

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 **250**
 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	250	0.250	2	248	1.998	39.960	0.0020	0.10%			0.00%
		1.750	250	0.250	4	246	1.996	39.920	0.0020	0.10%			0.20%
		1.750	250	0.250	6	244	1.994	39.880	0.0020	0.10%			0.30%
		1.750	250	0.250	8	242	1.992	39.840	0.0020	0.10%			0.40%
		1.750	250	0.250	10	240	1.990	39.800	0.0020	0.10%			0.50%
		1.750	250	0.250	12	238	1.988	39.760	0.0020	0.10%			0.60%
		1.750	250	0.250	14	236	1.986	39.720	0.0020	0.10%			0.70%
		1.750	250	0.250	16	234	1.984	39.680	0.0020	0.10%			0.80%
		1.750	250	0.250	18	232	1.982	39.640	0.0020	0.10%			0.90%
		1.750	250	0.250	20	230	1.980	39.600	0.0020	0.10%			1.00%
		1.750	250	0.250	22	228	1.978	39.560	0.0020	0.10%			1.10%
		1.750	250	0.250	24	226	1.976	39.520	0.0020	0.10%			1.20%
		1.750	250	0.250	26	224	1.974	39.480	0.0020	0.10%			1.30%
		1.750	250	0.250	28	222	1.972	39.440	0.0020	0.10%	0.026	1.30%	1.40%
		1.750	250	0.250	30	220	1.970	39.400	0.0020	0.10%			1.50%
		1.750	250	0.250	32	218	1.968	39.360	0.0020	0.10%			1.60%
		1.750	250	0.250	34	216	1.966	39.320	0.0020	0.10%			1.70%
		1.750	250	0.250	36	214	1.964	39.280	0.0020	0.10%			1.80%
		1.750	250	0.250	38	212	1.962	39.240	0.0020	0.10%			1.90%
		1.750	250	0.250	40	210	1.960	39.200	0.0020	0.10%			2.00%
		1.750	250	0.250	42	208	1.958	39.160	0.0020	0.10%			2.10%
		1.750	250	0.250	44	206	1.956	39.120	0.0020	0.10%			2.20%
		1.750	250	0.250	46	204	1.954	39.080	0.0020	0.10%			2.30%
		1.750	250	0.250	48	202	1.952	39.040	0.0020	0.10%			2.40%
		1.750	250	0.250	50	200	1.950	39.000	0.0020	0.10%			2.50%
		1.750	250	0.250	52	198	1.948	38.960	0.0020	0.10%			2.60%
		1.750	250	0.250	54	196	1.946	38.920	0.0020	0.10%			2.70%
		1.750	250	0.250	56	194	1.944	38.880	0.0020	0.10%	0.026	1.42%	2.80%
		1.750	250	0.250	58	192	1.942	38.840	0.0020	0.10%			2.90%

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	250	0.250	60	190	1.940	38.800	0.0020	0.10%			3.00%	
		1.750	250	0.250	62	188	1.938	38.760	0.0020	0.10%			3.10%	
		1.750	250	0.250	64	186	1.936	38.720	0.0020	0.10%			3.20%	
		1.750	250	0.250	66	184	1.934	38.680	0.0020	0.10%			3.30%	
		1.750	250	0.250	68	182	1.932	38.640	0.0020	0.10%			3.40%	
		1.750	250	0.250	70	180	1.930	38.600	0.0020	0.10%			3.50%	
		1.750	250	0.250	72	178	1.928	38.560	0.0020	0.10%			3.60%	
		1.750	250	0.250	74	176	1.926	38.520	0.0020	0.10%			3.70%	
		1.750	250	0.250	76	174	1.924	38.480	0.0020	0.10%			3.80%	
		1.750	250	0.250	78	172	1.922	38.440	0.0020	0.10%			3.90%	
		1.750	250	0.250	80	170	1.920	38.400	0.0020	0.10%			4.00%	
		1.750	250	0.250	82	168	1.918	38.360	0.0020	0.10%			4.10%	
		1.750	250	0.250	84	166	1.916	38.320	0.0020	0.10%	0.026	1.44%	0.520	4.20%
		1.750	250	0.250	86	164	1.914	38.280	0.0020	0.10%			4.30%	
		1.750	250	0.250	88	162	1.912	38.240	0.0020	0.10%			4.40%	
		1.750	250	0.250	90	160	1.910	38.200	0.0020	0.10%			4.50%	
		1.750	250	0.250	92	158	1.908	38.160	0.0020	0.10%			4.60%	
		1.750	250	0.250	94	156	1.906	38.120	0.0020	0.10%			4.70%	
		1.750	250	0.250	96	154	1.904	38.080	0.0020	0.10%			4.80%	
		1.750	250	0.250	98	152	1.902	38.040	0.0020	0.11%			4.90%	
		1.750	250	0.250	100	150	1.900	38.000	0.0020	0.11%			5.00%	
		1.750	250	0.250	102	148	1.898	37.960	0.0020	0.11%			5.10%	
		1.750	250	0.250	104	146	1.896	37.920	0.0020	0.11%			5.20%	
		1.750	250	0.250	106	144	1.894	37.880	0.0020	0.11%			5.30%	
		1.750	250	0.250	108	142	1.892	37.840	0.0020	0.11%			5.40%	
		1.750	250	0.250	110	140	1.890	37.800	0.0020	0.11%			5.50%	
		1.750	250	0.250	112	138	1.888	37.760	0.0020	0.11%	0.026	1.46%	0.520	5.60%
		1.750	250	0.250	114	136	1.886	37.720	0.0020	0.11%			5.70%	
		1.750	250	0.250	116	134	1.884	37.680	0.0020	0.11%			5.80%	
		1.750	250	0.250	118	132	1.882	37.640	0.0020	0.11%			5.90%	
		1.750	250	0.250	120	130	1.880	37.600	0.0020	0.11%			6.00%	
		1.750	250	0.250	122	128	1.878	37.560	0.0020	0.11%			6.10%	
		1.750	250	0.250	124	126	1.876	37.520	0.0020	0.11%			6.20%	
		1.750	250	0.250	126	124	1.874	37.480	0.0020	0.11%			6.30%	
		1.750	250	0.250	128	122	1.872	37.440	0.0020	0.11%			6.40%	
		1.750	250	0.250	130	120	1.870	37.400	0.0020	0.11%			6.50%	
		1.750	250	0.250	132	118	1.868	37.360	0.0020	0.11%			6.60%	
		1.750	250	0.250	134	116	1.866	37.320	0.0020	0.11%			6.70%	
		1.750	250	0.250	136	114	1.864	37.280	0.0020	0.11%			6.80%	
		1.750	250	0.250	138	112	1.862	37.240	0.0020	0.11%			6.90%	

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	250	0.250	140	110	1.860	37.200	0.0020	0.11%	0.026	1.48%	0.520	7.00%
		1.750	250	0.250	142	108	1.858	37.160	0.0020	0.11%				7.10%
		1.750	250	0.250	144	106	1.856	37.120	0.0020	0.11%				7.20%
		1.750	250	0.250	146	104	1.854	37.080	0.0020	0.11%				7.30%
		1.750	250	0.250	148	102	1.852	37.040	0.0020	0.11%				7.40%
		1.750	250	0.250	150	100	1.850	37.000	0.0020	0.11%				7.50%
		1.750	250	0.250	152	98	1.848	36.960	0.0020	0.11%				7.60%
		1.750	250	0.250	154	96	1.846	36.920	0.0020	0.11%				7.70%
		1.750	250	0.250	156	94	1.844	36.880	0.0020	0.11%				7.80%
		1.750	250	0.250	158	92	1.842	36.840	0.0020	0.11%				7.90%
		1.750	250	0.250	160	90	1.840	36.800	0.0020	0.11%				8.00%
		1.750	250	0.250	162	88	1.838	36.760	0.0020	0.11%				8.10%
		1.750	250	0.250	164	86	1.836	36.720	0.0020	0.11%				8.20%
		1.750	250	0.250	166	84	1.834	36.680	0.0020	0.11%				8.30%
		1.750	250	0.250	168	82	1.832	36.640	0.0020	0.11%	0.026	1.51%	0.520	8.40%
		1.750	250	0.250	170	80	1.830	36.600	0.0020	0.11%				8.50%
		1.750	250	0.250	172	78	1.828	36.560	0.0020	0.11%				8.60%
		1.750	250	0.250	174	76	1.826	36.520	0.0020	0.11%				8.70%
		1.750	250	0.250	176	74	1.824	36.480	0.0020	0.11%				8.80%
		1.750	250	0.250	178	72	1.822	36.440	0.0020	0.11%				8.90%
		1.750	250	0.250	180	70	1.820	36.400	0.0020	0.11%				9.00%
		1.750	250	0.250	182	68	1.818	36.360	0.0020	0.11%				9.10%
		1.750	250	0.250	184	66	1.816	36.320	0.0020	0.11%				9.20%
		1.750	250	0.250	186	64	1.814	36.280	0.0020	0.11%				9.30%
		1.750	250	0.250	188	62	1.812	36.240	0.0020	0.11%				9.40%
		1.750	250	0.250	190	60	1.810	36.200	0.0020	0.11%				9.50%
		1.750	250	0.250	192	58	1.808	36.160	0.0020	0.11%				9.60%
		1.750	250	0.250	194	56	1.806	36.120	0.0020	0.11%				9.70%
		1.750	250	0.250	196	54	1.804	36.080	0.0020	0.11%	0.026	1.53%	0.520	9.80%
		1.750	250	0.250	198	52	1.802	36.040	0.0020	0.11%				9.90%
		1.750	250	0.250	200	50	1.800	36.000	0.0020	0.11%				10.00%
		1.750	250	0.250	202	48	1.798	35.960	0.0020	0.11%				10.10%
		1.750	250	0.250	204	46	1.796	35.920	0.0020	0.11%				10.20%
		1.750	250	0.250	206	44	1.794	35.880	0.0020	0.11%				10.30%
		1.750	250	0.250	208	42	1.792	35.840	0.0020	0.11%				10.40%
		1.750	250	0.250	210	40	1.790	35.800	0.0020	0.11%				10.50%
		1.750	250	0.250	212	38	1.788	35.760	0.0020	0.11%				10.60%
		1.750	250	0.250	214	36	1.786	35.720	0.0020	0.11%				10.70%
		1.750	250	0.250	216	34	1.784	35.680	0.0020	0.11%				10.80%
		1.750	250	0.250	218	32	1.782	35.640	0.0020	0.11%				10.90%

