

Medication **Xanax**
 Valium Multiplier 20
 Original Dose **4.000**
 Current Dose **4.000**
 Start Date **January 1, 2006**
 Dry Dose **3.500**
 Dissolve Dose **0.500**
 Water in ML **166**
 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
		3.500	166	0.500	2	164	3.994	79.880	0.0060	0.15%			0.00%
		3.500	166	0.500	4	162	3.988	79.759	0.0060	0.15%			0.30%
		3.500	166	0.500	6	160	3.982	79.639	0.0060	0.15%			0.45%
		3.500	166	0.500	8	158	3.976	79.518	0.0060	0.15%			0.60%
		3.500	166	0.500	10	156	3.970	79.398	0.0060	0.15%			0.75%
		3.500	166	0.500	12	154	3.964	79.277	0.0060	0.15%			0.90%
		3.500	166	0.500	14	152	3.958	79.157	0.0060	0.15%			1.05%
		3.500	166	0.500	16	150	3.952	79.036	0.0060	0.15%			1.20%
		3.500	166	0.500	18	148	3.946	78.916	0.0060	0.15%			1.36%
		3.500	166	0.500	20	146	3.940	78.795	0.0060	0.15%			1.51%
		3.500	166	0.500	22	144	3.934	78.675	0.0060	0.15%			1.66%
		3.500	166	0.500	24	142	3.928	78.554	0.0060	0.15%			1.81%
		3.500	166	0.500	26	140	3.922	78.434	0.0060	0.15%			1.96%
		3.500	166	0.500	28	138	3.916	78.313	0.0060	0.15%	0.078	1.96%	2.11%
		3.500	166	0.500	30	136	3.910	78.193	0.0060	0.15%			2.26%
		3.500	166	0.500	32	134	3.904	78.072	0.0060	0.15%			2.41%
		3.500	166	0.500	34	132	3.898	77.952	0.0060	0.15%			2.56%
		3.500	166	0.500	36	130	3.892	77.831	0.0060	0.15%			2.71%
		3.500	166	0.500	38	128	3.886	77.711	0.0060	0.15%			2.86%
		3.500	166	0.500	40	126	3.880	77.590	0.0060	0.16%			3.01%
		3.500	166	0.500	42	124	3.873	77.470	0.0060	0.16%			3.16%
		3.500	166	0.500	44	122	3.867	77.349	0.0060	0.16%			3.31%
		3.500	166	0.500	46	120	3.861	77.229	0.0060	0.16%			3.46%
		3.500	166	0.500	48	118	3.855	77.108	0.0060	0.16%			3.61%
		3.500	166	0.500	50	116	3.849	76.988	0.0060	0.16%			3.77%
		3.500	166	0.500	52	114	3.843	76.867	0.0060	0.16%			3.92%
		3.500	166	0.500	54	112	3.837	76.747	0.0060	0.16%			4.07%
		3.500	166	0.500	56	110	3.831	76.627	0.0060	0.16%	0.078	2.15%	4.22%
		3.500	166	0.500	58	108	3.825	76.506	0.0060	0.16%			4.37%

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	
		3.500	166	0.500	60	106	3.819	76.386	0.0060	0.16%			4.52%	
		3.500	166	0.500	62	104	3.813	76.265	0.0060	0.16%			4.67%	
		3.500	166	0.500	64	102	3.807	76.145	0.0060	0.16%			4.82%	
		3.500	166	0.500	66	100	3.801	76.024	0.0060	0.16%			4.97%	
		3.500	166	0.500	68	98	3.795	75.904	0.0060	0.16%			5.12%	
		3.500	166	0.500	70	96	3.789	75.783	0.0060	0.16%			5.27%	
		3.500	166	0.500	72	94	3.783	75.663	0.0060	0.16%			5.42%	
		3.500	166	0.500	74	92	3.777	75.542	0.0060	0.16%			5.57%	
		3.500	166	0.500	76	90	3.771	75.422	0.0060	0.16%			5.72%	
		3.500	166	0.500	78	88	3.765	75.301	0.0060	0.16%			5.87%	
		3.500	166	0.500	80	86	3.759	75.181	0.0060	0.16%			6.02%	
		3.500	166	0.500	82	84	3.753	75.060	0.0060	0.16%			6.17%	
		3.500	166	0.500	84	82	3.747	74.940	0.0060	0.16%	0.078	2.20%	1.566	6.33%
		3.500	166	0.500	86	80	3.741	74.819	0.0060	0.16%			6.48%	
		3.500	166	0.500	88	78	3.735	74.699	0.0060	0.16%			6.63%	
		3.500	166	0.500	90	76	3.729	74.578	0.0060	0.16%			6.78%	
		3.500	166	0.500	92	74	3.723	74.458	0.0060	0.16%			6.93%	
		3.500	166	0.500	94	72	3.717	74.337	0.0060	0.16%			7.08%	
		3.500	166	0.500	96	70	3.711	74.217	0.0060	0.16%			7.23%	
		3.500	166	0.500	98	68	3.705	74.096	0.0060	0.16%			7.38%	
		3.500	166	0.500	100	66	3.699	73.976	0.0060	0.16%			7.53%	
		3.500	166	0.500	102	64	3.693	73.855	0.0060	0.16%			7.68%	
		3.500	166	0.500	104	62	3.687	73.735	0.0060	0.16%			7.83%	
		3.500	166	0.500	106	60	3.681	73.614	0.0060	0.16%			7.98%	
		3.500	166	0.500	108	58	3.675	73.494	0.0060	0.16%			8.13%	
		3.500	166	0.500	110	56	3.669	73.373	0.0060	0.16%			8.28%	
		3.500	166	0.500	112	54	3.663	73.253	0.0060	0.16%	0.078	2.25%	1.566	8.43%
		3.500	166	0.500	114	52	3.657	73.133	0.0060	0.16%			8.58%	
		3.500	166	0.500	116	50	3.651	73.012	0.0060	0.16%			8.73%	
		3.500	166	0.500	118	48	3.645	72.892	0.0060	0.17%			8.89%	
		3.500	166	0.500	120	46	3.639	72.771	0.0060	0.17%			9.04%	
		3.500	166	0.500	122	44	3.633	72.651	0.0060	0.17%			9.19%	
		3.500	166	0.500	124	42	3.627	72.530	0.0060	0.17%			9.34%	
		3.500	166	0.500	126	40	3.620	72.410	0.0060	0.17%			9.49%	
		3.500	166	0.500	128	38	3.614	72.289	0.0060	0.17%			9.64%	
		3.500	166	0.500	130	36	3.608	72.169	0.0060	0.17%			9.79%	
		3.500	166	0.500	132	34	3.602	72.048	0.0060	0.17%			9.94%	
		3.500	166	0.500	134	32	3.596	71.928	0.0060	0.17%			10.09%	
		3.500	166	0.500	136	30	3.590	71.807	0.0060	0.17%			10.24%	
		3.500	166	0.500	138	28	3.584	71.687	0.0060	0.17%			10.39%	

