

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 **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
		3.500	250	0.500	2	248	3.996	79.920	0.0040	0.10%			0.00%
		3.500	250	0.500	4	246	3.992	79.840	0.0040	0.10%			0.20%
		3.500	250	0.500	6	244	3.988	79.760	0.0040	0.10%			0.30%
		3.500	250	0.500	8	242	3.984	79.680	0.0040	0.10%			0.40%
		3.500	250	0.500	10	240	3.980	79.600	0.0040	0.10%			0.50%
		3.500	250	0.500	12	238	3.976	79.520	0.0040	0.10%			0.60%
		3.500	250	0.500	14	236	3.972	79.440	0.0040	0.10%			0.70%
		3.500	250	0.500	16	234	3.968	79.360	0.0040	0.10%			0.80%
		3.500	250	0.500	18	232	3.964	79.280	0.0040	0.10%			0.90%
		3.500	250	0.500	20	230	3.960	79.200	0.0040	0.10%			1.00%
		3.500	250	0.500	22	228	3.956	79.120	0.0040	0.10%			1.10%
		3.500	250	0.500	24	226	3.952	79.040	0.0040	0.10%			1.20%
		3.500	250	0.500	26	224	3.948	78.960	0.0040	0.10%			1.30%
		3.500	250	0.500	28	222	3.944	78.880	0.0040	0.10%	0.052	1.30%	1.40%
		3.500	250	0.500	30	220	3.940	78.800	0.0040	0.10%			1.50%
		3.500	250	0.500	32	218	3.936	78.720	0.0040	0.10%			1.60%
		3.500	250	0.500	34	216	3.932	78.640	0.0040	0.10%			1.70%
		3.500	250	0.500	36	214	3.928	78.560	0.0040	0.10%			1.80%
		3.500	250	0.500	38	212	3.924	78.480	0.0040	0.10%			1.90%
		3.500	250	0.500	40	210	3.920	78.400	0.0040	0.10%			2.00%
		3.500	250	0.500	42	208	3.916	78.320	0.0040	0.10%			2.10%
		3.500	250	0.500	44	206	3.912	78.240	0.0040	0.10%			2.20%
		3.500	250	0.500	46	204	3.908	78.160	0.0040	0.10%			2.30%
		3.500	250	0.500	48	202	3.904	78.080	0.0040	0.10%			2.40%
		3.500	250	0.500	50	200	3.900	78.000	0.0040	0.10%			2.50%
		3.500	250	0.500	52	198	3.896	77.920	0.0040	0.10%			2.60%
		3.500	250	0.500	54	196	3.892	77.840	0.0040	0.10%			2.70%
		3.500	250	0.500	56	194	3.888	77.760	0.0040	0.10%	0.052	1.42%	2.80%
		3.500	250	0.500	58	192	3.884	77.680	0.0040	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	
		3.500	250	0.500	60	190	3.880	77.600	0.0040	0.10%			3.00%	
		3.500	250	0.500	62	188	3.876	77.520	0.0040	0.10%			3.10%	
		3.500	250	0.500	64	186	3.872	77.440	0.0040	0.10%			3.20%	
		3.500	250	0.500	66	184	3.868	77.360	0.0040	0.10%			3.30%	
		3.500	250	0.500	68	182	3.864	77.280	0.0040	0.10%			3.40%	
		3.500	250	0.500	70	180	3.860	77.200	0.0040	0.10%			3.50%	
		3.500	250	0.500	72	178	3.856	77.120	0.0040	0.10%			3.60%	
		3.500	250	0.500	74	176	3.852	77.040	0.0040	0.10%			3.70%	
		3.500	250	0.500	76	174	3.848	76.960	0.0040	0.10%			3.80%	
		3.500	250	0.500	78	172	3.844	76.880	0.0040	0.10%			3.90%	
		3.500	250	0.500	80	170	3.840	76.800	0.0040	0.10%			4.00%	
		3.500	250	0.500	82	168	3.836	76.720	0.0040	0.10%			4.10%	
		3.500	250	0.500	84	166	3.832	76.640	0.0040	0.10%	0.052	1.44%	1.040	4.20%