Medication Xanax
 Valium Multiplier 20
 Original Dose 2.000
 Current Dose 1.750
 Start Date May 6, 2006
 Dry Dose 1.500
 Dissolve Dose 0.250
 Water in ML 250
 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	250	0.250	2	248	1.748	34.960	0.0020	0.11%			12.60%	
		1.500	250	0.250	4	246	1.746	34.920	0.0020	0.11%			12.70%	
		1.500	250	0.250	6	244	1.744	34.880	0.0020	0.11%			12.80%	
		1.500	250	0.250	8	242	1.742	34.840	0.0020	0.11%			12.90%	
		1.500	250	0.250	10	240	1.740	34.800	0.0020	0.11%			13.00%	
		1.500	250	0.250	12	238	1.738	34.760	0.0020	0.11%			13.10%	
		1.500	250	0.250	14	236	1.736	34.720	0.0020	0.12%			13.20%	
		1.500	250	0.250	16	234	1.734	34.680	0.0020	0.12%			13.30%	
		1.500	250	0.250	18	232	1.732	34.640	0.0020	0.12%			13.40%	
		1.500	250	0.250	20	230	1.730	34.600	0.0020	0.12%			13.50%	
		1.500	250	0.250	22	228	1.728	34.560	0.0020	0.12%			13.60%	
		1.500	250	0.250	24	226	1.726	34.520	0.0020	0.12%			13.70%	
		1.500	250	0.250	26	224	1.724	34.480	0.0020	0.12%			13.80%	
		1.500	250	0.250	28	222	1.722	34.440	0.0020	0.12%	0.026	1.49%	0.520	13.90%
		1.500	250	0.250	30	220	1.720	34.400	0.0020	0.12%			14.00%	
		1.500	250	0.250	32	218	1.718	34.360	0.0020	0.12%			14.10%	
		1.500	250	0.250	34	216	1.716	34.320	0.0020	0.12%			14.20%	
		1.500	250	0.250	36	214	1.714	34.280	0.0020	0.12%			14.30%	
		1.500	250	0.250	38	212	1.712	34.240	0.0020	0.12%			14.40%	
		1.500	250	0.250	40	210	1.710	34.200	0.0020	0.12%			14.50%	
		1.500	250	0.250	42	208	1.708	34.160	0.0020	0.12%			14.60%	
		1.500	250	0.250	44	206	1.706	34.120	0.0020	0.12%			14.70%	
		1.500	250	0.250	46	204	1.704	34.080	0.0020	0.12%			14.80%	
		1.500	250	0.250	48	202	1.702	34.040	0.0020	0.12%			14.90%	
		1.500	250	0.250	50	200	1.700	34.000	0.0020	0.12%			15.00%	
		1.500	250	0.250	52	198	1.698	33.960	0.0020	0.12%			15.10%	
		1.500	250	0.250	54	196	1.696	33.920	0.0020	0.12%			15.20%	
		1.500	250	0.250	56	194	1.694	33.880	0.0020	0.12%	0.026	1.63%	0.520	15.30%
		1.500	250	0.250	58	192	1.692	33.840	0.0020	0.12%			15.40%	

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	250	0.250	60	190	1.690	33.800	0.0020	0.12%			15.50%	
		1.500	250	0.250	62	188	1.688	33.760	0.0020	0.12%			15.60%	
		1.500	250	0.250	64	186	1.686	33.720	0.0020	0.12%			15.70%	
		1.500	250	0.250	66	184	1.684	33.680	0.0020	0.12%			15.80%	
		1.500	250	0.250	68	182	1.682	33.640	0.0020	0.12%			15.90%	
		1.500	250	0.250	70	180	1.680	33.600	0.0020	0.12%			16.00%	
		1.500	250	0.250	72	178	1.678	33.560	0.0020	0.12%			16.10%	
		1.500	250	0.250	74	176	1.676	33.520	0.0020	0.12%			16.20%	
		1.500	250	0.250	76	174	1.674	33.480	0.0020	0.12%			16.30%	
		1.500	250	0.250	78	172	1.672	33.440	0.0020	0.12%			16.40%	
		1.500	250	0.250	80	170	1.670	33.400	0.0020	0.12%			16.50%	
		1.500	250	0.250	82	168	1.668	33.360	0.0020	0.12%			16.60%	
		1.500	250	0.250	84	166	1.666	33.320	0.0020	0.12%	0.026	1.65%	0.520	16.70%
		1.500	250	0.250	86	164	1.664	33.280	0.0020	0.12%			16.80%	
		1.500	250	0.250	88	162	1.662	33.240	0.0020	0.12%			16.90%	
		1.500	250	0.250	90	160	1.660	33.200	0.0020	0.12%			17.00%	
		1.500	250	0.250	92	158	1.658	33.160	0.0020	0.12%			17.10%	
		1.500	250	0.250	94	156	1.656	33.120	0.0020	0.12%			17.20%	
		1.500	250	0.250	96	154	1.654	33.080	0.0020	0.12%			17.30%	
		1.500	250	0.250	98	152	1.652	33.040	0.0020	0.12%			17.40%	
		1.500	250	0.250	100	150	1.650	33.000	0.0020	0.12%			17.50%	
		1.500	250	0.250	102	148	1.648	32.960	0.0020	0.12%			17.60%	
		1.500	250	0.250	104	146	1.646	32.920	0.0020	0.12%			17.70%	
		1.500	250	0.250	106	144	1.644	32.880	0.0020	0.12%			17.80%	
		1.500	250	0.250	108	142	1.642	32.840	0.0020	0.12%			17.90%	
		1.500	250	0.250	110	140	1.640	32.800	0.0020	0.12%			18.00%	
		1.500	250	0.250	112	138	1.638	32.760	0.0020	0.12%	0.026	1.68%	0.520	18.10%
		1.500	250	0.250	114	136	1.636	32.720	0.0020	0.12%			18.20%	
		1.500	250	0.250	116	134	1.634	32.680	0.0020	0.12%			18.30%	
		1.500	250	0.250	118	132	1.632	32.640	0.0020	0.12%			18.40%	
		1.500	250	0.250	120	130	1.630	32.600	0.0020	0.12%			18.50%	
		1.500	250	0.250	122	128	1.628	32.560	0.0020	0.12%			18.60%	
		1.500	250	0.250	124	126	1.626	32.520	0.0020	0.12%			18.70%	
		1.500	250	0.250	126	124	1.624	32.480	0.0020	0.12%			18.80%	
		1.500	250	0.250	128	122	1.622	32.440	0.0020	0.12%			18.90%	
		1.500	250	0.250	130	120	1.620	32.400	0.0020	0.12%			19.00%	
		1.500	250	0.250	132	118	1.618	32.360	0.0020	0.12%			19.10%	
		1.500	250	0.250	134	116	1.616	32.320	0.0020	0.12%			19.20%	
		1.500	250	0.250	136	114	1.614	32.280	0.0020	0.12%			19.30%	
		1.500	250	0.250	138	112	1.612	32.240	0.0020	0.12%			19.40%	

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	250	0.250	140	110	1.610	32.200	0.0020	0.12%	0.026	1.71%	0.520	19.50%
		1.500	250	0.250	142	108	1.608	32.160	0.0020	0.12%				19.60%
		1.500	250	0.250	144	106	1.606	32.120	0.0020	0.12%				19.70%
		1.500	250	0.250	146	104	1.604	32.080	0.0020	0.12%				19.80%
		1.500	250	0.250	148	102	1.602	32.040	0.0020	0.12%				19.90%
		1.500	250	0.250	150	100	1.600	32.000	0.0020	0.12%				20.00%
		1.500	250	0.250	152	98	1.598	31.960	0.0020	0.13%				20.10%
		1.500	250	0.250	154	96	1.596	31.920	0.0020	0.13%				20.20%
		1.500	250	0.250	156	94	1.594	31.880	0.0020	0.13%				20.30%
		1.500	250	0.250	158	92	1.592	31.840	0.0020	0.13%				20.40%
		1.500	250	0.250	160	90	1.590	31.800	0.0020	0.13%				20.50%
		1.500	250	0.250	162	88	1.588	31.760	0.0020	0.13%				20.60%
		1.500	250	0.250	164	86	1.586	31.720	0.0020	0.13%				20.70%
		1.500	250	0.250	166	84	1.584	31.680	0.0020	0.13%				20.80%
		1.500	250	0.250	168	82	1.582	31.640	0.0020	0.13%	0.026	1.74%	0.520	20.90%
		1.500	250	0.250	170	80	1.580	31.600	0.0020	0.13%				21.00%
		1.500	250	0.250	172	78	1.578	31.560	0.0020	0.13%				21.10%
		1.500	250	0.250	174	76	1.576	31.520	0.0020	0.13%				21.20%
		1.500	250	0.250	176	74	1.574	31.480	0.0020	0.13%				21.30%
		1.500	250	0.250	178	72	1.572	31.440	0.0020	0.13%				21.40%
		1.500	250	0.250	180	70	1.570	31.400	0.0020	0.13%				21.50%
		1.500	250	0.250	182	68	1.568	31.360	0.0020	0.13%				21.60%
		1.500	250	0.250	184	66	1.566	31.320	0.0020	0.13%				21.70%
		1.500	250	0.250	186	64	1.564	31.280	0.0020	0.13%				21.80%
		1.500	250	0.250	188	62	1.562	31.240	0.0020	0.13%				21.90%
		1.500	250	0.250	190	60	1.560	31.200	0.0020	0.13%				22.00%
		1.500	250	0.250	192	58	1.558	31.160	0.0020	0.13%				22.10%
		1.500	250	0.250	194	56	1.556	31.120	0.0020	0.13%				22.20%
		1.500	250	0.250	196	54	1.554	31.080	0.0020	0.13%	0.026	1.77%	0.520	22.30%
		1.500	250	0.250	198	52	1.552	31.040	0.0020	0.13%				22.40%
		1.500	250	0.250	200	50	1.550	31.000	0.0020	0.13%				22.50%
		1.500	250	0.250	202	48	1.548	30.960	0.0020	0.13%				22.60%
		1.500	250	0.250	204	46	1.546	30.920	0.0020	0.13%				22.70%
		1.500	250	0.250	206	44	1.544	30.880	0.0020	0.13%				22.80%
		1.500	250	0.250	208	42	1.542	30.840	0.0020	0.13%				22.90%
		1.500	250	0.250	210	40	1.540	30.800	0.0020	0.13%				23.00%
		1.500	250	0.250	212	38	1.538	30.760	0.0020	0.13%				23.10%
		1.500	250	0.250	214	36	1.536	30.720	0.0020	0.13%				23.20%
		1.500	250	0.250	216	34	1.534	30.680	0.0020	0.13%				23.30%
		1.500	250	0.250	218	32	1.532	30.640	0.0020	0.13%				23.40%