Medication Xanax
 Valium Multiplier 20
 Original Dose 4.000
 Current Dose 3.500
 Start Date March 25, 2006
 Dry Dose 3.000
 Dissolve Dose 0.500
 Water in ML 166
 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
		3.000	166	0.500	2	164	3.494	69.880	0.0060	0.17%			12.65%
		3.000	166	0.500	4	162	3.488	69.759	0.0060	0.17%			12.80%
		3.000	166	0.500	6	160	3.482	69.639	0.0060	0.17%			12.95%
		3.000	166	0.500	8	158	3.476	69.518	0.0060	0.17%			13.10%
		3.000	166	0.500	10	156	3.470	69.398	0.0060	0.17%			13.25%
		3.000	166	0.500	12	154	3.464	69.277	0.0060	0.17%			13.40%
		3.000	166	0.500	14	152	3.458	69.157	0.0060	0.17%			13.55%
		3.000	166	0.500	16	150	3.452	69.036	0.0060	0.17%			13.70%
		3.000	166	0.500	18	148	3.446	68.916	0.0060	0.17%			13.86%
		3.000	166	0.500	20	146	3.440	68.795	0.0060	0.17%			14.01%
		3.000	166	0.500	22	144	3.434	68.675	0.0060	0.18%			14.16%
		3.000	166	0.500	24	142	3.428	68.554	0.0060	0.18%			14.31%
		3.000	166	0.500	26	140	3.422	68.434	0.0060	0.18%			14.46%
		3.000	166	0.500	28	138	3.416	68.313	0.0060	0.18%	0.078	2.24%	14.61%
		3.000	166	0.500	30	136	3.410	68.193	0.0060	0.18%			14.76%
		3.000	166	0.500	32	134	3.404	68.072	0.0060	0.18%			14.91%
		3.000	166	0.500	34	132	3.398	67.952	0.0060	0.18%			15.06%
		3.000	166	0.500	36	130	3.392	67.831	0.0060	0.18%			15.21%
		3.000	166	0.500	38	128	3.386	67.711	0.0060	0.18%			15.36%
		3.000	166	0.500	40	126	3.380	67.590	0.0060	0.18%			15.51%
		3.000	166	0.500	42	124	3.373	67.470	0.0060	0.18%			15.66%
		3.000	166	0.500	44	122	3.367	67.349	0.0060	0.18%			15.81%
		3.000	166	0.500	46	120	3.361	67.229	0.0060	0.18%			15.96%
		3.000	166	0.500	48	118	3.355	67.108	0.0060	0.18%			16.11%
		3.000	166	0.500	50	116	3.349	66.988	0.0060	0.18%			16.27%
		3.000	166	0.500	52	114	3.343	66.867	0.0060	0.18%			16.42%
		3.000	166	0.500	54	112	3.337	66.747	0.0060	0.18%			16.57%
		3.000	166	0.500	56	110	3.331	66.627	0.0060	0.18%	0.078	2.47%	16.72%
		3.000	166	0.500	58	108	3.325	66.506	0.0060	0.18%			16.87%

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	
		3.000	166	0.500	60	106	3.319	66.386	0.0060	0.18%			17.02%	
		3.000	166	0.500	62	104	3.313	66.265	0.0060	0.18%			17.17%	
		3.000	166	0.500	64	102	3.307	66.145	0.0060	0.18%			17.32%	
		3.000	166	0.500	66	100	3.301	66.024	0.0060	0.18%			17.47%	
		3.000	166	0.500	68	98	3.295	65.904	0.0060	0.18%			17.62%	
		3.000	166	0.500	70	96	3.289	65.783	0.0060	0.18%			17.77%	
		3.000	166	0.500	72	94	3.283	65.663	0.0060	0.18%			17.92%	
		3.000	166	0.500	74	92	3.277	65.542	0.0060	0.18%			18.07%	
		3.000	166	0.500	76	90	3.271	65.422	0.0060	0.18%			18.22%	
		3.000	166	0.500	78	88	3.265	65.301	0.0060	0.18%			18.37%	
		3.000	166	0.500	80	86	3.259	65.181	0.0060	0.18%			18.52%	
		3.000	166	0.500	82	84	3.253	65.060	0.0060	0.18%			18.67%	
		3.000	166	0.500	84	82	3.247	64.940	0.0060	0.19%	0.078	2.53%	1.566	18.83%
		3.000	166	0.500	86	80	3.241	64.819	0.0060	0.19%			18.98%	
		3.000	166	0.500	88	78	3.235	64.699	0.0060	0.19%			19.13%	
		3.000	166	0.500	90	76	3.229	64.578	0.0060	0.19%			19.28%	
		3.000	166	0.500	92	74	3.223	64.458	0.0060	0.19%			19.43%	
		3.000	166	0.500	94	72	3.217	64.337	0.0060	0.19%			19.58%	
		3.000	166	0.500	96	70	3.211	64.217	0.0060	0.19%			19.73%	
		3.000	166	0.500	98	68	3.205	64.096	0.0060	0.19%			19.88%	
		3.000	166	0.500	100	66	3.199	63.976	0.0060	0.19%			20.03%	
		3.000	166	0.500	102	64	3.193	63.855	0.0060	0.19%			20.18%	
		3.000	166	0.500	104	62	3.187	63.735	0.0060	0.19%			20.33%	
		3.000	166	0.500	106	60	3.181	63.614	0.0060	0.19%			20.48%	
		3.000	166	0.500	108	58	3.175	63.494	0.0060	0.19%			20.63%	
		3.000	166	0.500	110	56	3.169	63.373	0.0060	0.19%			20.78%	
		3.000	166	0.500	112	54	3.163	63.253	0.0060	0.19%	0.078	2.60%	1.566	20.93%
		3.000	166	0.500	114	52	3.157	63.133	0.0060	0.19%			21.08%	
		3.000	166	0.500	116	50	3.151	63.012	0.0060	0.19%			21.23%	
		3.000	166	0.500	118	48	3.145	62.892	0.0060	0.19%			21.39%	
		3.000	166	0.500	120	46	3.139	62.771	0.0060	0.19%			21.54%	
		3.000	166	0.500	122	44	3.133	62.651	0.0060	0.19%			21.69%	
		3.000	166	0.500	124	42	3.127	62.530	0.0060	0.19%			21.84%	
		3.000	166	0.500	126	40	3.120	62.410	0.0060	0.19%			21.99%	
		3.000	166	0.500	128	38	3.114	62.289	0.0060	0.19%			22.14%	
		3.000	166	0.500	130	36	3.108	62.169	0.0060	0.19%			22.29%	
		3.000	166	0.500	132	34	3.102	62.048	0.0060	0.19%			22.44%	
		3.000	166	0.500	134	32	3.096	61.928	0.0060	0.19%			22.59%	
		3.000	166	0.500	136	30	3.090	61.807	0.0060	0.19%			22.74%	
		3.000	166	0.500	138	28	3.084	61.687	0.0060	0.19%			22.89%	

