	1.032	83.33%
		0.250	126	0.250	86	40	0.329	6.587	0.0040	1.19%			83.53%	
		0.250	126	0.250	88	38	0.325	6.508	0.0040	1.20%			83.73%	
		0.250	126	0.250	90	36	0.321	6.429	0.0040	1.22%			83.93%	
		0.250	126	0.250	92	34	0.317	6.349	0.0040	1.23%			84.13%	
		0.250	126	0.250	94	32	0.313	6.270	0.0040	1.25%			84.33%	
		0.250	126	0.250	96	30	0.310	6.190	0.0040	1.27%			84.52%	
		0.250	126	0.250	98	28	0.306	6.111	0.0040	1.28%			84.72%	
		0.250	126	0.250	100	26	0.302	6.032	0.0040	1.30%			84.92%	
		0.250	126	0.250	102	24	0.298	5.952	0.0040	1.32%			85.12%	
		0.250	126	0.250	104	22	0.294	5.873	0.0040	1.33%			85.32%	
		0.250	126	0.250	106	20	0.290	5.794	0.0040	1.35%			85.52%	
		0.250	126	0.250	108	18	0.286	5.714	0.0040	1.37%			85.71%	
		0.250	126	0.250	110	16	0.282	5.635	0.0040	1.39%			85.91%	
		0.250	126	0.250	112	14	0.278	5.556	0.0040	1.41%	0.052	16.67%	1.032	86.11%
		0.250	126	0.250	114	12	0.274	5.476	0.0040	1.43%			86.31%	
		0.250	126	0.250	116	10	0.270	5.397	0.0040	1.45%			86.51%	
		0.250	126	0.250	118	8	0.266	5.317	0.0040	1.47%			86.71%	
		0.250	126	0.250	120	6	0.262	5.238	0.0040	1.49%			86.90%	
		0.250	126	0.250	122	4	0.258	5.159	0.0040	1.52%			87.10%	
		0.250	126	0.250	124	2	0.254	5.079	0.0040	1.54%			87.30%	
		0.250	126	0.250	126	0	0.250	5.000	0.0040	1.56%			87.50%	

Medication Xanax
 Valium Multiplier 20
 Original Dose 2
 Current Dose 0.250
 Start Date March 18, 2007
 Dry Dose 0.000
 Dissolve Dose 0.250
 Water in ML 126
 ML Increments 2
 Display Dates no

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Xanax mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop
	0.000	126	0.250	2	124	0.246	4.921	0.0040	1.59%				87.70%
	0.000	126	0.250	4	122	0.242	4.841	0.0040	1.61%				87.90%
	0.000	126	0.250	6	120	0.238	4.762	0.0040	1.64%				88.10%
	0.000	126	0.250	8	118	0.234	4.683	0.0040	1.67%				88.29%
	0.000	126	0.250	10	116	0.230	4.603	0.0040	1.69%				88.49%
	0.000	126	0.250	12	114	0.226	4.524	0.0040	1.72%				88.69%
	0.000	126	0.250	14	112	0.222	4.444	0.0040	1.75%				88.89%
	0.000	126	0.250	16	110	0.218	4.365	0.0040	1.79%				89.09%
	0.000	126	0.250	18	108	0.214	4.286	0.0040	1.82%				89.29%
	0.000	126	0.250	20	106	0.210	4.206	0.0040	1.85%				89.48%
	0.000	126	0.250	22	104	0.206	4.127	0.0040	1.89%				89.68%
	0.000	126	0.250	24	102	0.202	4.048	0.0040	1.92%				89.88%
	0.000	126	0.250	26	100	0.198	3.968	0.0040	1.96%				90.08%
	0.000	126	0.250	28	98	0.194	3.889	0.0040	2.00%	0.052	20.97%	1.032	90.28%
	0.000	126	0.250	30	96	0.190	3.810	0.0040	2.04%				90.48%
	0.000	126	0.250	32	94	0.187	3.730	0.0040	2.08%				90.67%
	0.000	126	0.250	34	92	0.183	3.651	0.0040	2.13%				90.87%
	0.000	126	0.250	36	90	0.179	3.571	0.0040	2.17%				91.07%
	0.000	126	0.250	38	88	0.175	3.492	0.0040	2.22%				91.27%
	0.000	126	0.250	40	86	0.171	3.413	0.0040	2.27%				91.47%
	0.000	126	0.250	42	84	0.167	3.333	0.0040	2.33%				91.67%
	0.000	126	0.250	44	82	0.163	3.254	0.0040	2.38%				91.87%
	0.000	126	0.250	46	80	0.159	3.175	0.0040	2.44%				92.06%
	0.000	126	0.250	48	78	0.155	3.095	0.0040	2.50%				92.26%
	0.000	126	0.250	50	76	0.151	3.016	0.0040	2.56%				92.46%
	0.000	126	0.250	52	74	0.147	2.937	0.0040	2.63%				92.66%
	0.000	126	0.250	54	72	0.143	2.857	0.0040	2.70%				92.86%
	0.000	126	0.250	56	70	0.139	2.778	0.0040	2.78%	0.052	28.57%	1.032	93.06%
	0.000	126	0.250	58	68	0.135	2.698	0.0040	2.86%				93.25%