Medication Xanax
 Valium Multiplier 20
 Original Dose 2.000
 Current Dose 1.500
 Start Date September 8, 2006
 Dry Dose 1.250
 Dissolve Dose 0.250
 Water in ML 250
 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	250	0.250	2	248	1.498	29.960	0.0020	0.13%			25.10%	
		1.250	250	0.250	4	246	1.496	29.920	0.0020	0.13%			25.20%	
		1.250	250	0.250	6	244	1.494	29.880	0.0020	0.13%			25.30%	
		1.250	250	0.250	8	242	1.492	29.840	0.0020	0.13%			25.40%	
		1.250	250	0.250	10	240	1.490	29.800	0.0020	0.13%			25.50%	
		1.250	250	0.250	12	238	1.488	29.760	0.0020	0.13%			25.60%	
		1.250	250	0.250	14	236	1.486	29.720	0.0020	0.13%			25.70%	
		1.250	250	0.250	16	234	1.484	29.680	0.0020	0.13%			25.80%	
		1.250	250	0.250	18	232	1.482	29.640	0.0020	0.13%			25.90%	
		1.250	250	0.250	20	230	1.480	29.600	0.0020	0.13%			26.00%	
		1.250	250	0.250	22	228	1.478	29.560	0.0020	0.14%			26.10%	
		1.250	250	0.250	24	226	1.476	29.520	0.0020	0.14%			26.20%	
		1.250	250	0.250	26	224	1.474	29.480	0.0020	0.14%			26.30%	
		1.250	250	0.250	28	222	1.472	29.440	0.0020	0.14%	0.026	1.74%	0.520	26.40%
		1.250	250	0.250	30	220	1.470	29.400	0.0020	0.14%			26.50%	
		1.250	250	0.250	32	218	1.468	29.360	0.0020	0.14%			26.60%	
		1.250	250	0.250	34	216	1.466	29.320	0.0020	0.14%			26.70%	
		1.250	250	0.250	36	214	1.464	29.280	0.0020	0.14%			26.80%	
		1.250	250	0.250	38	212	1.462	29.240	0.0020	0.14%			26.90%	
		1.250	250	0.250	40	210	1.460	29.200	0.0020	0.14%			27.00%	
		1.250	250	0.250	42	208	1.458	29.160	0.0020	0.14%			27.10%	
		1.250	250	0.250	44	206	1.456	29.120	0.0020	0.14%			27.20%	
		1.250	250	0.250	46	204	1.454	29.080	0.0020	0.14%			27.30%	
		1.250	250	0.250	48	202	1.452	29.040	0.0020	0.14%			27.40%	
		1.250	250	0.250	50	200	1.450	29.000	0.0020	0.14%			27.50%	
		1.250	250	0.250	52	198	1.448	28.960	0.0020	0.14%			27.60%	
		1.250	250	0.250	54	196	1.446	28.920	0.0020	0.14%			27.70%	
		1.250	250	0.250	56	194	1.444	28.880	0.0020	0.14%	0.026	1.90%	0.520	27.80%
		1.250	250	0.250	58	192	1.442	28.840	0.0020	0.14%			27.90%	

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	250	0.250	60	190	1.440	28.800	0.0020	0.14%			28.00%	
		1.250	250	0.250	62	188	1.438	28.760	0.0020	0.14%			28.10%	
		1.250	250	0.250	64	186	1.436	28.720	0.0020	0.14%			28.20%	
		1.250	250	0.250	66	184	1.434	28.680	0.0020	0.14%			28.30%	
		1.250	250	0.250	68	182	1.432	28.640	0.0020	0.14%			28.40%	
		1.250	250	0.250	70	180	1.430	28.600	0.0020	0.14%			28.50%	
		1.250	250	0.250	72	178	1.428	28.560	0.0020	0.14%			28.60%	
		1.250	250	0.250	74	176	1.426	28.520	0.0020	0.14%			28.70%	
		1.250	250	0.250	76	174	1.424	28.480	0.0020	0.14%			28.80%	
		1.250	250	0.250	78	172	1.422	28.440	0.0020	0.14%			28.90%	
		1.250	250	0.250	80	170	1.420	28.400	0.0020	0.14%			29.00%	
		1.250	250	0.250	82	168	1.418	28.360	0.0020	0.14%			29.10%	
		1.250	250	0.250	84	166	1.416	28.320	0.0020	0.14%	0.026	1.94%	0.520	29.20%
		1.250	250	0.250	86	164	1.414	28.280	0.0020	0.14%			29.30%	
		1.250	250	0.250	88	162	1.412	28.240	0.0020	0.14%			29.40%	
		1.250	250	0.250	90	160	1.410	28.200	0.0020	0.14%			29.50%	
		1.250	250	0.250	92	158	1.408	28.160	0.0020	0.14%			29.60%	
		1.250	250	0.250	94	156	1.406	28.120	0.0020	0.14%			29.70%	
		1.250	250	0.250	96	154	1.404	28.080	0.0020	0.14%			29.80%	
		1.250	250	0.250	98	152	1.402	28.040	0.0020	0.14%			29.90%	
		1.250	250	0.250	100	150	1.400	28.000	0.0020	0.14%			30.00%	
		1.250	250	0.250	102	148	1.398	27.960	0.0020	0.14%			30.10%	
		1.250	250	0.250	104	146	1.396	27.920	0.0020	0.14%			30.20%	
		1.250	250	0.250	106	144	1.394	27.880	0.0020	0.14%			30.30%	
		1.250	250	0.250	108	142	1.392	27.840	0.0020	0.14%			30.40%	
		1.250	250	0.250	110	140	1.390	27.800	0.0020	0.14%			30.50%	
		1.250	250	0.250	112	138	1.388	27.760	0.0020	0.14%	0.026	1.98%	0.520	30.60%
		1.250	250	0.250	114	136	1.386	27.720	0.0020	0.14%			30.70%	
		1.250	250	0.250	116	134	1.384	27.680	0.0020	0.14%			30.80%	
		1.250	250	0.250	118	132	1.382	27.640	0.0020	0.14%			30.90%	
		1.250	250	0.250	120	130	1.380	27.600	0.0020	0.14%			31.00%	
		1.250	250	0.250	122	128	1.378	27.560	0.0020	0.14%			31.10%	
		1.250	250	0.250	124	126	1.376	27.520	0.0020	0.15%			31.20%	
		1.250	250	0.250	126	124	1.374	27.480	0.0020	0.15%			31.30%	
		1.250	250	0.250	128	122	1.372	27.440	0.0020	0.15%			31.40%	
		1.250	250	0.250	130	120	1.370	27.400	0.0020	0.15%			31.50%	
		1.250	250	0.250	132	118	1.368	27.360	0.0020	0.15%			31.60%	
		1.250	250	0.250	134	116	1.366	27.320	0.0020	0.15%			31.70%	
		1.250	250	0.250	136	114	1.364	27.280	0.0020	0.15%			31.80%	
		1.250	250	0.250	138	112	1.362	27.240	0.0020	0.15%			31.90%	

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	250	0.250	140	110	1.360	27.200	0.0020	0.15%	0.026	2.02%	0.520	32.00%
		1.250	250	0.250	142	108	1.358	27.160	0.0020	0.15%				32.10%
		1.250	250	0.250	144	106	1.356	27.120	0.0020	0.15%				32.20%
		1.250	250	0.250	146	104	1.354	27.080	0.0020	0.15%				32.30%
		1.250	250	0.250	148	102	1.352	27.040	0.0020	0.15%				32.40%
		1.250	250	0.250	150	100	1.350	27.000	0.0020	0.15%				32.50%
		1.250	250	0.250	152	98	1.348	26.960	0.0020	0.15%				32.60%
		1.250	250	0.250	154	96	1.346	26.920	0.0020	0.15%				32.70%
		1.250	250	0.250	156	94	1.344	26.880	0.0020	0.15%				32.80%
		1.250	250	0.250	158	92	1.342	26.840	0.0020	0.15%				32.90%
		1.250	250	0.250	160	90	1.340	26.800	0.0020	0.15%				33.00%
		1.250	250	0.250	162	88	1.338	26.760	0.0020	0.15%				33.10%
		1.250	250	0.250	164	86	1.336	26.720	0.0020	0.15%				33.20%
		1.250	250	0.250	166	84	1.334	26.680	0.0020	0.15%				33.30%
		1.250	250	0.250	168	82	1.332	26.640	0.0020	0.15%	0.026	2.06%	0.520	33.40%
		1.250	250	0.250	170	80	1.330	26.600	0.0020	0.15%				33.50%
		1.250	250	0.250	172	78	1.328	26.560	0.0020	0.15%				33.60%
		1.250	250	0.250	174	76	1.326	26.520	0.0020	0.15%				33.70%
		1.250	250	0.250	176	74	1.324	26.480	0.0020	0.15%				33.80%
		1.250	250	0.250	178	72	1.322	26.440	0.0020	0.15%				33.90%
		1.250	250	0.250	180	70	1.320	26.400	0.0020	0.15%				34.00%
		1.250	250	0.250	182	68	1.318	26.360	0.0020	0.15%				34.10%
		1.250	250	0.250	184	66	1.316	26.320	0.0020	0.15%				34.20%
		1.250	250	0.250	186	64	1.314	26.280	0.0020	0.15%				34.30%
		1.250	250	0.250	188	62	1.312	26.240	0.0020	0.15%				34.40%
		1.250	250	0.250	190	60	1.310	26.200	0.0020	0.15%				34.50%
		1.250	250	0.250	192	58	1.308	26.160	0.0020	0.15%				34.60%
		1.250	250	0.250	194	56	1.306	26.120	0.0020	0.15%				34.70%
		1.250	250	0.250	196	54	1.304	26.080	0.0020	0.15%	0.026	2.10%	0.520	34.80%
		1.250	250	0.250	198	52	1.302	26.040	0.0020	0.15%				34.90%
		1.250	250	0.250	200	50	1.300	26.000	0.0020	0.15%				35.00%
		1.250	250	0.250	202	48	1.298	25.960	0.0020	0.15%				35.10%
		1.250	250	0.250	204	46	1.296	25.920	0.0020	0.15%				35.20%
		1.250	250	0.250	206	44	1.294	25.880	0.0020	0.15%				35.30%
		1.250	250	0.250	208	42	1.292	25.840	0.0020	0.15%				35.40%
		1.250	250	0.250	210	40	1.290	25.800	0.0020	0.15%				35.50%
		1.250	250	0.250	212	38	1.288	25.760	0.0020	0.16%				35.60%
		1.250	250	0.250	214	36	1.286	25.720	0.0020	0.16%				35.70%
		1.250	250	0.250	216	34	1.284	25.680	0.0020	0.16%				35.80%
		1.250	250	0.250	218	32	1.282	25.640	0.0020	0.16%				35.90%