Medication Xanax
 Valium Multiplier 20
 Original Dose 4.000
 Current Dose 3.000
 Start Date June 16, 2006
 Dry Dose 2.500
 Dissolve Dose 0.500
 Water in ML 166
 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	
		2.500	166	0.500	2	164	2.994	59.880	0.0060	0.20%			25.15%	
		2.500	166	0.500	4	162	2.988	59.759	0.0060	0.20%			25.30%	
		2.500	166	0.500	6	160	2.982	59.639	0.0060	0.20%			25.45%	
		2.500	166	0.500	8	158	2.976	59.518	0.0060	0.20%			25.60%	
		2.500	166	0.500	10	156	2.970	59.398	0.0060	0.20%			25.75%	
		2.500	166	0.500	12	154	2.964	59.277	0.0060	0.20%			25.90%	
		2.500	166	0.500	14	152	2.958	59.157	0.0060	0.20%			26.05%	
		2.500	166	0.500	16	150	2.952	59.036	0.0060	0.20%			26.20%	
		2.500	166	0.500	18	148	2.946	58.916	0.0060	0.20%			26.36%	
		2.500	166	0.500	20	146	2.940	58.795	0.0060	0.20%			26.51%	
		2.500	166	0.500	22	144	2.934	58.675	0.0060	0.20%			26.66%	
		2.500	166	0.500	24	142	2.928	58.554	0.0060	0.21%			26.81%	
		2.500	166	0.500	26	140	2.922	58.434	0.0060	0.21%			26.96%	
		2.500	166	0.500	28	138	2.916	58.313	0.0060	0.21%	0.078	2.62%	1.566	27.11%
		2.500	166	0.500	30	136	2.910	58.193	0.0060	0.21%			27.26%	
		2.500	166	0.500	32	134	2.904	58.072	0.0060	0.21%			27.41%	
		2.500	166	0.500	34	132	2.898	57.952	0.0060	0.21%			27.56%	
		2.500	166	0.500	36	130	2.892	57.831	0.0060	0.21%			27.71%	
		2.500	166	0.500	38	128	2.886	57.711	0.0060	0.21%			27.86%	
		2.500	166	0.500	40	126	2.880	57.590	0.0060	0.21%			28.01%	
		2.500	166	0.500	42	124	2.873	57.470	0.0060	0.21%			28.16%	
		2.500	166	0.500	44	122	2.867	57.349	0.0060	0.21%			28.31%	
		2.500	166	0.500	46	120	2.861	57.229	0.0060	0.21%			28.46%	
		2.500	166	0.500	48	118	2.855	57.108	0.0060	0.21%			28.61%	
		2.500	166	0.500	50	116	2.849	56.988	0.0060	0.21%			28.77%	
		2.500	166	0.500	52	114	2.843	56.867	0.0060	0.21%			28.92%	
		2.500	166	0.500	54	112	2.837	56.747	0.0060	0.21%			29.07%	
		2.500	166	0.500	56	110	2.831	56.627	0.0060	0.21%	0.078	2.89%	1.566	29.22%
		2.500	166	0.500	58	108	2.825	56.506	0.0060	0.21%			29.37%	

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	
		2.500	166	0.500	60	106	2.819	56.386	0.0060	0.21%			29.52%	
		2.500	166	0.500	62	104	2.813	56.265	0.0060	0.21%			29.67%	
		2.500	166	0.500	64	102	2.807	56.145	0.0060	0.21%			29.82%	
		2.500	166	0.500	66	100	2.801	56.024	0.0060	0.21%			29.97%	
		2.500	166	0.500	68	98	2.795	55.904	0.0060	0.22%			30.12%	
		2.500	166	0.500	70	96	2.789	55.783	0.0060	0.22%			30.27%	
		2.500	166	0.500	72	94	2.783	55.663	0.0060	0.22%			30.42%	
		2.500	166	0.500	74	92	2.777	55.542	0.0060	0.22%			30.57%	
		2.500	166	0.500	76	90	2.771	55.422	0.0060	0.22%			30.72%	
		2.500	166	0.500	78	88	2.765	55.301	0.0060	0.22%			30.87%	
		2.500	166	0.500	80	86	2.759	55.181	0.0060	0.22%			31.02%	
		2.500	166	0.500	82	84	2.753	55.060	0.0060	0.22%			31.17%	
		2.500	166	0.500	84	82	2.747	54.940	0.0060	0.22%	0.078	2.98%	1.566	31.33%
		2.500	166	0.500	86	80	2.741	54.819	0.0060	0.22%			31.48%	
		2.500	166	0.500	88	78	2.735	54.699	0.0060	0.22%			31.63%	
		2.500	166	0.500	90	76	2.729	54.578	0.0060	0.22%			31.78%	
		2.500	166	0.500	92	74	2.723	54.458	0.0060	0.22%			31.93%	
		2.500	166	0.500	94	72	2.717	54.337	0.0060	0.22%			32.08%	
		2.500	166	0.500	96	70	2.711	54.217	0.0060	0.22%			32.23%	
		2.500	166	0.500	98	68	2.705	54.096	0.0060	0.22%			32.38%	
		2.500	166	0.500	100	66	2.699	53.976	0.0060	0.22%			32.53%	
		2.500	166	0.500	102	64	2.693	53.855	0.0060	0.22%			32.68%	
		2.500	166	0.500	104	62	2.687	53.735	0.0060	0.22%			32.83%	
		2.500	166	0.500	106	60	2.681	53.614	0.0060	0.22%			32.98%	
		2.500	166	0.500	108	58	2.675	53.494	0.0060	0.22%			33.13%	
		2.500	166	0.500	110	56	2.669	53.373	0.0060	0.23%			33.28%	
		2.500	166	0.500	112	54	2.663	53.253	0.0060	0.23%	0.078	3.07%	1.566	33.43%
		2.500	166	0.500	114	52	2.657	53.133	0.0060	0.23%			33.58%	
		2.500	166	0.500	116	50	2.651	53.012	0.0060	0.23%			33.73%	
		2.500	166	0.500	118	48	2.645	52.892	0.0060	0.23%			33.89%	
		2.500	166	0.500	120	46	2.639	52.771	0.0060	0.23%			34.04%	
		2.500	166	0.500	122	44	2.633	52.651	0.0060	0.23%			34.19%	
		2.500	166	0.500	124	42	2.627	52.530	0.0060	0.23%			34.34%	
		2.500	166	0.500	126	40	2.620	52.410	0.0060	0.23%			34.49%	
		2.500	166	0.500	128	38	2.614	52.289	0.0060	0.23%			34.64%	
		2.500	166	0.500	130	36	2.608	52.169	0.0060	0.23%			34.79%	
		2.500	166	0.500	132	34	2.602	52.048	0.0060	0.23%			34.94%	
		2.500	166	0.500	134	32	2.596	51.928	0.0060	0.23%			35.09%	
		2.500	166	0.500	136	30	2.590	51.807	0.0060	0.23%			35.24%	
		2.500	166	0.500	138	28	2.584	51.687	0.0060	0.23%			35.39%	