		3.500	250	0.500	86	164	3.828	76.560	0.0040	0.10%			4.30%	
		3.500	250	0.500	88	162	3.824	76.480	0.0040	0.10%			4.40%	
		3.500	250	0.500	90	160	3.820	76.400	0.0040	0.10%			4.50%	
		3.500	250	0.500	92	158	3.816	76.320	0.0040	0.10%			4.60%	
		3.500	250	0.500	94	156	3.812	76.240	0.0040	0.10%			4.70%	
		3.500	250	0.500	96	154	3.808	76.160	0.0040	0.10%			4.80%	
		3.500	250	0.500	98	152	3.804	76.080	0.0040	0.11%			4.90%	
		3.500	250	0.500	100	150	3.800	76.000	0.0040	0.11%			5.00%	
		3.500	250	0.500	102	148	3.796	75.920	0.0040	0.11%			5.10%	
		3.500	250	0.500	104	146	3.792	75.840	0.0040	0.11%			5.20%	
		3.500	250	0.500	106	144	3.788	75.760	0.0040	0.11%			5.30%	
		3.500	250	0.500	108	142	3.784	75.680	0.0040	0.11%			5.40%	
		3.500	250	0.500	110	140	3.780	75.600	0.0040	0.11%			5.50%	
		3.500	250	0.500	112	138	3.776	75.520	0.0040	0.11%	0.052	1.46%	1.040	5.60%
		3.500	250	0.500	114	136	3.772	75.440	0.0040	0.11%			5.70%	
		3.500	250	0.500	116	134	3.768	75.360	0.0040	0.11%			5.80%	
		3.500	250	0.500	118	132	3.764	75.280	0.0040	0.11%			5.90%	
		3.500	250	0.500	120	130	3.760	75.200	0.0040	0.11%			6.00%	
		3.500	250	0.500	122	128	3.756	75.120	0.0040	0.11%			6.10%	
		3.500	250	0.500	124	126	3.752	75.040	0.0040	0.11%			6.20%	
		3.500	250	0.500	126	124	3.748	74.960	0.0040	0.11%			6.30%	
		3.500	250	0.500	128	122	3.744	74.880	0.0040	0.11%			6.40%	
		3.500	250	0.500	130	120	3.740	74.800	0.0040	0.11%			6.50%	
		3.500	250	0.500	132	118	3.736	74.720	0.0040	0.11%			6.60%	
		3.500	250	0.500	134	116	3.732	74.640	0.0040	0.11%			6.70%	
		3.500	250	0.500	136	114	3.728	74.560	0.0040	0.11%			6.80%	
		3.500	250	0.500	138	112	3.724	74.480	0.0040	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	
		3.500	250	0.500	140	110	3.720	74.400	0.0040	0.11%	0.052	1.48%	1.040	7.00%
		3.500	250	0.500	142	108	3.716	74.320	0.0040	0.11%				7.10%
		3.500	250	0.500	144	106	3.712	74.240	0.0040	0.11%				7.20%
		3.500	250	0.500	146	104	3.708	74.160	0.0040	0.11%				7.30%
		3.500	250	0.500	148	102	3.704	74.080	0.0040	0.11%				7.40%
		3.500	250	0.500	150	100	3.700	74.000	0.0040	0.11%				7.50%
		3.500	250	0.500	152	98	3.696	73.920	0.0040	0.11%				7.60%
		3.500	250	0.500	154	96	3.692	73.840	0.0040	0.11%				7.70%
		3.500	250	0.500	156	94	3.688	73.760	0.0040	0.11%				7.80%
		3.500	250	0.500	158	92	3.684	73.680	0.0040	0.11%				7.90%
		3.500	250	0.500	160	90	3.680	73.600	0.0040	0.11%				8.00%
		3.500	250	0.500	162	88	3.676	73.520	0.0040	0.11%				8.10%
		3.500	250	0.500	164	86	3.672	73.440	0.0040	0.11%				8.20%
		3.500	250	0.500	166	84	3.668	73.360	0.0040	0.11%				8.30%
		3.500	250	0.500	168	82	3.664	73.280	0.0040	0.11%	0.052	1.51%	1.040	8.40%
		3.500	250	0.500	170	80	3.660	73.200	0.0040	0.11%				8.50%