Medication Xanax
 Valium Multiplier 20
 Original Dose 2
 Current Dose 1.250
 Start Date January 11, 2007
 Dry Dose 1.000
 Dissolve Dose 0.250
 Water in ML **250**
 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	250	0.250	2	248	1.248	24.960	0.0020	0.16%			37.60%	
		1.000	250	0.250	4	246	1.246	24.920	0.0020	0.16%			37.70%	
		1.000	250	0.250	6	244	1.244	24.880	0.0020	0.16%			37.80%	
		1.000	250	0.250	8	242	1.242	24.840	0.0020	0.16%			37.90%	
		1.000	250	0.250	10	240	1.240	24.800	0.0020	0.16%			38.00%	
		1.000	250	0.250	12	238	1.238	24.760	0.0020	0.16%			38.10%	
		1.000	250	0.250	14	236	1.236	24.720	0.0020	0.16%			38.20%	
		1.000	250	0.250	16	234	1.234	24.680	0.0020	0.16%			38.30%	
		1.000	250	0.250	18	232	1.232	24.640	0.0020	0.16%			38.40%	
		1.000	250	0.250	20	230	1.230	24.600	0.0020	0.16%			38.50%	
		1.000	250	0.250	22	228	1.228	24.560	0.0020	0.16%			38.60%	
		1.000	250	0.250	24	226	1.226	24.520	0.0020	0.16%			38.70%	
		1.000	250	0.250	26	224	1.224	24.480	0.0020	0.16%			38.80%	
		1.000	250	0.250	28	222	1.222	24.440	0.0020	0.16%	0.026	2.08%	0.520	38.90%
		1.000	250	0.250	30	220	1.220	24.400	0.0020	0.16%			39.00%	
		1.000	250	0.250	32	218	1.218	24.360	0.0020	0.16%			39.10%	
		1.000	250	0.250	34	216	1.216	24.320	0.0020	0.16%			39.20%	
		1.000	250	0.250	36	214	1.214	24.280	0.0020	0.16%			39.30%	
		1.000	250	0.250	38	212	1.212	24.240	0.0020	0.16%			39.40%	
		1.000	250	0.250	40	210	1.210	24.200	0.0020	0.17%			39.50%	
		1.000	250	0.250	42	208	1.208	24.160	0.0020	0.17%			39.60%	
		1.000	250	0.250	44	206	1.206	24.120	0.0020	0.17%			39.70%	
		1.000	250	0.250	46	204	1.204	24.080	0.0020	0.17%			39.80%	
		1.000	250	0.250	48	202	1.202	24.040	0.0020	0.17%			39.90%	
		1.000	250	0.250	50	200	1.200	24.000	0.0020	0.17%			40.00%	
		1.000	250	0.250	52	198	1.198	23.960	0.0020	0.17%			40.10%	
		1.000	250	0.250	54	196	1.196	23.920	0.0020	0.17%			40.20%	
		1.000	250	0.250	56	194	1.194	23.880	0.0020	0.17%	0.026	2.29%	0.520	40.30%
		1.000	250	0.250	58	192	1.192	23.840	0.0020	0.17%			40.40%	

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	250	0.250	60	190	1.190	23.800	0.0020	0.17%			40.50%	
		1.000	250	0.250	62	188	1.188	23.760	0.0020	0.17%			40.60%	
		1.000	250	0.250	64	186	1.186	23.720	0.0020	0.17%			40.70%	
		1.000	250	0.250	66	184	1.184	23.680	0.0020	0.17%			40.80%	
		1.000	250	0.250	68	182	1.182	23.640	0.0020	0.17%			40.90%	
		1.000	250	0.250	70	180	1.180	23.600	0.0020	0.17%			41.00%	
		1.000	250	0.250	72	178	1.178	23.560	0.0020	0.17%			41.10%	
		1.000	250	0.250	74	176	1.176	23.520	0.0020	0.17%			41.20%	
		1.000	250	0.250	76	174	1.174	23.480	0.0020	0.17%			41.30%	
		1.000	250	0.250	78	172	1.172	23.440	0.0020	0.17%			41.40%	
		1.000	250	0.250	80	170	1.170	23.400	0.0020	0.17%			41.50%	
		1.000	250	0.250	82	168	1.168	23.360	0.0020	0.17%			41.60%	
		1.000	250	0.250	84	166	1.166	23.320	0.0020	0.17%	0.026	2.35%	0.520	41.70%
		1.000	250	0.250	86	164	1.164	23.280	0.0020	0.17%			41.80%	
		1.000	250	0.250	88	162	1.162	23.240	0.0020	0.17%			41.90%	
		1.000	250	0.250	90	160	1.160	23.200	0.0020	0.17%			42.00%	
		1.000	250	0.250	92	158	1.158	23.160	0.0020	0.17%			42.10%	
		1.000	250	0.250	94	156	1.156	23.120	0.0020	0.17%			42.20%	
		1.000	250	0.250	96	154	1.154	23.080	0.0020	0.17%			42.30%	
		1.000	250	0.250	98	152	1.152	23.040	0.0020	0.17%			42.40%	
		1.000	250	0.250	100	150	1.150	23.000	0.0020	0.17%			42.50%	
		1.000	250	0.250	102	148	1.148	22.960	0.0020	0.17%			42.60%	
		1.000	250	0.250	104	146	1.146	22.920	0.0020	0.17%			42.70%	
		1.000	250	0.250	106	144	1.144	22.880	0.0020	0.17%			42.80%	
		1.000	250	0.250	108	142	1.142	22.840	0.0020	0.17%			42.90%	
		1.000	250	0.250	110	140	1.140	22.800	0.0020	0.18%			43.00%	
		1.000	250	0.250	112	138	1.138	22.760	0.0020	0.18%	0.026	2.40%	0.520	43.10%
		1.000	250	0.250	114	136	1.136	22.720	0.0020	0.18%			43.20%	
		1.000	250	0.250	116	134	1.134	22.680	0.0020	0.18%			43.30%	
		1.000	250	0.250	118	132	1.132	22.640	0.0020	0.18%			43.40%	
		1.000	250	0.250	120	130	1.130	22.600	0.0020	0.18%			43.50%	
		1.000	250	0.250	122	128	1.128	22.560	0.0020	0.18%			43.60%	
		1.000	250	0.250	124	126	1.126	22.520	0.0020	0.18%			43.70%	
		1.000	250	0.250	126	124	1.124	22.480	0.0020	0.18%			43.80%	
		1.000	250	0.250	128	122	1.122	22.440	0.0020	0.18%			43.90%	
		1.000	250	0.250	130	120	1.120	22.400	0.0020	0.18%			44.00%	
		1.000	250	0.250	132	118	1.118	22.360	0.0020	0.18%			44.10%	
		1.000	250	0.250	134	116	1.116	22.320	0.0020	0.18%			44.20%	
		1.000	250	0.250	136	114	1.114	22.280	0.0020	0.18%			44.30%	
		1.000	250	0.250	138	112	1.112	22.240	0.0020	0.18%			44.40%	

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	250	0.250	140	110	1.110	22.200	0.0020	0.18%	0.026	2.46%	0.520	44.50%
		1.000	250	0.250	142	108	1.108	22.160	0.0020	0.18%				44.60%
		1.000	250	0.250	144	106	1.106	22.120	0.0020	0.18%				44.70%
		1.000	250	0.250	146	104	1.104	22.080	0.0020	0.18%				44.80%
		1.000	250	0.250	148	102	1.102	22.040	0.0020	0.18%				44.90%
		1.000	250	0.250	150	100	1.100	22.000	0.0020	0.18%				45.00%
		1.000	250	0.250	152	98	1.098	21.960	0.0020	0.18%				45.10%
		1.000	250	0.250	154	96	1.096	21.920	0.0020	0.18%				45.20%
		1.000	250	0.250	156	94	1.094	21.880	0.0020	0.18%				45.30%
		1.000	250	0.250	158	92	1.092	21.840	0.0020	0.18%				45.40%
		1.000	250	0.250	160	90	1.090	21.800	0.0020	0.18%				45.50%
		1.000	250	0.250	162	88	1.088	21.760	0.0020	0.18%				45.60%
		1.000	250	0.250	164	86	1.086	21.720	0.0020	0.18%				45.70%
		1.000	250	0.250	166	84	1.084	21.680	0.0020	0.18%				45.80%
		1.000	250	0.250	168	82	1.082	21.640	0.0020	0.18%	0.026	2.52%	0.520	45.90%
		1.000	250	0.250	170	80	1.080	21.600	0.0020	0.18%				46.00%
		1.000	250	0.250	172	78	1.078	21.560	0.0020	0.19%				46.10%
		1.000	250	0.250	174	76	1.076	21.520	0.0020	0.19%				46.20%
		1.000	250	0.250	176	74	1.074	21.480	0.0020	0.19%				46.30%
		1.000	250	0.250	178	72	1.072	21.440	0.0020	0.19%				46.40%
		1.000	250	0.250	180	70	1.070	21.400	0.0020	0.19%				46.50%
		1.000	250	0.250	182	68	1.068	21.360	0.0020	0.19%				46.60%
		1.000	250	0.250	184	66	1.066	21.320	0.0020	0.19%				46.70%
		1.000	250	0.250	186	64	1.064	21.280	0.0020	0.19%				46.80%
		1.000	250	0.250	188	62	1.062	21.240	0.0020	0.19%				46.90%
		1.000	250	0.250	190	60	1.060	21.200	0.0020	0.19%				47.00%
		1.000	250	0.250	192	58	1.058	21.160	0.0020	0.19%				47.10%
		1.000	250	0.250	194	56	1.056	21.120	0.0020	0.19%				47.20%
		1.000	250	0.250	196	54	1.054	21.080	0.0020	0.19%	0.026	2.59%	0.520	47.30%
		1.000	250	0.250	198	52	1.052	21.040	0.0020	0.19%				47.40%
		1.000	250	0.250	200	50	1.050	21.000	0.0020	0.19%				47.50%
		1.000	250	0.250	202	48	1.048	20.960	0.0020	0.19%				47.60%
		1.000	250	0.250	204	46	1.046	20.920	0.0020	0.19%				47.70%
		1.000	250	0.250	206	44	1.044	20.880	0.0020	0.19%				47.80%
		1.000	250	0.250	208	42	1.042	20.840	0.0020	0.19%				47.90%
		1.000	250	0.250	210	40	1.040	20.800	0.0020	0.19%				48.00%
		1.000	250	0.250	212	38	1.038	20.760	0.0020	0.19%				48.10%
		1.000	250	0.250	214	36	1.036	20.720	0.0020	0.19%				48.20%
		1.000	250	0.250	216	34	1.034	20.680	0.0020	0.19%				48.30%
		1.000	250	0.250	218	32	1.032	20.640	0.0020	0.19%				48.40%