Medication Xanax
 Valium Multiplier 20
 Original Dose 4
 Current Dose 2.500
 Start Date September 7, 2006
 Dry Dose 2.000
 Dissolve Dose 0.500
 Water in ML 166
 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	
		2.000	166	0.500	2	164	2.494	49.880	0.0060	0.24%			37.65%	
		2.000	166	0.500	4	162	2.488	49.759	0.0060	0.24%			37.80%	
		2.000	166	0.500	6	160	2.482	49.639	0.0060	0.24%			37.95%	
		2.000	166	0.500	8	158	2.476	49.518	0.0060	0.24%			38.10%	
		2.000	166	0.500	10	156	2.470	49.398	0.0060	0.24%			38.25%	
		2.000	166	0.500	12	154	2.464	49.277	0.0060	0.24%			38.40%	
		2.000	166	0.500	14	152	2.458	49.157	0.0060	0.24%			38.55%	
		2.000	166	0.500	16	150	2.452	49.036	0.0060	0.25%			38.70%	
		2.000	166	0.500	18	148	2.446	48.916	0.0060	0.25%			38.86%	
		2.000	166	0.500	20	146	2.440	48.795	0.0060	0.25%			39.01%	
		2.000	166	0.500	22	144	2.434	48.675	0.0060	0.25%			39.16%	
		2.000	166	0.500	24	142	2.428	48.554	0.0060	0.25%			39.31%	
		2.000	166	0.500	26	140	2.422	48.434	0.0060	0.25%			39.46%	
		2.000	166	0.500	28	138	2.416	48.313	0.0060	0.25%	0.078	3.14%	1.566	39.61%
		2.000	166	0.500	30	136	2.410	48.193	0.0060	0.25%			39.76%	
		2.000	166	0.500	32	134	2.404	48.072	0.0060	0.25%			39.91%	
		2.000	166	0.500	34	132	2.398	47.952	0.0060	0.25%			40.06%	
		2.000	166	0.500	36	130	2.392	47.831	0.0060	0.25%			40.21%	
		2.000	166	0.500	38	128	2.386	47.711	0.0060	0.25%			40.36%	
		2.000	166	0.500	40	126	2.380	47.590	0.0060	0.25%			40.51%	
		2.000	166	0.500	42	124	2.373	47.470	0.0060	0.25%			40.66%	
		2.000	166	0.500	44	122	2.367	47.349	0.0060	0.25%			40.81%	
		2.000	166	0.500	46	120	2.361	47.229	0.0060	0.25%			40.96%	
		2.000	166	0.500	48	118	2.355	47.108	0.0060	0.26%			41.11%	
		2.000	166	0.500	50	116	2.349	46.988	0.0060	0.26%			41.27%	
		2.000	166	0.500	52	114	2.343	46.867	0.0060	0.26%			41.42%	
		2.000	166	0.500	54	112	2.337	46.747	0.0060	0.26%			41.57%	
		2.000	166	0.500	56	110	2.331	46.627	0.0060	0.26%	0.078	3.49%	1.566	41.72%
		2.000	166	0.500	58	108	2.325	46.506	0.0060	0.26%			41.87%	

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	
		2.000	166	0.500	60	106	2.319	46.386	0.0060	0.26%			42.02%	
		2.000	166	0.500	62	104	2.313	46.265	0.0060	0.26%			42.17%	
		2.000	166	0.500	64	102	2.307	46.145	0.0060	0.26%			42.32%	
		2.000	166	0.500	66	100	2.301	46.024	0.0060	0.26%			42.47%	
		2.000	166	0.500	68	98	2.295	45.904	0.0060	0.26%			42.62%	
		2.000	166	0.500	70	96	2.289	45.783	0.0060	0.26%			42.77%	
		2.000	166	0.500	72	94	2.283	45.663	0.0060	0.26%			42.92%	
		2.000	166	0.500	74	92	2.277	45.542	0.0060	0.26%			43.07%	
		2.000	166	0.500	76	90	2.271	45.422	0.0060	0.26%			43.22%	
		2.000	166	0.500	78	88	2.265	45.301	0.0060	0.27%			43.37%	
		2.000	166	0.500	80	86	2.259	45.181	0.0060	0.27%			43.52%	
		2.000	166	0.500	82	84	2.253	45.060	0.0060	0.27%			43.67%	
		2.000	166	0.500	84	82	2.247	44.940	0.0060	0.27%	0.078	3.62%	1.566	43.83%
		2.000	166	0.500	86	80	2.241	44.819	0.0060	0.27%			43.98%	
		2.000	166	0.500	88	78	2.235	44.699	0.0060	0.27%			44.13%	
		2.000	166	0.500	90	76	2.229	44.578	0.0060	0.27%			44.28%	
		2.000	166	0.500	92	74	2.223	44.458	0.0060	0.27%			44.43%	
		2.000	166	0.500	94	72	2.217	44.337	0.0060	0.27%			44.58%	
		2.000	166	0.500	96	70	2.211	44.217	0.0060	0.27%			44.73%	
		2.000	166	0.500	98	68	2.205	44.096	0.0060	0.27%			44.88%	
		2.000	166	0.500	100	66	2.199	43.976	0.0060	0.27%			45.03%	
		2.000	166	0.500	102	64	2.193	43.855	0.0060	0.27%			45.18%	
		2.000	166	0.500	104	62	2.187	43.735	0.0060	0.27%			45.33%	
		2.000	166	0.500	106	60	2.181	43.614	0.0060	0.28%			45.48%	
		2.000	166	0.500	108	58	2.175	43.494	0.0060	0.28%			45.63%	
		2.000	166	0.500	110	56	2.169	43.373	0.0060	0.28%			45.78%	
		2.000	166	0.500	112	54	2.163	43.253	0.0060	0.28%	0.078	3.75%	1.566	45.93%
		2.000	166	0.500	114	52	2.157	43.133	0.0060	0.28%			46.08%	
		2.000	166	0.500	116	50	2.151	43.012	0.0060	0.28%			46.23%	
		2.000	166	0.500	118	48	2.145	42.892	0.0060	0.28%			46.39%	
		2.000	166	0.500	120	46	2.139	42.771	0.0060	0.28%			46.54%	
		2.000	166	0.500	122	44	2.133	42.651	0.0060	0.28%			46.69%	
		2.000	166	0.500	124	42	2.127	42.530	0.0060	0.28%			46.84%	
		2.000	166	0.500	126	40	2.120	42.410	0.0060	0.28%			46.99%	
		2.000	166	0.500	128	38	2.114	42.289	0.0060	0.28%			47.14%	
		2.000	166	0.500	130	36	2.108	42.169	0.0060	0.28%			47.29%	
		2.000	166	0.500	132	34	2.102	42.048	0.0060	0.29%			47.44%	
		2.000	166	0.500	134	32	2.096	41.928	0.0060	0.29%			47.59%	
		2.000	166	0.500	136	30	2.090	41.807	0.0060	0.29%			47.74%	
		2.000	166	0.500	138	28	2.084	41.687	0.0060	0.29%			47.89%	