		3.500	250	0.500	172	78	3.656	73.120	0.0040	0.11%				8.60%
		3.500	250	0.500	174	76	3.652	73.040	0.0040	0.11%				8.70%
		3.500	250	0.500	176	74	3.648	72.960	0.0040	0.11%				8.80%
		3.500	250	0.500	178	72	3.644	72.880	0.0040	0.11%				8.90%
		3.500	250	0.500	180	70	3.640	72.800	0.0040	0.11%				9.00%
		3.500	250	0.500	182	68	3.636	72.720	0.0040	0.11%				9.10%
		3.500	250	0.500	184	66	3.632	72.640	0.0040	0.11%				9.20%
		3.500	250	0.500	186	64	3.628	72.560	0.0040	0.11%				9.30%
		3.500	250	0.500	188	62	3.624	72.480	0.0040	0.11%				9.40%
		3.500	250	0.500	190	60	3.620	72.400	0.0040	0.11%				9.50%
		3.500	250	0.500	192	58	3.616	72.320	0.0040	0.11%				9.60%
		3.500	250	0.500	194	56	3.612	72.240	0.0040	0.11%				9.70%
		3.500	250	0.500	196	54	3.608	72.160	0.0040	0.11%	0.052	1.53%	1.040	9.80%
		3.500	250	0.500	198	52	3.604	72.080	0.0040	0.11%				9.90%
		3.500	250	0.500	200	50	3.600	72.000	0.0040	0.11%				10.00%
		3.500	250	0.500	202	48	3.596	71.920	0.0040	0.11%				10.10%
		3.500	250	0.500	204	46	3.592	71.840	0.0040	0.11%				10.20%
		3.500	250	0.500	206	44	3.588	71.760	0.0040	0.11%				10.30%
		3.500	250	0.500	208	42	3.584	71.680	0.0040	0.11%				10.40%
		3.500	250	0.500	210	40	3.580	71.600	0.0040	0.11%				10.50%
		3.500	250	0.500	212	38	3.576	71.520	0.0040	0.11%				10.60%
		3.500	250	0.500	214	36	3.572	71.440	0.0040	0.11%				10.70%
		3.500	250	0.500	216	34	3.568	71.360	0.0040	0.11%				10.80%
		3.500	250	0.500	218	32	3.564	71.280	0.0040	0.11%				10.90%

Medication Xanax
 Valium Multiplier 20
 Original Dose 4.000
 Current Dose 3.500
 Start Date May 6, 2006
 Dry Dose 3.000
 Dissolve Dose 0.500
 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	
		3.000	250	0.500	2	248	3.496	69.920	0.0040	0.11%			12.60%	
		3.000	250	0.500	4	246	3.492	69.840	0.0040	0.11%			12.70%	
		3.000	250	0.500	6	244	3.488	69.760	0.0040	0.11%			12.80%	
		3.000	250	0.500	8	242	3.484	69.680	0.0040	0.11%			12.90%	
		3.000	250	0.500	10	240	3.480	69.600	0.0040	0.11%			13.00%	
		3.000	250	0.500	12	238	3.476	69.520	0.0040	0.11%			13.10%	
		3.000	250	0.500	14	236	3.472	69.440	0.0040	0.12%			13.20%	
		3.000	250	0.500	16	234	3.468	69.360	0.0040	0.12%			13.30%	
		3.000	250	0.500	18	232	3.464	69.280	0.0040	0.12%			13.40%	
		3.000	250	0.500	20	230	3.460	69.200	0.0040	0.12%			13.50%	
		3.000	250	0.500	22	228	3.456	69.120	0.0040	0.12%			13.60%	
		3.000	250	0.500	24	226	3.452	69.040	0.0040	0.12%			13.70%	
		3.000	250	0.500	26	224	3.448	68.960	0.0040	0.12%			13.80%	
		3.000	250	0.500	28	222	3.444	68.880	0.0040	0.12%	0.052	1.49%	1.040	13.90%
		3.000	250	0.500	30	220	3.440	68.800	0.0040	0.12%			14.00%	
		3.000	250	0.500	32	218	3.436	68.720	0.0040	0.12%			14.10%	
		3.000	250	0.500	34	216	3.432	68.640	0.0040	0.12%			14.20%	