Medication Xanax
 Valium Multiplier 20
 Original Dose 2
 Current Dose 1.000
 Start Date May 16, 2007
 Dry Dose 0.750
 Dissolve Dose 0.250
 Water in ML 250
 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	250	0.250	2	248	0.998	19.960	0.0020	0.20%			50.10%
		0.750	250	0.250	4	246	0.996	19.920	0.0020	0.20%			50.20%
		0.750	250	0.250	6	244	0.994	19.880	0.0020	0.20%			50.30%
		0.750	250	0.250	8	242	0.992	19.840	0.0020	0.20%			50.40%
		0.750	250	0.250	10	240	0.990	19.800	0.0020	0.20%			50.50%
		0.750	250	0.250	12	238	0.988	19.760	0.0020	0.20%			50.60%
		0.750	250	0.250	14	236	0.986	19.720	0.0020	0.20%			50.70%
		0.750	250	0.250	16	234	0.984	19.680	0.0020	0.20%			50.80%
		0.750	250	0.250	18	232	0.982	19.640	0.0020	0.20%			50.90%
		0.750	250	0.250	20	230	0.980	19.600	0.0020	0.20%			51.00%
		0.750	250	0.250	22	228	0.978	19.560	0.0020	0.20%			51.10%
		0.750	250	0.250	24	226	0.976	19.520	0.0020	0.20%			51.20%
		0.750	250	0.250	26	224	0.974	19.480	0.0020	0.20%			51.30%
		0.750	250	0.250	28	222	0.972	19.440	0.0020	0.21%	0.026	2.61%	51.40%
		0.750	250	0.250	30	220	0.970	19.400	0.0020	0.21%			51.50%
		0.750	250	0.250	32	218	0.968	19.360	0.0020	0.21%			51.60%
		0.750	250	0.250	34	216	0.966	19.320	0.0020	0.21%			51.70%
		0.750	250	0.250	36	214	0.964	19.280	0.0020	0.21%			51.80%
		0.750	250	0.250	38	212	0.962	19.240	0.0020	0.21%			51.90%
		0.750	250	0.250	40	210	0.960	19.200	0.0020	0.21%			52.00%
		0.750	250	0.250	42	208	0.958	19.160	0.0020	0.21%			52.10%
		0.750	250	0.250	44	206	0.956	19.120	0.0020	0.21%			52.20%
		0.750	250	0.250	46	204	0.954	19.080	0.0020	0.21%			52.30%
		0.750	250	0.250	48	202	0.952	19.040	0.0020	0.21%			52.40%
		0.750	250	0.250	50	200	0.950	19.000	0.0020	0.21%			52.50%
		0.750	250	0.250	52	198	0.948	18.960	0.0020	0.21%			52.60%
		0.750	250	0.250	54	196	0.946	18.920	0.0020	0.21%			52.70%
		0.750	250	0.250	56	194	0.944	18.880	0.0020	0.21%	0.026	2.88%	52.80%
		0.750	250	0.250	58	192	0.942	18.840	0.0020	0.21%			52.90%

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	250	0.250	60	190	0.940	18.800	0.0020	0.21%			53.00%	
		0.750	250	0.250	62	188	0.938	18.760	0.0020	0.21%			53.10%	
		0.750	250	0.250	64	186	0.936	18.720	0.0020	0.21%			53.20%	
		0.750	250	0.250	66	184	0.934	18.680	0.0020	0.21%			53.30%	
		0.750	250	0.250	68	182	0.932	18.640	0.0020	0.21%			53.40%	
		0.750	250	0.250	70	180	0.930	18.600	0.0020	0.21%			53.50%	
		0.750	250	0.250	72	178	0.928	18.560	0.0020	0.22%			53.60%	
		0.750	250	0.250	74	176	0.926	18.520	0.0020	0.22%			53.70%	
		0.750	250	0.250	76	174	0.924	18.480	0.0020	0.22%			53.80%	
		0.750	250	0.250	78	172	0.922	18.440	0.0020	0.22%			53.90%	
		0.750	250	0.250	80	170	0.920	18.400	0.0020	0.22%			54.00%	
		0.750	250	0.250	82	168	0.918	18.360	0.0020	0.22%			54.10%	
		0.750	250	0.250	84	166	0.916	18.320	0.0020	0.22%	0.026	2.97%	0.520	54.20%
		0.750	250	0.250	86	164	0.914	18.280	0.0020	0.22%			54.30%	
		0.750	250	0.250	88	162	0.912	18.240	0.0020	0.22%			54.40%	
		0.750	250	0.250	90	160	0.910	18.200	0.0020	0.22%			54.50%	
		0.750	250	0.250	92	158	0.908	18.160	0.0020	0.22%			54.60%	
		0.750	250	0.250	94	156	0.906	18.120	0.0020	0.22%			54.70%	
		0.750	250	0.250	96	154	0.904	18.080	0.0020	0.22%			54.80%	
		0.750	250	0.250	98	152	0.902	18.040	0.0020	0.22%			54.90%	
		0.750	250	0.250	100	150	0.900	18.000	0.0020	0.22%			55.00%	
		0.750	250	0.250	102	148	0.898	17.960	0.0020	0.22%			55.10%	
		0.750	250	0.250	104	146	0.896	17.920	0.0020	0.22%			55.20%	
		0.750	250	0.250	106	144	0.894	17.880	0.0020	0.22%			55.30%	
		0.750	250	0.250	108	142	0.892	17.840	0.0020	0.22%			55.40%	
		0.750	250	0.250	110	140	0.890	17.800	0.0020	0.22%			55.50%	
		0.750	250	0.250	112	138	0.888	17.760	0.0020	0.22%	0.026	3.06%	0.520	55.60%
		0.750	250	0.250	114	136	0.886	17.720	0.0020	0.23%			55.70%	
		0.750	250	0.250	116	134	0.884	17.680	0.0020	0.23%			55.80%	
		0.750	250	0.250	118	132	0.882	17.640	0.0020	0.23%			55.90%	
		0.750	250	0.250	120	130	0.880	17.600	0.0020	0.23%			56.00%	
		0.750	250	0.250	122	128	0.878	17.560	0.0020	0.23%			56.10%	
		0.750	250	0.250	124	126	0.876	17.520	0.0020	0.23%			56.20%	
		0.750	250	0.250	126	124	0.874	17.480	0.0020	0.23%			56.30%	
		0.750	250	0.250	128	122	0.872	17.440	0.0020	0.23%			56.40%	
		0.750	250	0.250	130	120	0.870	17.400	0.0020	0.23%			56.50%	
		0.750	250	0.250	132	118	0.868	17.360	0.0020	0.23%			56.60%	
		0.750	250	0.250	134	116	0.866	17.320	0.0020	0.23%			56.70%	
		0.750	250	0.250	136	114	0.864	17.280	0.0020	0.23%			56.80%	
		0.750	250	0.250	138	112	0.862	17.240	0.0020	0.23%			56.90%	

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	250	0.250	140	110	0.860	17.200	0.0020	0.23%	0.026	3.15%	0.520	57.00%
		0.750	250	0.250	142	108	0.858	17.160	0.0020	0.23%				57.10%
		0.750	250	0.250	144	106	0.856	17.120	0.0020	0.23%				57.20%
		0.750	250	0.250	146	104	0.854	17.080	0.0020	0.23%				57.30%
		0.750	250	0.250	148	102	0.852	17.040	0.0020	0.23%				57.40%
		0.750	250	0.250	150	100	0.850	17.000	0.0020	0.23%				57.50%
		0.750	250	0.250	152	98	0.848	16.960	0.0020	0.24%				57.60%
		0.750	250	0.250	154	96	0.846	16.920	0.0020	0.24%				57.70%
		0.750	250	0.250	156	94	0.844	16.880	0.0020	0.24%				57.80%
		0.750	250	0.250	158	92	0.842	16.840	0.0020	0.24%				57.90%
		0.750	250	0.250	160	90	0.840	16.800	0.0020	0.24%				58.00%
		0.750	250	0.250	162	88	0.838	16.760	0.0020	0.24%				58.10%
		0.750	250	0.250	164	86	0.836	16.720	0.0020	0.24%				58.20%
		0.750	250	0.250	166	84	0.834	16.680	0.0020	0.24%				58.30%
		0.750	250	0.250	168	82	0.832	16.640	0.0020	0.24%	0.026	3.26%	0.520	58.40%
		0.750	250	0.250	170	80	0.830	16.600	0.0020	0.24%				58.50%
		0.750	250	0.250	172	78	0.828	16.560	0.0020	0.24%				58.60%
		0.750	250	0.250	174	76	0.826	16.520	0.0020	0.24%				58.70%
		0.750	250	0.250	176	74	0.824	16.480	0.0020	0.24%				58.80%
		0.750	250	0.250	178	72	0.822	16.440	0.0020	0.24%				58.90%
		0.750	250	0.250	180	70	0.820	16.400	0.0020	0.24%				59.00%
		0.750	250	0.250	182	68	0.818	16.360	0.0020	0.24%				59.10%
		0.750	250	0.250	184	66	0.816	16.320	0.0020	0.24%				59.20%
		0.750	250	0.250	186	64	0.814	16.280	0.0020	0.25%				59.30%
		0.750	250	0.250	188	62	0.812	16.240	0.0020	0.25%				59.40%
		0.750	250	0.250	190	60	0.810	16.200	0.0020	0.25%				59.50%
		0.750	250	0.250	192	58	0.808	16.160	0.0020	0.25%				59.60%
		0.750	250	0.250	194	56	0.806	16.120	0.0020	0.25%				59.70%
		0.750	250	0.250	196	54	0.804	16.080	0.0020	0.25%	0.026	3.37%	0.520	59.80%
		0.750	250	0.250	198	52	0.802	16.040	0.0020	0.25%				59.90%
		0.750	250	0.250	200	50	0.800	16.000	0.0020	0.25%				60.00%
		0.750	250	0.250	202	48	0.798	15.960	0.0020	0.25%				60.10%
		0.750	250	0.250	204	46	0.796	15.920	0.0020	0.25%				60.20%
		0.750	250	0.250	206	44	0.794	15.880	0.0020	0.25%				60.30%
		0.750	250	0.250	208	42	0.792	15.840	0.0020	0.25%				60.40%
		0.750	250	0.250	210	40	0.790	15.800	0.0020	0.25%				60.50%
		0.750	250	0.250	212	38	0.788	15.760	0.0020	0.25%				60.60%
		0.750	250	0.250	214	36	0.786	15.720	0.0020	0.25%				60.70%
		0.750	250	0.250	216	34	0.784	15.680	0.0020	0.25%				60.80%
		0.750	250	0.250	218	32	0.782	15.640	0.0020	0.26%				60.90%

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	250	0.250	220	30	0.780	15.600	0.0020	0.26%			61.00%	
		0.750	250	0.250	222	28	0.778	15.560	0.0020	0.26%			61.10%	
		0.750	250	0.250	224	26	0.776	15.520	0.0020	0.26%	0.026	3.48%	0.520	61.20%
		0.750	250	0.250	226	24	0.774	15.480	0.0020	0.26%				61.30%
		0.750	250	0.250	228	22	0.772	15.440	0.0020	0.26%				61.40%
		0.750	250	0.250	230	20	0.770	15.400	0.0020	0.26%				61.50%
		0.750	250	0.250	232	18	0.768	15.360	0.0020	0.26%				61.60%
		0.750	250	0.250	234	16	0.766	15.320	0.0020	0.26%				61.70%
		0.750	250	0.250	236	14	0.764	15.280	0.0020	0.26%				61.80%
		0.750	250	0.250	238	12	0.762	15.240	0.0020	0.26%				61.90%
		0.750	250	0.250	240	10	0.760	15.200	0.0020	0.26%				62.00%
		0.750	250	0.250	242	8	0.758	15.160	0.0020	0.26%				62.10%
		0.750	250	0.250	244	6	0.756	15.120	0.0020	0.26%				62.20%
		0.750	250	0.250	246	4	0.754	15.080	0.0020	0.26%				62.30%
		0.750	250	0.250	248	2	0.752	15.040	0.0020	0.27%				62.40%
		0.750	250	0.250	250	0	0.750	15.000	0.0020	0.27%				62.50%