Medication Xanax
 Valium Multiplier 20
 Original Dose 4
 Current Dose 2.000
 Start Date November 29, 2006
 Dry Dose 1.500
 Dissolve Dose 0.500
 Water in ML 166
 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	166	0.500	2	164	1.994	39.880	0.0060	0.30%			50.15%	
		1.500	166	0.500	4	162	1.988	39.759	0.0060	0.30%			50.30%	
		1.500	166	0.500	6	160	1.982	39.639	0.0060	0.30%			50.45%	
		1.500	166	0.500	8	158	1.976	39.518	0.0060	0.30%			50.60%	
		1.500	166	0.500	10	156	1.970	39.398	0.0060	0.30%			50.75%	
		1.500	166	0.500	12	154	1.964	39.277	0.0060	0.31%			50.90%	
		1.500	166	0.500	14	152	1.958	39.157	0.0060	0.31%			51.05%	
		1.500	166	0.500	16	150	1.952	39.036	0.0060	0.31%			51.20%	
		1.500	166	0.500	18	148	1.946	38.916	0.0060	0.31%			51.36%	
		1.500	166	0.500	20	146	1.940	38.795	0.0060	0.31%			51.51%	
		1.500	166	0.500	22	144	1.934	38.675	0.0060	0.31%			51.66%	
		1.500	166	0.500	24	142	1.928	38.554	0.0060	0.31%			51.81%	
		1.500	166	0.500	26	140	1.922	38.434	0.0060	0.31%			51.96%	
		1.500	166	0.500	28	138	1.916	38.313	0.0060	0.31%	0.078	3.93%	1.566	52.11%
		1.500	166	0.500	30	136	1.910	38.193	0.0060	0.31%			52.26%	
		1.500	166	0.500	32	134	1.904	38.072	0.0060	0.32%			52.41%	
		1.500	166	0.500	34	132	1.898	37.952	0.0060	0.32%			52.56%	
		1.500	166	0.500	36	130	1.892	37.831	0.0060	0.32%			52.71%	
		1.500	166	0.500	38	128	1.886	37.711	0.0060	0.32%			52.86%	
		1.500	166	0.500	40	126	1.880	37.590	0.0060	0.32%			53.01%	
		1.500	166	0.500	42	124	1.873	37.470	0.0060	0.32%			53.16%	
		1.500	166	0.500	44	122	1.867	37.349	0.0060	0.32%			53.31%	
		1.500	166	0.500	46	120	1.861	37.229	0.0060	0.32%			53.46%	
		1.500	166	0.500	48	118	1.855	37.108	0.0060	0.32%			53.61%	
		1.500	166	0.500	50	116	1.849	36.988	0.0060	0.32%			53.77%	
		1.500	166	0.500	52	114	1.843	36.867	0.0060	0.33%			53.92%	
		1.500	166	0.500	54	112	1.837	36.747	0.0060	0.33%			54.07%	
		1.500	166	0.500	56	110	1.831	36.627	0.0060	0.33%	0.078	4.40%	1.566	54.22%
		1.500	166	0.500	58	108	1.825	36.506	0.0060	0.33%			54.37%	

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	166	0.500	60	106	1.819	36.386	0.0060	0.33%			54.52%	
		1.500	166	0.500	62	104	1.813	36.265	0.0060	0.33%			54.67%	
		1.500	166	0.500	64	102	1.807	36.145	0.0060	0.33%			54.82%	
		1.500	166	0.500	66	100	1.801	36.024	0.0060	0.33%			54.97%	
		1.500	166	0.500	68	98	1.795	35.904	0.0060	0.33%			55.12%	
		1.500	166	0.500	70	96	1.789	35.783	0.0060	0.34%			55.27%	
		1.500	166	0.500	72	94	1.783	35.663	0.0060	0.34%			55.42%	
		1.500	166	0.500	74	92	1.777	35.542	0.0060	0.34%			55.57%	
		1.500	166	0.500	76	90	1.771	35.422	0.0060	0.34%			55.72%	
		1.500	166	0.500	78	88	1.765	35.301	0.0060	0.34%			55.87%	
		1.500	166	0.500	80	86	1.759	35.181	0.0060	0.34%			56.02%	
		1.500	166	0.500	82	84	1.753	35.060	0.0060	0.34%			56.17%	
		1.500	166	0.500	84	82	1.747	34.940	0.0060	0.34%	0.078	4.61%	1.566	56.33%
		1.500	166	0.500	86	80	1.741	34.819	0.0060	0.34%			56.48%	
		1.500	166	0.500	88	78	1.735	34.699	0.0060	0.35%			56.63%	
		1.500	166	0.500	90	76	1.729	34.578	0.0060	0.35%			56.78%	
		1.500	166	0.500	92	74	1.723	34.458	0.0060	0.35%			56.93%	
		1.500	166	0.500	94	72	1.717	34.337	0.0060	0.35%			57.08%	
		1.500	166	0.500	96	70	1.711	34.217	0.0060	0.35%			57.23%	
		1.500	166	0.500	98	68	1.705	34.096	0.0060	0.35%			57.38%	
		1.500	166	0.500	100	66	1.699	33.976	0.0060	0.35%			57.53%	
		1.500	166	0.500	102	64	1.693	33.855	0.0060	0.35%			57.68%	
		1.500	166	0.500	104	62	1.687	33.735	0.0060	0.36%			57.83%	
		1.500	166	0.500	106	60	1.681	33.614	0.0060	0.36%			57.98%	
		1.500	166	0.500	108	58	1.675	33.494	0.0060	0.36%			58.13%	
		1.500	166	0.500	110	56	1.669	33.373	0.0060	0.36%			58.28%	
		1.500	166	0.500	112	54	1.663	33.253	0.0060	0.36%	0.078	4.83%	1.566	58.43%
		1.500	166	0.500	114	52	1.657	33.133	0.0060	0.36%			58.58%	
		1.500	166	0.500	116	50	1.651	33.012	0.0060	0.36%			58.73%	
		1.500	166	0.500	118	48	1.645	32.892	0.0060	0.36%			58.89%	
		1.500	166	0.500	120	46	1.639	32.771	0.0060	0.37%			59.04%	
		1.500	166	0.500	122	44	1.633	32.651	0.0060	0.37%			59.19%	
		1.500	166	0.500	124	42	1.627	32.530	0.0060	0.37%			59.34%	
		1.500	166	0.500	126	40	1.620	32.410	0.0060	0.37%			59.49%	
		1.500	166	0.500	128	38	1.614	32.289	0.0060	0.37%			59.64%	
		1.500	166	0.500	130	36	1.608	32.169	0.0060	0.37%			59.79%	
		1.500	166	0.500	132	34	1.602	32.048	0.0060	0.37%			59.94%	
		1.500	166	0.500	134	32	1.596	31.928	0.0060	0.38%			60.09%	
		1.500	166	0.500	136	30	1.590	31.807	0.0060	0.38%			60.24%	
		1.500	166	0.500	138	28	1.584	31.687	0.0060	0.38%			60.39%	

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	166	0.500	140	26	1.578	31.566	0.0060	0.38%	0.078	5.07%	1.566	60.54%
		1.500	166	0.500	142	24	1.572	31.446	0.0060	0.38%				60.69%
		1.500	166	0.500	144	22	1.566	31.325	0.0060	0.38%				60.84%
		1.500	166	0.500	146	20	1.560	31.205	0.0060	0.38%				60.99%
		1.500	166	0.500	148	18	1.554	31.084	0.0060	0.39%				61.14%
		1.500	166	0.500	150	16	1.548	30.964	0.0060	0.39%				61.30%
		1.500	166	0.500	152	14	1.542	30.843	0.0060	0.39%				61.45%
		1.500	166	0.500	154	12	1.536	30.723	0.0060	0.39%				61.60%
		1.500	166	0.500	156	10	1.530	30.602	0.0060	0.39%				61.75%
		1.500	166	0.500	158	8	1.524	30.482	0.0060	0.39%				61.90%
		1.500	166	0.500	160	6	1.518	30.361	0.0060	0.40%				62.05%
		1.500	166	0.500	162	4	1.512	30.241	0.0060	0.40%				62.20%
		1.500	166	0.500	164	2	1.506	30.120	0.0060	0.40%				62.35%
		1.500	166	0.500	166	0	1.500	30.000	0.0060	0.40%				62.50%