		3.000	250	0.500	36	214	3.428	68.560	0.0040	0.12%			14.30%	
		3.000	250	0.500	38	212	3.424	68.480	0.0040	0.12%			14.40%	
		3.000	250	0.500	40	210	3.420	68.400	0.0040	0.12%			14.50%	
		3.000	250	0.500	42	208	3.416	68.320	0.0040	0.12%			14.60%	
		3.000	250	0.500	44	206	3.412	68.240	0.0040	0.12%			14.70%	
		3.000	250	0.500	46	204	3.408	68.160	0.0040	0.12%			14.80%	
		3.000	250	0.500	48	202	3.404	68.080	0.0040	0.12%			14.90%	
		3.000	250	0.500	50	200	3.400	68.000	0.0040	0.12%			15.00%	
		3.000	250	0.500	52	198	3.396	67.920	0.0040	0.12%			15.10%	
		3.000	250	0.500	54	196	3.392	67.840	0.0040	0.12%			15.20%	
		3.000	250	0.500	56	194	3.388	67.760	0.0040	0.12%	0.052	1.63%	1.040	15.30%
		3.000	250	0.500	58	192	3.384	67.680	0.0040	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	
		3.000	250	0.500	60	190	3.380	67.600	0.0040	0.12%			15.50%	
		3.000	250	0.500	62	188	3.376	67.520	0.0040	0.12%			15.60%	
		3.000	250	0.500	64	186	3.372	67.440	0.0040	0.12%			15.70%	
		3.000	250	0.500	66	184	3.368	67.360	0.0040	0.12%			15.80%	
		3.000	250	0.500	68	182	3.364	67.280	0.0040	0.12%			15.90%	
		3.000	250	0.500	70	180	3.360	67.200	0.0040	0.12%			16.00%	
		3.000	250	0.500	72	178	3.356	67.120	0.0040	0.12%			16.10%	
		3.000	250	0.500	74	176	3.352	67.040	0.0040	0.12%			16.20%	
		3.000	250	0.500	76	174	3.348	66.960	0.0040	0.12%			16.30%	
		3.000	250	0.500	78	172	3.344	66.880	0.0040	0.12%			16.40%	
		3.000	250	0.500	80	170	3.340	66.800	0.0040	0.12%			16.50%	
		3.000	250	0.500	82	168	3.336	66.720	0.0040	0.12%			16.60%	
		3.000	250	0.500	84	166	3.332	66.640	0.0040	0.12%	0.052	1.65%	1.040	16.70%
		3.000	250	0.500	86	164	3.328	66.560	0.0040	0.12%			16.80%	
		3.000	250	0.500	88	162	3.324	66.480	0.0040	0.12%			16.90%	
		3.000	250	0.500	90	160	3.320	66.400	0.0040	0.12%			17.00%	
		3.000	250	0.500	92	158	3.316	66.320	0.0040	0.12%			17.10%	
		3.000	250	0.500	94	156	3.312	66.240	0.0040	0.12%			17.20%	
		3.000	250	0.500	96	154	3.308	66.160	0.0040	0.12%			17.30%	
		3.000	250	0.500	98	152	3.304	66.080	0.0040	0.12%			17.40%	
		3.000	250	0.500	100	150	3.300	66.000	0.0040	0.12%			17.50%	
		3.000	250	0.500	102	148	3.296	65.920	0.0040	0.12%			17.60%	
		3.000	250	0.500	104	146	3.292	65.840	0.0040	0.12%			17.70%	
		3.000	250	0.500	106	144	3.288	65.760	0.0040	0.12%			17.80%	
		3.000	250	0.500	108	142	3.284	65.680	0.0040	0.12%			17.90%	
		3.000	250	0.500	110	140	3.280	65.600	0.0040	0.12%			18.00%	
		3.000	250	0.500	112	138	3.276	65.520	0.0040	0.12%	0.052	1.68%	1.040	18.10%
		3.000	250	0.500	114	136	3.272	65.440	0.0040	0.12%			18.20%	
		3.000	250	0.500	116	134	3.268	65.360	0.0040	0.12%			18.30%	
		3.000	250	0.500	118	132	3.264	65.280	0.0040	0.12%			18.40%	
		3.000	250	0.500	120	130	3.260	65.200	0.0040	0.12%			18.50%	