Medication Xanax
 Valium Multiplier 20
 Original Dose 2
 Current Dose 0.750
 Start Date September 18, 2007
 Dry Dose 0.500
 Dissolve Dose 0.250
 Water in ML 250
 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	250	0.250	2	248	0.748	14.960	0.0020	0.27%			62.60%	
		0.500	250	0.250	4	246	0.746	14.920	0.0020	0.27%			62.70%	
		0.500	250	0.250	6	244	0.744	14.880	0.0020	0.27%			62.80%	
		0.500	250	0.250	8	242	0.742	14.840	0.0020	0.27%			62.90%	
		0.500	250	0.250	10	240	0.740	14.800	0.0020	0.27%			63.00%	
		0.500	250	0.250	12	238	0.738	14.760	0.0020	0.27%			63.10%	
		0.500	250	0.250	14	236	0.736	14.720	0.0020	0.27%			63.20%	
		0.500	250	0.250	16	234	0.734	14.680	0.0020	0.27%			63.30%	
		0.500	250	0.250	18	232	0.732	14.640	0.0020	0.27%			63.40%	
		0.500	250	0.250	20	230	0.730	14.600	0.0020	0.27%			63.50%	
		0.500	250	0.250	22	228	0.728	14.560	0.0020	0.27%			63.60%	
		0.500	250	0.250	24	226	0.726	14.520	0.0020	0.27%			63.70%	
		0.500	250	0.250	26	224	0.724	14.480	0.0020	0.28%			63.80%	
		0.500	250	0.250	28	222	0.722	14.440	0.0020	0.28%	0.026	3.48%	0.520	63.90%
		0.500	250	0.250	30	220	0.720	14.400	0.0020	0.28%			64.00%	
		0.500	250	0.250	32	218	0.718	14.360	0.0020	0.28%			64.10%	
		0.500	250	0.250	34	216	0.716	14.320	0.0020	0.28%			64.20%	
		0.500	250	0.250	36	214	0.714	14.280	0.0020	0.28%			64.30%	
		0.500	250	0.250	38	212	0.712	14.240	0.0020	0.28%			64.40%	
		0.500	250	0.250	40	210	0.710	14.200	0.0020	0.28%			64.50%	
		0.500	250	0.250	42	208	0.708	14.160	0.0020	0.28%			64.60%	
		0.500	250	0.250	44	206	0.706	14.120	0.0020	0.28%			64.70%	
		0.500	250	0.250	46	204	0.704	14.080	0.0020	0.28%			64.80%	
		0.500	250	0.250	48	202	0.702	14.040	0.0020	0.28%			64.90%	
		0.500	250	0.250	50	200	0.700	14.000	0.0020	0.28%			65.00%	
		0.500	250	0.250	52	198	0.698	13.960	0.0020	0.29%			65.10%	
		0.500	250	0.250	54	196	0.696	13.920	0.0020	0.29%			65.20%	
		0.500	250	0.250	56	194	0.694	13.880	0.0020	0.29%	0.026	3.88%	0.520	65.30%
		0.500	250	0.250	58	192	0.692	13.840	0.0020	0.29%			65.40%	

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	250	0.250	60	190	0.690	13.800	0.0020	0.29%			65.50%	
		0.500	250	0.250	62	188	0.688	13.760	0.0020	0.29%			65.60%	
		0.500	250	0.250	64	186	0.686	13.720	0.0020	0.29%			65.70%	
		0.500	250	0.250	66	184	0.684	13.680	0.0020	0.29%			65.80%	
		0.500	250	0.250	68	182	0.682	13.640	0.0020	0.29%			65.90%	
		0.500	250	0.250	70	180	0.680	13.600	0.0020	0.29%			66.00%	
		0.500	250	0.250	72	178	0.678	13.560	0.0020	0.29%			66.10%	
		0.500	250	0.250	74	176	0.676	13.520	0.0020	0.29%			66.20%	
		0.500	250	0.250	76	174	0.674	13.480	0.0020	0.30%			66.30%	
		0.500	250	0.250	78	172	0.672	13.440	0.0020	0.30%			66.40%	
		0.500	250	0.250	80	170	0.670	13.400	0.0020	0.30%			66.50%	
		0.500	250	0.250	82	168	0.668	13.360	0.0020	0.30%			66.60%	
		0.500	250	0.250	84	166	0.666	13.320	0.0020	0.30%	0.026	4.03%	0.520	66.70%
		0.500	250	0.250	86	164	0.664	13.280	0.0020	0.30%			66.80%	
		0.500	250	0.250	88	162	0.662	13.240	0.0020	0.30%			66.90%	
		0.500	250	0.250	90	160	0.660	13.200	0.0020	0.30%			67.00%	
		0.500	250	0.250	92	158	0.658	13.160	0.0020	0.30%			67.10%	
		0.500	250	0.250	94	156	0.656	13.120	0.0020	0.30%			67.20%	
		0.500	250	0.250	96	154	0.654	13.080	0.0020	0.30%			67.30%	
		0.500	250	0.250	98	152	0.652	13.040	0.0020	0.31%			67.40%	
		0.500	250	0.250	100	150	0.650	13.000	0.0020	0.31%			67.50%	
		0.500	250	0.250	102	148	0.648	12.960	0.0020	0.31%			67.60%	
		0.500	250	0.250	104	146	0.646	12.920	0.0020	0.31%			67.70%	
		0.500	250	0.250	106	144	0.644	12.880	0.0020	0.31%			67.80%	
		0.500	250	0.250	108	142	0.642	12.840	0.0020	0.31%			67.90%	
		0.500	250	0.250	110	140	0.640	12.800	0.0020	0.31%			68.00%	
		0.500	250	0.250	112	138	0.638	12.760	0.0020	0.31%	0.026	4.20%	0.520	68.10%
		0.500	250	0.250	114	136	0.636	12.720	0.0020	0.31%			68.20%	
		0.500	250	0.250	116	134	0.634	12.680	0.0020	0.31%			68.30%	
		0.500	250	0.250	118	132	0.632	12.640	0.0020	0.32%			68.40%	
		0.500	250	0.250	120	130	0.630	12.600	0.0020	0.32%			68.50%	
		0.500	250	0.250	122	128	0.628	12.560	0.0020	0.32%			68.60%	
		0.500	250	0.250	124	126	0.626	12.520	0.0020	0.32%			68.70%	
		0.500	250	0.250	126	124	0.624	12.480	0.0020	0.32%			68.80%	
		0.500	250	0.250	128	122	0.622	12.440	0.0020	0.32%			68.90%	
		0.500	250	0.250	130	120	0.620	12.400	0.0020	0.32%			69.00%	
		0.500	250	0.250	132	118	0.618	12.360	0.0020	0.32%			69.10%	
		0.500	250	0.250	134	116	0.616	12.320	0.0020	0.32%			69.20%	
		0.500	250	0.250	136	114	0.614	12.280	0.0020	0.32%			69.30%	
		0.500	250	0.250	138	112	0.612	12.240	0.0020	0.33%			69.40%	

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	250	0.250	140	110	0.610	12.200	0.0020	0.33%	0.026	4.39%	0.520	69.50%
		0.500	250	0.250	142	108	0.608	12.160	0.0020	0.33%				69.60%
		0.500	250	0.250	144	106	0.606	12.120	0.0020	0.33%				69.70%
		0.500	250	0.250	146	104	0.604	12.080	0.0020	0.33%				69.80%
		0.500	250	0.250	148	102	0.602	12.040	0.0020	0.33%				69.90%
		0.500	250	0.250	150	100	0.600	12.000	0.0020	0.33%				70.00%
		0.500	250	0.250	152	98	0.598	11.960	0.0020	0.33%				70.10%
		0.500	250	0.250	154	96	0.596	11.920	0.0020	0.33%				70.20%
		0.500	250	0.250	156	94	0.594	11.880	0.0020	0.34%				70.30%
		0.500	250	0.250	158	92	0.592	11.840	0.0020	0.34%				70.40%
		0.500	250	0.250	160	90	0.590	11.800	0.0020	0.34%				70.50%
		0.500	250	0.250	162	88	0.588	11.760	0.0020	0.34%				70.60%
		0.500	250	0.250	164	86	0.586	11.720	0.0020	0.34%				70.70%
		0.500	250	0.250	166	84	0.584	11.680	0.0020	0.34%				70.80%
		0.500	250	0.250	168	82	0.582	11.640	0.0020	0.34%	0.026	4.59%	0.520	70.90%
		0.500	250	0.250	170	80	0.580	11.600	0.0020	0.34%				71.00%
		0.500	250	0.250	172	78	0.578	11.560	0.0020	0.34%				71.10%
		0.500	250	0.250	174	76	0.576	11.520	0.0020	0.35%				71.20%
		0.500	250	0.250	176	74	0.574	11.480	0.0020	0.35%				71.30%
		0.500	250	0.250	178	72	0.572	11.440	0.0020	0.35%				71.40%
		0.500	250	0.250	180	70	0.570	11.400	0.0020	0.35%				71.50%
		0.500	250	0.250	182	68	0.568	11.360	0.0020	0.35%				71.60%
		0.500	250	0.250	184	66	0.566	11.320	0.0020	0.35%				71.70%
		0.500	250	0.250	186	64	0.564	11.280	0.0020	0.35%				71.80%
		0.500	250	0.250	188	62	0.562	11.240	0.0020	0.35%				71.90%
		0.500	250	0.250	190	60	0.560	11.200	0.0020	0.36%				72.00%
		0.500	250	0.250	192	58	0.558	11.160	0.0020	0.36%				72.10%
		0.500	250	0.250	194	56	0.556	11.120	0.0020	0.36%				72.20%
		0.500	250	0.250	196	54	0.554	11.080	0.0020	0.36%	0.026	4.81%	0.520	72.30%
		0.500	250	0.250	198	52	0.552	11.040	0.0020	0.36%				72.40%
		0.500	250	0.250	200	50	0.550	11.000	0.0020	0.36%				72.50%
		0.500	250	0.250	202	48	0.548	10.960	0.0020	0.36%				72.60%
		0.500	250	0.250	204	46	0.546	10.920	0.0020	0.36%				72.70%
		0.500	250	0.250	206	44	0.544	10.880	0.0020	0.37%				72.80%
		0.500	250	0.250	208	42	0.542	10.840	0.0020	0.37%				72.90%
		0.500	250	0.250	210	40	0.540	10.800	0.0020	0.37%				73.00%
		0.500	250	0.250	212	38	0.538	10.760	0.0020	0.37%				73.10%
		0.500	250	0.250	214	36	0.536	10.720	0.0020	0.37%				73.20%
		0.500	250	0.250	216	34	0.534	10.680	0.0020	0.37%				73.30%
		0.500	250	0.250	218	32	0.532	10.640	0.0020	0.37%				73.40%