Medication Xanax
 Valium Multiplier 20
 Original Dose 4
 Current Dose 1.500
 Start Date February 20, 2007
 Dry Dose 1.000
 Dissolve Dose 0.500
 Water in ML 166
 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	166	0.500	2	164	1.494	29.880	0.0060	0.40%			62.65%	
		1.000	166	0.500	4	162	1.488	29.759	0.0060	0.40%			62.80%	
		1.000	166	0.500	6	160	1.482	29.639	0.0060	0.40%			62.95%	
		1.000	166	0.500	8	158	1.476	29.518	0.0060	0.41%			63.10%	
		1.000	166	0.500	10	156	1.470	29.398	0.0060	0.41%			63.25%	
		1.000	166	0.500	12	154	1.464	29.277	0.0060	0.41%			63.40%	
		1.000	166	0.500	14	152	1.458	29.157	0.0060	0.41%			63.55%	
		1.000	166	0.500	16	150	1.452	29.036	0.0060	0.41%			63.70%	
		1.000	166	0.500	18	148	1.446	28.916	0.0060	0.41%			63.86%	
		1.000	166	0.500	20	146	1.440	28.795	0.0060	0.42%			64.01%	
		1.000	166	0.500	22	144	1.434	28.675	0.0060	0.42%			64.16%	
		1.000	166	0.500	24	142	1.428	28.554	0.0060	0.42%			64.31%	
		1.000	166	0.500	26	140	1.422	28.434	0.0060	0.42%			64.46%	
		1.000	166	0.500	28	138	1.416	28.313	0.0060	0.42%	0.078	5.24%	1.566	64.61%
		1.000	166	0.500	30	136	1.410	28.193	0.0060	0.43%			64.76%	
		1.000	166	0.500	32	134	1.404	28.072	0.0060	0.43%			64.91%	
		1.000	166	0.500	34	132	1.398	27.952	0.0060	0.43%			65.06%	
		1.000	166	0.500	36	130	1.392	27.831	0.0060	0.43%			65.21%	
		1.000	166	0.500	38	128	1.386	27.711	0.0060	0.43%			65.36%	
		1.000	166	0.500	40	126	1.380	27.590	0.0060	0.43%			65.51%	
		1.000	166	0.500	42	124	1.373	27.470	0.0060	0.44%			65.66%	
		1.000	166	0.500	44	122	1.367	27.349	0.0060	0.44%			65.81%	
		1.000	166	0.500	46	120	1.361	27.229	0.0060	0.44%			65.96%	
		1.000	166	0.500	48	118	1.355	27.108	0.0060	0.44%			66.11%	
		1.000	166	0.500	50	116	1.349	26.988	0.0060	0.44%			66.27%	
		1.000	166	0.500	52	114	1.343	26.867	0.0060	0.45%			66.42%	
		1.000	166	0.500	54	112	1.337	26.747	0.0060	0.45%			66.57%	
		1.000	166	0.500	56	110	1.331	26.627	0.0060	0.45%	0.078	5.96%	1.566	66.72%
		1.000	166	0.500	58	108	1.325	26.506	0.0060	0.45%			66.87%	

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	166	0.500	60	106	1.319	26.386	0.0060	0.45%			67.02%	
		1.000	166	0.500	62	104	1.313	26.265	0.0060	0.46%			67.17%	
		1.000	166	0.500	64	102	1.307	26.145	0.0060	0.46%			67.32%	
		1.000	166	0.500	66	100	1.301	26.024	0.0060	0.46%			67.47%	
		1.000	166	0.500	68	98	1.295	25.904	0.0060	0.46%			67.62%	
		1.000	166	0.500	70	96	1.289	25.783	0.0060	0.47%			67.77%	
		1.000	166	0.500	72	94	1.283	25.663	0.0060	0.47%			67.92%	
		1.000	166	0.500	74	92	1.277	25.542	0.0060	0.47%			68.07%	
		1.000	166	0.500	76	90	1.271	25.422	0.0060	0.47%			68.22%	
		1.000	166	0.500	78	88	1.265	25.301	0.0060	0.47%			68.37%	
		1.000	166	0.500	80	86	1.259	25.181	0.0060	0.48%			68.52%	
		1.000	166	0.500	82	84	1.253	25.060	0.0060	0.48%			68.67%	
		1.000	166	0.500	84	82	1.247	24.940	0.0060	0.48%	0.078	6.33%	1.566	68.83%
		1.000	166	0.500	86	80	1.241	24.819	0.0060	0.48%			68.98%	
		1.000	166	0.500	88	78	1.235	24.699	0.0060	0.49%			69.13%	
		1.000	166	0.500	90	76	1.229	24.578	0.0060	0.49%			69.28%	
		1.000	166	0.500	92	74	1.223	24.458	0.0060	0.49%			69.43%	
		1.000	166	0.500	94	72	1.217	24.337	0.0060	0.49%			69.58%	
		1.000	166	0.500	96	70	1.211	24.217	0.0060	0.50%			69.73%	
		1.000	166	0.500	98	68	1.205	24.096	0.0060	0.50%			69.88%	
		1.000	166	0.500	100	66	1.199	23.976	0.0060	0.50%			70.03%	
		1.000	166	0.500	102	64	1.193	23.855	0.0060	0.50%			70.18%	
		1.000	166	0.500	104	62	1.187	23.735	0.0060	0.51%			70.33%	
		1.000	166	0.500	106	60	1.181	23.614	0.0060	0.51%			70.48%	
		1.000	166	0.500	108	58	1.175	23.494	0.0060	0.51%			70.63%	
		1.000	166	0.500	110	56	1.169	23.373	0.0060	0.51%			70.78%	
		1.000	166	0.500	112	54	1.163	23.253	0.0060	0.52%	0.078	6.76%	1.566	70.93%
		1.000	166	0.500	114	52	1.157	23.133	0.0060	0.52%			71.08%	
		1.000	166	0.500	116	50	1.151	23.012	0.0060	0.52%			71.23%	
		1.000	166	0.500	118	48	1.145	22.892	0.0060	0.52%			71.39%	
		1.000	166	0.500	120	46	1.139	22.771	0.0060	0.53%			71.54%	
		1.000	166	0.500	122	44	1.133	22.651	0.0060	0.53%			71.69%	
		1.000	166	0.500	124	42	1.127	22.530	0.0060	0.53%			71.84%	
		1.000	166	0.500	126	40	1.120	22.410	0.0060	0.53%			71.99%	
		1.000	166	0.500	128	38	1.114	22.289	0.0060	0.54%			72.14%	
		1.000	166	0.500	130	36	1.108	22.169	0.0060	0.54%			72.29%	
		1.000	166	0.500	132	34	1.102	22.048	0.0060	0.54%			72.44%	
		1.000	166	0.500	134	32	1.096	21.928	0.0060	0.55%			72.59%	
		1.000	166	0.500	136	30	1.090	21.807	0.0060	0.55%			72.74%	
		1.000	166	0.500	138	28	1.084	21.687	0.0060	0.55%			72.89%	