		3.000	250	0.500	122	128	3.256	65.120	0.0040	0.12%			18.60%	
		3.000	250	0.500	124	126	3.252	65.040	0.0040	0.12%			18.70%	
		3.000	250	0.500	126	124	3.248	64.960	0.0040	0.12%			18.80%	
		3.000	250	0.500	128	122	3.244	64.880	0.0040	0.12%			18.90%	
		3.000	250	0.500	130	120	3.240	64.800	0.0040	0.12%			19.00%	
		3.000	250	0.500	132	118	3.236	64.720	0.0040	0.12%			19.10%	
		3.000	250	0.500	134	116	3.232	64.640	0.0040	0.12%			19.20%	
		3.000	250	0.500	136	114	3.228	64.560	0.0040	0.12%			19.30%	
		3.000	250	0.500	138	112	3.224	64.480	0.0040	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	
		3.000	250	0.500	140	110	3.220	64.400	0.0040	0.12%	0.052	1.71%	1.040	19.50%
		3.000	250	0.500	142	108	3.216	64.320	0.0040	0.12%				19.60%
		3.000	250	0.500	144	106	3.212	64.240	0.0040	0.12%				19.70%
		3.000	250	0.500	146	104	3.208	64.160	0.0040	0.12%				19.80%
		3.000	250	0.500	148	102	3.204	64.080	0.0040	0.12%				19.90%
		3.000	250	0.500	150	100	3.200	64.000	0.0040	0.12%				20.00%
		3.000	250	0.500	152	98	3.196	63.920	0.0040	0.13%				20.10%
		3.000	250	0.500	154	96	3.192	63.840	0.0040	0.13%				20.20%
		3.000	250	0.500	156	94	3.188	63.760	0.0040	0.13%				20.30%
		3.000	250	0.500	158	92	3.184	63.680	0.0040	0.13%				20.40%
		3.000	250	0.500	160	90	3.180	63.600	0.0040	0.13%				20.50%
		3.000	250	0.500	162	88	3.176	63.520	0.0040	0.13%				20.60%
		3.000	250	0.500	164	86	3.172	63.440	0.0040	0.13%				20.70%
		3.000	250	0.500	166	84	3.168	63.360	0.0040	0.13%				20.80%
		3.000	250	0.500	168	82	3.164	63.280	0.0040	0.13%	0.052	1.74%	1.040	20.90%
		3.000	250	0.500	170	80	3.160	63.200	0.0040	0.13%				21.00%
		3.000	250	0.500	172	78	3.156	63.120	0.0040	0.13%				21.10%
		3.000	250	0.500	174	76	3.152	63.040	0.0040	0.13%				21.20%
		3.000	250	0.500	176	74	3.148	62.960	0.0040	0.13%				21.30%
		3.000	250	0.500	178	72	3.144	62.880	0.0040	0.13%				21.40%
		3.000	250	0.500	180	70	3.140	62.800	0.0040	0.13%				21.50%
		3.000	250	0.500	182	68	3.136	62.720	0.0040	0.13%				21.60%
		3.000	250	0.500	184	66	3.132	62.640	0.0040	0.13%				21.70%
		3.000	250	0.500	186	64	3.128	62.560	0.0040	0.13%				21.80%
		3.000	250	0.500	188	62	3.124	62.480	0.0040	0.13%				21.90%
		3.000	250	0.500	190	60	3.120	62.400	0.0040	0.13%				22.00%
		3.000	250	0.500	192	58	3.116	62.320	0.0040	0.13%				22.10%
		3.000	250	0.500	194	56	3.112	62.240	0.0040	0.13%				22.20%
		3.000	250	0.500	196	54	3.108	62.160	0.0040	0.13%	0.052	1.77%	1.040	22.30%
		3.000	250	0.500	198	52	3.104	62.080	0.0040	0.13%				22.40%
		3.000	250	0.500	200	50	3.100	62.000	0.0040	0.13%				22.50%
		3.000	250	0.500	202	48	3.096	61.920	0.0040	0.13%				22.60%
		3.000	250	0.500	204	46	3.092	61.840	0.0040	0.13%				22.70%