Medication Xanax
 Valium Multiplier 20
 Original Dose 2
 Current Dose 0.500
 Start Date January 21, 2008
 Dry Dose 0.250
 Dissolve Dose 0.250
 Water in ML 250
 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	250	0.250	2	248	0.498	9.960	0.0020	0.40%			75.10%	
		0.250	250	0.250	4	246	0.496	9.920	0.0020	0.40%			75.20%	
		0.250	250	0.250	6	244	0.494	9.880	0.0020	0.40%			75.30%	
		0.250	250	0.250	8	242	0.492	9.840	0.0020	0.40%			75.40%	
		0.250	250	0.250	10	240	0.490	9.800	0.0020	0.41%			75.50%	
		0.250	250	0.250	12	238	0.488	9.760	0.0020	0.41%			75.60%	
		0.250	250	0.250	14	236	0.486	9.720	0.0020	0.41%			75.70%	
		0.250	250	0.250	16	234	0.484	9.680	0.0020	0.41%			75.80%	
		0.250	250	0.250	18	232	0.482	9.640	0.0020	0.41%			75.90%	
		0.250	250	0.250	20	230	0.480	9.600	0.0020	0.41%			76.00%	
		0.250	250	0.250	22	228	0.478	9.560	0.0020	0.42%			76.10%	
		0.250	250	0.250	24	226	0.476	9.520	0.0020	0.42%			76.20%	
		0.250	250	0.250	26	224	0.474	9.480	0.0020	0.42%			76.30%	
		0.250	250	0.250	28	222	0.472	9.440	0.0020	0.42%	0.026	5.22%	0.520	76.40%
		0.250	250	0.250	30	220	0.470	9.400	0.0020	0.42%			76.50%	
		0.250	250	0.250	32	218	0.468	9.360	0.0020	0.43%			76.60%	
		0.250	250	0.250	34	216	0.466	9.320	0.0020	0.43%			76.70%	
		0.250	250	0.250	36	214	0.464	9.280	0.0020	0.43%			76.80%	
		0.250	250	0.250	38	212	0.462	9.240	0.0020	0.43%			76.90%	
		0.250	250	0.250	40	210	0.460	9.200	0.0020	0.43%			77.00%	
		0.250	250	0.250	42	208	0.458	9.160	0.0020	0.43%			77.10%	
		0.250	250	0.250	44	206	0.456	9.120	0.0020	0.44%			77.20%	
		0.250	250	0.250	46	204	0.454	9.080	0.0020	0.44%			77.30%	
		0.250	250	0.250	48	202	0.452	9.040	0.0020	0.44%			77.40%	
		0.250	250	0.250	50	200	0.450	9.000	0.0020	0.44%			77.50%	
		0.250	250	0.250	52	198	0.448	8.960	0.0020	0.44%			77.60%	
		0.250	250	0.250	54	196	0.446	8.920	0.0020	0.45%			77.70%	
		0.250	250	0.250	56	194	0.444	8.880	0.0020	0.45%	0.026	5.93%	0.520	77.80%
		0.250	250	0.250	58	192	0.442	8.840	0.0020	0.45%			77.90%	

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	250	0.250	60	190	0.440	8.800	0.0020	0.45%			78.00%	
		0.250	250	0.250	62	188	0.438	8.760	0.0020	0.45%			78.10%	
		0.250	250	0.250	64	186	0.436	8.720	0.0020	0.46%			78.20%	
		0.250	250	0.250	66	184	0.434	8.680	0.0020	0.46%			78.30%	
		0.250	250	0.250	68	182	0.432	8.640	0.0020	0.46%			78.40%	
		0.250	250	0.250	70	180	0.430	8.600	0.0020	0.46%			78.50%	
		0.250	250	0.250	72	178	0.428	8.560	0.0020	0.47%			78.60%	
		0.250	250	0.250	74	176	0.426	8.520	0.0020	0.47%			78.70%	
		0.250	250	0.250	76	174	0.424	8.480	0.0020	0.47%			78.80%	
		0.250	250	0.250	78	172	0.422	8.440	0.0020	0.47%			78.90%	
		0.250	250	0.250	80	170	0.420	8.400	0.0020	0.47%			79.00%	
		0.250	250	0.250	82	168	0.418	8.360	0.0020	0.48%			79.10%	
		0.250	250	0.250	84	166	0.416	8.320	0.0020	0.48%	0.026	6.31%	0.520	79.20%
		0.250	250	0.250	86	164	0.414	8.280	0.0020	0.48%			79.30%	
		0.250	250	0.250	88	162	0.412	8.240	0.0020	0.48%			79.40%	
		0.250	250	0.250	90	160	0.410	8.200	0.0020	0.49%			79.50%	
		0.250	250	0.250	92	158	0.408	8.160	0.0020	0.49%			79.60%	
		0.250	250	0.250	94	156	0.406	8.120	0.0020	0.49%			79.70%	
		0.250	250	0.250	96	154	0.404	8.080	0.0020	0.49%			79.80%	
		0.250	250	0.250	98	152	0.402	8.040	0.0020	0.50%			79.90%	
		0.250	250	0.250	100	150	0.400	8.000	0.0020	0.50%			80.00%	
		0.250	250	0.250	102	148	0.398	7.960	0.0020	0.50%			80.10%	
		0.250	250	0.250	104	146	0.396	7.920	0.0020	0.50%			80.20%	
		0.250	250	0.250	106	144	0.394	7.880	0.0020	0.51%			80.30%	
		0.250	250	0.250	108	142	0.392	7.840	0.0020	0.51%			80.40%	
		0.250	250	0.250	110	140	0.390	7.800	0.0020	0.51%			80.50%	
		0.250	250	0.250	112	138	0.388	7.760	0.0020	0.51%	0.026	6.73%	0.520	80.60%
		0.250	250	0.250	114	136	0.386	7.720	0.0020	0.52%			80.70%	
		0.250	250	0.250	116	134	0.384	7.680	0.0020	0.52%			80.80%	
		0.250	250	0.250	118	132	0.382	7.640	0.0020	0.52%			80.90%	
		0.250	250	0.250	120	130	0.380	7.600	0.0020	0.52%			81.00%	
		0.250	250	0.250	122	128	0.378	7.560	0.0020	0.53%			81.10%	
		0.250	250	0.250	124	126	0.376	7.520	0.0020	0.53%			81.20%	
		0.250	250	0.250	126	124	0.374	7.480	0.0020	0.53%			81.30%	
		0.250	250	0.250	128	122	0.372	7.440	0.0020	0.53%			81.40%	
		0.250	250	0.250	130	120	0.370	7.400	0.0020	0.54%			81.50%	
		0.250	250	0.250	132	118	0.368	7.360	0.0020	0.54%			81.60%	
		0.250	250	0.250	134	116	0.366	7.320	0.0020	0.54%			81.70%	
		0.250	250	0.250	136	114	0.364	7.280	0.0020	0.55%			81.80%	
		0.250	250	0.250	138	112	0.362	7.240	0.0020	0.55%			81.90%	

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	250	0.250	140	110	0.360	7.200	0.0020	0.55%	0.026	7.22%	0.520	82.00%
		0.250	250	0.250	142	108	0.358	7.160	0.0020	0.56%				82.10%
		0.250	250	0.250	144	106	0.356	7.120	0.0020	0.56%				82.20%
		0.250	250	0.250	146	104	0.354	7.080	0.0020	0.56%				82.30%
		0.250	250	0.250	148	102	0.352	7.040	0.0020	0.56%				82.40%
		0.250	250	0.250	150	100	0.350	7.000	0.0020	0.57%				82.50%
		0.250	250	0.250	152	98	0.348	6.960	0.0020	0.57%				82.60%
		0.250	250	0.250	154	96	0.346	6.920	0.0020	0.57%				82.70%
		0.250	250	0.250	156	94	0.344	6.880	0.0020	0.58%				82.80%
		0.250	250	0.250	158	92	0.342	6.840	0.0020	0.58%				82.90%
		0.250	250	0.250	160	90	0.340	6.800	0.0020	0.58%				83.00%
		0.250	250	0.250	162	88	0.338	6.760	0.0020	0.59%				83.10%
		0.250	250	0.250	164	86	0.336	6.720	0.0020	0.59%				83.20%
		0.250	250	0.250	166	84	0.334	6.680	0.0020	0.60%				83.30%
		0.250	250	0.250	168	82	0.332	6.640	0.0020	0.60%	0.026	7.78%	0.520	83.40%
		0.250	250	0.250	170	80	0.330	6.600	0.0020	0.60%				83.50%
		0.250	250	0.250	172	78	0.328	6.560	0.0020	0.61%				83.60%
		0.250	250	0.250	174	76	0.326	6.520	0.0020	0.61%				83.70%
		0.250	250	0.250	176	74	0.324	6.480	0.0020	0.61%				83.80%
		0.250	250	0.250	178	72	0.322	6.440	0.0020	0.62%				83.90%
		0.250	250	0.250	180	70	0.320	6.400	0.0020	0.62%				84.00%
		0.250	250	0.250	182	68	0.318	6.360	0.0020	0.63%				84.10%
		0.250	250	0.250	184	66	0.316	6.320	0.0020	0.63%				84.20%
		0.250	250	0.250	186	64	0.314	6.280	0.0020	0.63%				84.30%
		0.250	250	0.250	188	62	0.312	6.240	0.0020	0.64%				84.40%
		0.250	250	0.250	190	60	0.310	6.200	0.0020	0.64%				84.50%
		0.250	250	0.250	192	58	0.308	6.160	0.0020	0.65%				84.60%
		0.250	250	0.250	194	56	0.306	6.120	0.0020	0.65%				84.70%
		0.250	250	0.250	196	54	0.304	6.080	0.0020	0.65%	0.026	8.43%	0.520	84.80%
		0.250	250	0.250	198	52	0.302	6.040	0.0020	0.66%				84.90%
		0.250	250	0.250	200	50	0.300	6.000	0.0020	0.66%				85.00%
		0.250	250	0.250	202	48	0.298	5.960	0.0020	0.67%				85.10%
		0.250	250	0.250	204	46	0.296	5.920	0.0020	0.67%				85.20%
		0.250	250	0.250	206	44	0.294	5.880	0.0020	0.68%				85.30%
		0.250	250	0.250	208	42	0.292	5.840	0.0020	0.68%				85.40%
		0.250	250	0.250	210	40	0.290	5.800	0.0020	0.68%				85.50%
		0.250	250	0.250	212	38	0.288	5.760	0.0020	0.69%				85.60%
		0.250	250	0.250	214	36	0.286	5.720	0.0020	0.69%				85.70%
		0.250	250	0.250	216	34	0.284	5.680	0.0020	0.70%				85.80%
		0.250	250	0.250	218	32	0.282	5.640	0.0020	0.70%				85.90%