Medication Xanax
 Valium Multiplier 20
 Original Dose 4
 Current Dose 1.000
 Start Date May 14, 2007
 Dry Dose 0.500
 Dissolve Dose 0.500
 Water in ML 166
 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	166	0.500	2	164	0.994	19.880	0.0060	0.60%			75.15%	
		0.500	166	0.500	4	162	0.988	19.759	0.0060	0.61%			75.30%	
		0.500	166	0.500	6	160	0.982	19.639	0.0060	0.61%			75.45%	
		0.500	166	0.500	8	158	0.976	19.518	0.0060	0.61%			75.60%	
		0.500	166	0.500	10	156	0.970	19.398	0.0060	0.62%			75.75%	
		0.500	166	0.500	12	154	0.964	19.277	0.0060	0.62%			75.90%	
		0.500	166	0.500	14	152	0.958	19.157	0.0060	0.62%			76.05%	
		0.500	166	0.500	16	150	0.952	19.036	0.0060	0.63%			76.20%	
		0.500	166	0.500	18	148	0.946	18.916	0.0060	0.63%			76.36%	
		0.500	166	0.500	20	146	0.940	18.795	0.0060	0.64%			76.51%	
		0.500	166	0.500	22	144	0.934	18.675	0.0060	0.64%			76.66%	
		0.500	166	0.500	24	142	0.928	18.554	0.0060	0.65%			76.81%	
		0.500	166	0.500	26	140	0.922	18.434	0.0060	0.65%			76.96%	
		0.500	166	0.500	28	138	0.916	18.313	0.0060	0.65%	0.078	7.88%	1.566	77.11%
		0.500	166	0.500	30	136	0.910	18.193	0.0060	0.66%			77.26%	
		0.500	166	0.500	32	134	0.904	18.072	0.0060	0.66%			77.41%	
		0.500	166	0.500	34	132	0.898	17.952	0.0060	0.67%			77.56%	
		0.500	166	0.500	36	130	0.892	17.831	0.0060	0.67%			77.71%	
		0.500	166	0.500	38	128	0.886	17.711	0.0060	0.68%			77.86%	
		0.500	166	0.500	40	126	0.880	17.590	0.0060	0.68%			78.01%	
		0.500	166	0.500	42	124	0.873	17.470	0.0060	0.68%			78.16%	
		0.500	166	0.500	44	122	0.867	17.349	0.0060	0.69%			78.31%	
		0.500	166	0.500	46	120	0.861	17.229	0.0060	0.69%			78.46%	
		0.500	166	0.500	48	118	0.855	17.108	0.0060	0.70%			78.61%	
		0.500	166	0.500	50	116	0.849	16.988	0.0060	0.70%			78.77%	
		0.500	166	0.500	52	114	0.843	16.867	0.0060	0.71%			78.92%	
		0.500	166	0.500	54	112	0.837	16.747	0.0060	0.71%			79.07%	
		0.500	166	0.500	56	110	0.831	16.627	0.0060	0.72%	0.078	9.21%	1.566	79.22%
		0.500	166	0.500	58	108	0.825	16.506	0.0060	0.72%			79.37%	

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	166	0.500	60	106	0.819	16.386	0.0060	0.73%			79.52%	
		0.500	166	0.500	62	104	0.813	16.265	0.0060	0.74%			79.67%	
		0.500	166	0.500	64	102	0.807	16.145	0.0060	0.74%			79.82%	
		0.500	166	0.500	66	100	0.801	16.024	0.0060	0.75%			79.97%	
		0.500	166	0.500	68	98	0.795	15.904	0.0060	0.75%			80.12%	
		0.500	166	0.500	70	96	0.789	15.783	0.0060	0.76%			80.27%	
		0.500	166	0.500	72	94	0.783	15.663	0.0060	0.76%			80.42%	
		0.500	166	0.500	74	92	0.777	15.542	0.0060	0.77%			80.57%	
		0.500	166	0.500	76	90	0.771	15.422	0.0060	0.78%			80.72%	
		0.500	166	0.500	78	88	0.765	15.301	0.0060	0.78%			80.87%	
		0.500	166	0.500	80	86	0.759	15.181	0.0060	0.79%			81.02%	
		0.500	166	0.500	82	84	0.753	15.060	0.0060	0.79%			81.17%	
		0.500	166	0.500	84	82	0.747	14.940	0.0060	0.80%	0.078	10.14%	1.566	81.33%
		0.500	166	0.500	86	80	0.741	14.819	0.0060	0.81%			81.48%	
		0.500	166	0.500	88	78	0.735	14.699	0.0060	0.81%			81.63%	
		0.500	166	0.500	90	76	0.729	14.578	0.0060	0.82%			81.78%	
		0.500	166	0.500	92	74	0.723	14.458	0.0060	0.83%			81.93%	
		0.500	166	0.500	94	72	0.717	14.337	0.0060	0.83%			82.08%	
		0.500	166	0.500	96	70	0.711	14.217	0.0060	0.84%			82.23%	
		0.500	166	0.500	98	68	0.705	14.096	0.0060	0.85%			82.38%	
		0.500	166	0.500	100	66	0.699	13.976	0.0060	0.85%			82.53%	
		0.500	166	0.500	102	64	0.693	13.855	0.0060	0.86%			82.68%	
		0.500	166	0.500	104	62	0.687	13.735	0.0060	0.87%			82.83%	
		0.500	166	0.500	106	60	0.681	13.614	0.0060	0.88%			82.98%	
		0.500	166	0.500	108	58	0.675	13.494	0.0060	0.88%			83.13%	
		0.500	166	0.500	110	56	0.669	13.373	0.0060	0.89%			83.28%	
		0.500	166	0.500	112	54	0.663	13.253	0.0060	0.90%	0.078	11.29%	1.566	83.43%
		0.500	166	0.500	114	52	0.657	13.133	0.0060	0.91%			83.58%	
		0.500	166	0.500	116	50	0.651	13.012	0.0060	0.92%			83.73%	
		0.500	166	0.500	118	48	0.645	12.892	0.0060	0.93%			83.89%	
		0.500	166	0.500	120	46	0.639	12.771	0.0060	0.93%			84.04%	
		0.500	166	0.500	122	44	0.633	12.651	0.0060	0.94%			84.19%	
		0.500	166	0.500	124	42	0.627	12.530	0.0060	0.95%			84.34%	
		0.500	166	0.500	126	40	0.620	12.410	0.0060	0.96%			84.49%	
		0.500	166	0.500	128	38	0.614	12.289	0.0060	0.97%			84.64%	
		0.500	166	0.500	130	36	0.608	12.169	0.0060	0.98%			84.79%	
		0.500	166	0.500	132	34	0.602	12.048	0.0060	0.99%			84.94%	
		0.500	166	0.500	134	32	0.596	11.928	0.0060	1.00%			85.09%	
		0.500	166	0.500	136	30	0.590	11.807	0.0060	1.01%			85.24%	
		0.500	166	0.500	138	28	0.584	11.687	0.0060	1.02%			85.39%	