		3.000	250	0.500	206	44	3.088	61.760	0.0040	0.13%				22.80%
		3.000	250	0.500	208	42	3.084	61.680	0.0040	0.13%				22.90%
		3.000	250	0.500	210	40	3.080	61.600	0.0040	0.13%				23.00%
		3.000	250	0.500	212	38	3.076	61.520	0.0040	0.13%				23.10%
		3.000	250	0.500	214	36	3.072	61.440	0.0040	0.13%				23.20%
		3.000	250	0.500	216	34	3.068	61.360	0.0040	0.13%				23.30%
		3.000	250	0.500	218	32	3.064	61.280	0.0040	0.13%				23.40%

Medication Xanax
 Valium Multiplier 20
 Original Dose 4.000
 Current Dose 3.000
 Start Date September 8, 2006
 Dry Dose 2.500
 Dissolve Dose 0.500
 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	
		2.500	250	0.500	2	248	2.996	59.920	0.0040	0.13%			25.10%	
		2.500	250	0.500	4	246	2.992	59.840	0.0040	0.13%			25.20%	
		2.500	250	0.500	6	244	2.988	59.760	0.0040	0.13%			25.30%	
		2.500	250	0.500	8	242	2.984	59.680	0.0040	0.13%			25.40%	
		2.500	250	0.500	10	240	2.980	59.600	0.0040	0.13%			25.50%	
		2.500	250	0.500	12	238	2.976	59.520	0.0040	0.13%			25.60%	
		2.500	250	0.500	14	236	2.972	59.440	0.0040	0.13%			25.70%	
		2.500	250	0.500	16	234	2.968	59.360	0.0040	0.13%			25.80%	
		2.500	250	0.500	18	232	2.964	59.280	0.0040	0.13%			25.90%	
		2.500	250	0.500	20	230	2.960	59.200	0.0040	0.13%			26.00%	
		2.500	250	0.500	22	228	2.956	59.120	0.0040	0.14%			26.10%	
		2.500	250	0.500	24	226	2.952	59.040	0.0040	0.14%			26.20%	
		2.500	250	0.500	26	224	2.948	58.960	0.0040	0.14%			26.30%	
		2.500	250	0.500	28	222	2.944	58.880	0.0040	0.14%	0.052	1.74%	1.040	26.40%
		2.500	250	0.500	30	220	2.940	58.800	0.0040	0.14%			26.50%	
		2.500	250	0.500	32	218	2.936	58.720	0.0040	0.14%			26.60%	
		2.500	250	0.500	34	216	2.932	58.640	0.0040	0.14%			26.70%	
		2.500	250	0.500	36	214	2.928	58.560	0.0040	0.14%			26.80%	
		2.500	250	0.500	38	212	2.924	58.480	0.0040	0.14%			26.90%	
		2.500	250	0.500	40	210	2.920	58.400	0.0040	0.14%			27.00%	
		2.500	250	0.500	42	208	2.916	58.320	0.0040	0.14%			27.10%	
		2.500	250	0.500	44	206	2.912	58.240	0.0040	0.14%			27.20%	
		2.500	250	0.500	46	204	2.908	58.160	0.0040	0.14%			27.30%	
		2.500	250	0.500	48	202	2.904	58.080	0.0040	0.14%			27.40%	
		2.500	250	0.500	50	200	2.900	58.000	0.0040	0.14%			27.50%	
		2.500	250	0.500	52	198	2.896	57.920	0.0040	0.14%			27.60%	
		2.500	250	0.500	54	196	2.892	57.840	0.0040	0.14%			27.70%	
		2.500	250	0.500	56	194	2.888	57.760	0.0040	0.14%	0.052	1.90%	1.040	27.80%
		2.500	250	0.500	58	192	2.884	57.680	0.0040	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	
		2.500	250	0.500	60	190	2.880	57.600	0.0040	0.14%			28.00%	
		2.500	250	0.500	62	188	2.876	57.520	0.0040	0.14%			28.10%	
		2.500	250	0.500	64	186	2.872	57.440	0.0040	0.14%			28.20%	
		2.500	250	0.500	66	184	2.868	57.360	0.0040	0.14%			28.30%	