Medication Xanax
 Valium Multiplier 20
 Original Dose 2
 Current Dose 0.250
 Start Date May 25, 2008
 Dry Dose 0.000
 Dissolve Dose 0.250
 Water in ML 250
 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	250	0.250	2	248	0.248	4.960	0.0020	0.80%			87.60%	
		0.000	250	0.250	4	246	0.246	4.920	0.0020	0.81%			87.70%	
		0.000	250	0.250	6	244	0.244	4.880	0.0020	0.81%			87.80%	
		0.000	250	0.250	8	242	0.242	4.840	0.0020	0.82%			87.90%	
		0.000	250	0.250	10	240	0.240	4.800	0.0020	0.83%			88.00%	
		0.000	250	0.250	12	238	0.238	4.760	0.0020	0.83%			88.10%	
		0.000	250	0.250	14	236	0.236	4.720	0.0020	0.84%			88.20%	
		0.000	250	0.250	16	234	0.234	4.680	0.0020	0.85%			88.30%	
		0.000	250	0.250	18	232	0.232	4.640	0.0020	0.85%			88.40%	
		0.000	250	0.250	20	230	0.230	4.600	0.0020	0.86%			88.50%	
		0.000	250	0.250	22	228	0.228	4.560	0.0020	0.87%			88.60%	
		0.000	250	0.250	24	226	0.226	4.520	0.0020	0.88%			88.70%	
		0.000	250	0.250	26	224	0.224	4.480	0.0020	0.88%			88.80%	
		0.000	250	0.250	28	222	0.222	4.440	0.0020	0.89%	0.026	10.48%	0.520	88.90%
		0.000	250	0.250	30	220	0.220	4.400	0.0020	0.90%			89.00%	
		0.000	250	0.250	32	218	0.218	4.360	0.0020	0.91%			89.10%	
		0.000	250	0.250	34	216	0.216	4.320	0.0020	0.92%			89.20%	
		0.000	250	0.250	36	214	0.214	4.280	0.0020	0.93%			89.30%	
		0.000	250	0.250	38	212	0.212	4.240	0.0020	0.93%			89.40%	
		0.000	250	0.250	40	210	0.210	4.200	0.0020	0.94%			89.50%	
		0.000	250	0.250	42	208	0.208	4.160	0.0020	0.95%			89.60%	
		0.000	250	0.250	44	206	0.206	4.120	0.0020	0.96%			89.70%	
		0.000	250	0.250	46	204	0.204	4.080	0.0020	0.97%			89.80%	
		0.000	250	0.250	48	202	0.202	4.040	0.0020	0.98%			89.90%	
		0.000	250	0.250	50	200	0.200	4.000	0.0020	0.99%			90.00%	
		0.000	250	0.250	52	198	0.198	3.960	0.0020	1.00%			90.10%	
		0.000	250	0.250	54	196	0.196	3.920	0.0020	1.01%			90.20%	
		0.000	250	0.250	56	194	0.194	3.880	0.0020	1.02%	0.026	12.61%	0.520	90.30%
		0.000	250	0.250	58	192	0.192	3.840	0.0020	1.03%			90.40%	

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	250	0.250	60	190	0.190	3.800	0.0020	1.04%				90.50%
	0.000	250	0.250	62	188	0.188	3.760	0.0020	1.05%				90.60%
	0.000	250	0.250	64	186	0.186	3.720	0.0020	1.06%				90.70%
	0.000	250	0.250	66	184	0.184	3.680	0.0020	1.08%				90.80%
	0.000	250	0.250	68	182	0.182	3.640	0.0020	1.09%				90.90%
	0.000	250	0.250	70	180	0.180	3.600	0.0020	1.10%				91.00%
	0.000	250	0.250	72	178	0.178	3.560	0.0020	1.11%				91.10%
	0.000	250	0.250	74	176	0.176	3.520	0.0020	1.12%				91.20%
	0.000	250	0.250	76	174	0.174	3.480	0.0020	1.14%				91.30%
	0.000	250	0.250	78	172	0.172	3.440	0.0020	1.15%				91.40%
	0.000	250	0.250	80	170	0.170	3.400	0.0020	1.16%				91.50%
	0.000	250	0.250	82	168	0.168	3.360	0.0020	1.18%				91.60%
	0.000	250	0.250	84	166	0.166	3.320	0.0020	1.19%	0.026	14.43%	0.520	91.70%
	0.000	250	0.250	86	164	0.164	3.280	0.0020	1.20%				91.80%
	0.000	250	0.250	88	162	0.162	3.240	0.0020	1.22%				91.90%
	0.000	250	0.250	90	160	0.160	3.200	0.0020	1.23%				92.00%
	0.000	250	0.250	92	158	0.158	3.160	0.0020	1.25%				92.10%
	0.000	250	0.250	94	156	0.156	3.120	0.0020	1.27%				92.20%
	0.000	250	0.250	96	154	0.154	3.080	0.0020	1.28%				92.30%
	0.000	250	0.250	98	152	0.152	3.040	0.0020	1.30%				92.40%
	0.000	250	0.250	100	150	0.150	3.000	0.0020	1.32%				92.50%
	0.000	250	0.250	102	148	0.148	2.960	0.0020	1.33%				92.60%
	0.000	250	0.250	104	146	0.146	2.920	0.0020	1.35%				92.70%
	0.000	250	0.250	106	144	0.144	2.880	0.0020	1.37%				92.80%
	0.000	250	0.250	108	142	0.142	2.840	0.0020	1.39%				92.90%
	0.000	250	0.250	110	140	0.140	2.800	0.0020	1.41%				93.00%
	0.000	250	0.250	112	138	0.138	2.760	0.0020	1.43%	0.026	16.87%	0.520	93.10%
	0.000	250	0.250	114	136	0.136	2.720	0.0020	1.45%				93.20%
	0.000	250	0.250	116	134	0.134	2.680	0.0020	1.47%				93.30%
	0.000	250	0.250	118	132	0.132	2.640	0.0020	1.49%				93.40%
	0.000	250	0.250	120	130	0.130	2.600	0.0020	1.52%				93.50%
	0.000	250	0.250	122	128	0.128	2.560	0.0020	1.54%				93.60%
	0.000	250	0.250	124	126	0.126	2.520	0.0020	1.56%				93.70%
	0.000	250	0.250	126	124	0.124	2.480	0.0020	1.59%				93.80%
	0.000	250	0.250	128	122	0.122	2.440	0.0020	1.61%				93.90%
	0.000	250	0.250	130	120	0.120	2.400	0.0020	1.64%				94.00%
	0.000	250	0.250	132	118	0.118	2.360	0.0020	1.67%				94.10%
	0.000	250	0.250	134	116	0.116	2.320	0.0020	1.69%				94.20%
	0.000	250	0.250	136	114	0.114	2.280	0.0020	1.72%				94.30%
	0.000	250	0.250	138	112	0.112	2.240	0.0020	1.75%				94.40%

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	250	0.250	140	110	0.110	2.200	0.0020	1.79%	0.026	20.29%	0.520	94.50%
	0.000	250	0.250	142	108	0.108	2.160	0.0020	1.82%				94.60%
	0.000	250	0.250	144	106	0.106	2.120	0.0020	1.85%				94.70%
	0.000	250	0.250	146	104	0.104	2.080	0.0020	1.89%				94.80%
	0.000	250	0.250	148	102	0.102	2.040	0.0020	1.92%				94.90%
	0.000	250	0.250	150	100	0.100	2.000	0.0020	1.96%				95.00%
	0.000	250	0.250	152	98	0.098	1.960	0.0020	2.00%				95.10%
	0.000	250	0.250	154	96	0.096	1.920	0.0020	2.04%				95.20%
	0.000	250	0.250	156	94	0.094	1.880	0.0020	2.08%				95.30%
	0.000	250	0.250	158	92	0.092	1.840	0.0020	2.13%				95.40%
	0.000	250	0.250	160	90	0.090	1.800	0.0020	2.17%				95.50%
	0.000	250	0.250	162	88	0.088	1.760	0.0020	2.22%				95.60%
	0.000	250	0.250	164	86	0.086	1.720	0.0020	2.27%				95.70%
	0.000	250	0.250	166	84	0.084	1.680	0.0020	2.33%				95.80%
	0.000	250	0.250	168	82	0.082	1.640	0.0020	2.38%	0.026	25.45%	0.520	95.90%
	0.000	250	0.250	170	80	0.080	1.600	0.0020	2.44%				96.00%
	0.000	250	0.250	172	78	0.078	1.560	0.0020	2.50%				96.10%
	0.000	250	0.250	174	76	0.076	1.520	0.0020	2.56%				96.20%
	0.000	250	0.250	176	74	0.074	1.480	0.0020	2.63%				96.30%
	0.000	250	0.250	178	72	0.072	1.440	0.0020	2.70%				96.40%
	0.000	250	0.250	180	70	0.070	1.400	0.0020	2.78%				96.50%
	0.000	250	0.250	182	68	0.068	1.360	0.0020	2.86%				96.60%
	0.000	250	0.250	184	66	0.066	1.320	0.0020	2.94%				96.70%
	0.000	250	0.250	186	64	0.064	1.280	0.0020	3.03%				96.80%
	0.000	250	0.250	188	62	0.062	1.240	0.0020	3.13%				96.90%
	0.000	250	0.250	190	60	0.060	1.200	0.0020	3.23%				97.00%
	0.000	250	0.250	192	58	0.058	1.160	0.0020	3.33%				97.10%
	0.000	250	0.250	194	56	0.056	1.120	0.0020	3.45%				97.20%
	0.000	250	0.250	196	54	0.054	1.080	0.0020	3.57%	0.026	34.15%	0.520	97.30%
	0.000	250	0.250	198	52	0.052	1.040	0.0020	3.70%				97.40%
	0.000	250	0.250	200	50	0.050	1.000	0.0020	3.85%				97.50%
	0.000	250	0.250	202	48	0.048	0.960	0.0020	4.00%				97.60%
	0.000	250	0.250	204	46	0.046	0.920	0.0020	4.17%				97.70%
	0.000	250	0.250	206	44	0.044	0.880	0.0020	4.35%				97.80%
	0.000	250	0.250	208	42	0.042	0.840	0.0020	4.55%				97.90%
	0.000	250	0.250	210	40	0.040	0.800	0.0020	4.76%				98.00%
	0.000	250	0.250	212	38	0.038	0.760	0.0020	5.00%				98.10%
	0.000	250	0.250	214	36	0.036	0.720	0.0020	5.26%				98.20%
	0.000	250	0.250	216	34	0.034	0.680	0.0020	5.56%				98.30%
	0.000	250	0.250	218	32	0.032	0.640	0.0020	5.88%				98.40%