Medication Xanax
 Valium Multiplier 20
 Original Dose 4
 Current Dose 0.500
 Start Date August 5, 2007
 Dry Dose 0.000
 Dissolve Dose 0.500
 Water in ML 166
 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	166	0.500	2	164	0.494	9.880	0.0060	1.20%			87.65%	
		0.000	166	0.500	4	162	0.488	9.759	0.0060	1.22%			87.80%	
		0.000	166	0.500	6	160	0.482	9.639	0.0060	1.23%			87.95%	
		0.000	166	0.500	8	158	0.476	9.518	0.0060	1.25%			88.10%	
		0.000	166	0.500	10	156	0.470	9.398	0.0060	1.27%			88.25%	
		0.000	166	0.500	12	154	0.464	9.277	0.0060	1.28%			88.40%	
		0.000	166	0.500	14	152	0.458	9.157	0.0060	1.30%			88.55%	
		0.000	166	0.500	16	150	0.452	9.036	0.0060	1.32%			88.70%	
		0.000	166	0.500	18	148	0.446	8.916	0.0060	1.33%			88.86%	
		0.000	166	0.500	20	146	0.440	8.795	0.0060	1.35%			89.01%	
		0.000	166	0.500	22	144	0.434	8.675	0.0060	1.37%			89.16%	
		0.000	166	0.500	24	142	0.428	8.554	0.0060	1.39%			89.31%	
		0.000	166	0.500	26	140	0.422	8.434	0.0060	1.41%			89.46%	
		0.000	166	0.500	28	138	0.416	8.313	0.0060	1.43%	0.078	15.85%	1.566	89.61%
		0.000	166	0.500	30	136	0.410	8.193	0.0060	1.45%			89.76%	
		0.000	166	0.500	32	134	0.404	8.072	0.0060	1.47%			89.91%	
		0.000	166	0.500	34	132	0.398	7.952	0.0060	1.49%			90.06%	
		0.000	166	0.500	36	130	0.392	7.831	0.0060	1.52%			90.21%	
		0.000	166	0.500	38	128	0.386	7.711	0.0060	1.54%			90.36%	
		0.000	166	0.500	40	126	0.380	7.590	0.0060	1.56%			90.51%	
		0.000	166	0.500	42	124	0.373	7.470	0.0060	1.59%			90.66%	
		0.000	166	0.500	44	122	0.367	7.349	0.0060	1.61%			90.81%	
		0.000	166	0.500	46	120	0.361	7.229	0.0060	1.64%			90.96%	
		0.000	166	0.500	48	118	0.355	7.108	0.0060	1.67%			91.11%	
		0.000	166	0.500	50	116	0.349	6.988	0.0060	1.69%			91.27%	
		0.000	166	0.500	52	114	0.343	6.867	0.0060	1.72%			91.42%	
		0.000	166	0.500	54	112	0.337	6.747	0.0060	1.75%			91.57%	
		0.000	166	0.500	56	110	0.331	6.627	0.0060	1.79%	0.078	20.29%	1.566	91.72%
		0.000	166	0.500	58	108	0.325	6.506	0.0060	1.82%			91.87%	

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	166	0.500	60	106	0.319	6.386	0.0060	1.85%			92.02%	
		0.000	166	0.500	62	104	0.313	6.265	0.0060	1.89%			92.17%	
		0.000	166	0.500	64	102	0.307	6.145	0.0060	1.92%			92.32%	
		0.000	166	0.500	66	100	0.301	6.024	0.0060	1.96%			92.47%	
		0.000	166	0.500	68	98	0.295	5.904	0.0060	2.00%			92.62%	
		0.000	166	0.500	70	96	0.289	5.783	0.0060	2.04%			92.77%	
		0.000	166	0.500	72	94	0.283	5.663	0.0060	2.08%			92.92%	
		0.000	166	0.500	74	92	0.277	5.542	0.0060	2.13%			93.07%	
		0.000	166	0.500	76	90	0.271	5.422	0.0060	2.17%			93.22%	
		0.000	166	0.500	78	88	0.265	5.301	0.0060	2.22%			93.37%	
		0.000	166	0.500	80	86	0.259	5.181	0.0060	2.27%			93.52%	
		0.000	166	0.500	82	84	0.253	5.060	0.0060	2.33%			93.67%	
		0.000	166	0.500	84	82	0.247	4.940	0.0060	2.38%	0.078	25.45%	1.566	93.83%
		0.000	166	0.500	86	80	0.241	4.819	0.0060	2.44%			93.98%	
		0.000	166	0.500	88	78	0.235	4.699	0.0060	2.50%			94.13%	
		0.000	166	0.500	90	76	0.229	4.578	0.0060	2.56%			94.28%	
		0.000	166	0.500	92	74	0.223	4.458	0.0060	2.63%			94.43%	
		0.000	166	0.500	94	72	0.217	4.337	0.0060	2.70%			94.58%	
		0.000	166	0.500	96	70	0.211	4.217	0.0060	2.78%			94.73%	
		0.000	166	0.500	98	68	0.205	4.096	0.0060	2.86%			94.88%	
		0.000	166	0.500	100	66	0.199	3.976	0.0060	2.94%			95.03%	
		0.000	166	0.500	102	64	0.193	3.855	0.0060	3.03%			95.18%	
		0.000	166	0.500	104	62	0.187	3.735	0.0060	3.13%			95.33%	
		0.000	166	0.500	106	60	0.181	3.614	0.0060	3.23%			95.48%	
		0.000	166	0.500	108	58	0.175	3.494	0.0060	3.33%			95.63%	
		0.000	166	0.500	110	56	0.169	3.373	0.0060	3.45%			95.78%	
		0.000	166	0.500	112	54	0.163	3.253	0.0060	3.57%	0.078	34.15%	1.566	95.93%
		0.000	166	0.500	114	52	0.157	3.133	0.0060	3.70%			96.08%	
		0.000	166	0.500	116	50	0.151	3.012	0.0060	3.85%			96.23%	
		0.000	166	0.500	118	48	0.145	2.892	0.0060	4.00%			96.39%	
		0.000	166	0.500	120	46	0.139	2.771	0.0060	4.17%			96.54%	
		0.000	166	0.500	122	44	0.133	2.651	0.0060	4.35%			96.69%	
		0.000	166	0.500	124	42	0.127	2.530	0.0060	4.55%			96.84%	
		0.000	166	0.500	126	40	0.120	2.410	0.0060	4.76%			96.99%	
		0.000	166	0.500	128	38	0.114	2.289	0.0060	5.00%			97.14%	
		0.000	166	0.500	130	36	0.108	2.169	0.0060	5.26%			97.29%	
		0.000	166	0.500	132	34	0.102	2.048	0.0060	5.56%			97.44%	
		0.000	166	0.500	134	32	0.096	1.928	0.0060	5.88%			97.59%	
		0.000	166	0.500	136	30	0.090	1.807	0.0060	6.25%			97.74%	
		0.000	166	0.500	138	28	0.084	1.687	0.0060	6.67%			97.89%	