		2.500	250	0.500	68	182	2.864	57.280	0.0040	0.14%			28.40%	
		2.500	250	0.500	70	180	2.860	57.200	0.0040	0.14%			28.50%	
		2.500	250	0.500	72	178	2.856	57.120	0.0040	0.14%			28.60%	
		2.500	250	0.500	74	176	2.852	57.040	0.0040	0.14%			28.70%	
		2.500	250	0.500	76	174	2.848	56.960	0.0040	0.14%			28.80%	
		2.500	250	0.500	78	172	2.844	56.880	0.0040	0.14%			28.90%	
		2.500	250	0.500	80	170	2.840	56.800	0.0040	0.14%			29.00%	
		2.500	250	0.500	82	168	2.836	56.720	0.0040	0.14%			29.10%	
		2.500	250	0.500	84	166	2.832	56.640	0.0040	0.14%	0.052	1.94%	1.040	29.20%
		2.500	250	0.500	86	164	2.828	56.560	0.0040	0.14%			29.30%	
		2.500	250	0.500	88	162	2.824	56.480	0.0040	0.14%			29.40%	
		2.500	250	0.500	90	160	2.820	56.400	0.0040	0.14%			29.50%	
		2.500	250	0.500	92	158	2.816	56.320	0.0040	0.14%			29.60%	
		2.500	250	0.500	94	156	2.812	56.240	0.0040	0.14%			29.70%	
		2.500	250	0.500	96	154	2.808	56.160	0.0040	0.14%			29.80%	
		2.500	250	0.500	98	152	2.804	56.080	0.0040	0.14%			29.90%	
		2.500	250	0.500	100	150	2.800	56.000	0.0040	0.14%			30.00%	
		2.500	250	0.500	102	148	2.796	55.920	0.0040	0.14%			30.10%	
		2.500	250	0.500	104	146	2.792	55.840	0.0040	0.14%			30.20%	
		2.500	250	0.500	106	144	2.788	55.760	0.0040	0.14%			30.30%	
		2.500	250	0.500	108	142	2.784	55.680	0.0040	0.14%			30.40%	
		2.500	250	0.500	110	140	2.780	55.600	0.0040	0.14%			30.50%	
		2.500	250	0.500	112	138	2.776	55.520	0.0040	0.14%	0.052	1.98%	1.040	30.60%
		2.500	250	0.500	114	136	2.772	55.440	0.0040	0.14%			30.70%	
		2.500	250	0.500	116	134	2.768	55.360	0.0040	0.14%			30.80%	
		2.500	250	0.500	118	132	2.764	55.280	0.0040	0.14%			30.90%	
		2.500	250	0.500	120	130	2.760	55.200	0.0040	0.14%			31.00%	
		2.500	250	0.500	122	128	2.756	55.120	0.0040	0.14%			31.10%	
		2.500	250	0.500	124	126	2.752	55.040	0.0040	0.15%			31.20%	
		2.500	250	0.500	126	124	2.748	54.960	0.0040	0.15%			31.30%	
		2.500	250	0.500	128	122	2.744	54.880	0.0040	0.15%			31.40%	
		2.500	250	0.500	130	120	2.740	54.800	0.0040	0.15%			31.50%	
		2.500	250	0.500	132	118	2.736	54.720	0.0040	0.15%			31.60%	
		2.500	250	0.500	134	116	2.732	54.640	0.0040	0.15%			31.70%	
		2.500	250	0.500	136	114	2.728	54.560	0.0040	0.15%			31.80%	
		2.500	250	0.500	138	112	2.724	54.480	0.0040	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	
		2.500	250	0.500	140	110	2.720	54.400	0.0040	0.15%	0.052	2.02%	1.040	32.00%
		2.500	250	0.500	142	108	2.716	54.320	0.0040	0.15%				32.10%
		2.500	250	0.500	144	106	2.712	54.240	0.0040	0.15%				32.20%
		2.500	250	0.500	146	104	2.708	54.160	0.0040	0.15%				32.30%
		2.500	250	0.500	148	102	2.704	54.080	0.0040	0.15%				32.40%
		2.500	250	0.500	150	100	2.700	54.000	0.0040	0.15%				32.50%
		2.500	250	0.500	152	98	2.696	53.920	0.0040	0.15%				32.60%
		2.500	250	0.500	154	96	2.692	53.840	0.0040	0.15%				32.70%
		2.500	250	0.500	156	94	2.688	53.760	0.0040	0.15%				32.80%
		2.500	250	0.500	158	92	2.684	53.680	0.0040	0.15%				32.90%
		2.500	250	0.500	160	90	2.680	53.600	0.0040	0.15%				33.00%
		2.500	250	0.500	162	88	2.676	53.520	0.0040	0.15%				33.10%
		2.500	250	0.500	164	86	2.672	53.440	0.0040	0.15%				33.20%
		2.500	250	0.500	166	84	2.668	53.360	0.0040	0.15%				33.30%
		2.500	250	0.500	168	82	2.664	53.280	0.0040	0.15%	0.052	2.06%	1.040	33.40%
		2.500	250	0.500	170	80	2.660	53.200	0.0040	0.15%				33.50%
		2.500	250	0.500	172	78	2.656	53.120	0.0040	0.15%				33.60%
		2.500	250	0.500	174	76	2.652	53.040	0.0040	0.15%				33.70%
		2.500	250	0.500	176	74	2.648	52.960	0.0040	0.15%				33.80%
		2.500	250	0.500	178	72	2.644	52.880	0.0040	0.15%				33.90%
		2.500	250	0.500	180	70	2.640	52.800	0.0040	0.15%				34.00%
		2.500	250	0.500	182	68	2.636	52.720	0.0040	0.15%				34.10%
		2.500	250	0.500	184	66	2.632	52.640	0.0040	0.15%				34.20%
		2.500	250	0.500	186	64	2.628	52.560	0.0040	0.15%				34.30%
		2.500	250	0.500	188	62	2.624	52.480	0.0040	0.15%				34.40%
		2.500	250	0.500	190	60	2.620	52.400	0.0040	0.15%				34.50%
		2.500	250	0.500	192	58	2.616	52.320	0.0040	0.15%				34.60%
		2.500	250	0.500	194	56	2.612	52.240	0.0040	0.15%				34.70%
		2.500	250	0.500	196	54	2.608	52.160	0.0040	0.15%	0.052	2.10%	1.040	34.80%
		2.500	250	0.500	198	52	2.604	52.080	0.0040	0.15%				34.90%
		2.500	250	0.500	200	50	2.600	52.000	0.0040	0.15%				35.00%
		2.500	250	0.500	202	48	2.596	51.920	0.0040	0.15%				35.10%
		2.500	250	0.500	204	46	2.592	51.840	0.0040	0.15%				35.20%
		2.500	250	0.500	206	44	2.588	51.760	0.0040	0.15%				35.30%
		2.500	250	0.500	208	42	2.584	51.680	0.0040	0.15%				35.40%
		2.500	250	0.500	210	40	2.580	51.600	0.0040	0.15%				35.50%
		2.500	250	0.500	212	38	2.576	51.520	0.0040	0.16%				35.60%
		2.500	250	0.500	214	36	2.572	51.440	0.0040	0.16%				35.70%
		2.500	250	0.500	216	34	2.568	51.360	0.0040	0.16%				35.80%
		2.500	250	0.500	218	32	2.564	51.280	0.0040	0.16%				35.90%

Medication Xanax
 Valium Multiplier 20
 Original Dose 4
 Current Dose 2.500
 Start Date January 11, 2007
 Dry Dose 2.000
 Dissolve Dose 0.500
 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	
		2.000	250	0.500	2	248	2.496	49.920	0.0040	0.16%			37.60%	
		2.000	250	0.500	4	246	2.492	49.840	0.0040	0.16%			37.70%	
		2.000	250	0.500	6	244	2.488	49.760	0.0040	0.16%			37.80%	
		2.000	250	0.500	8	242	2.484	49.680	0.0040	0.16%			37.90%	
		2.000	250	0.500	10	240	2.480	49.600	0.0040	0.16%			38.00%	
		2.000	250	0.500	12	238	2.476	49.520	0.0040	0.16%			38.10%	
		2.000	250	0.500	14	236	2.472	49.440	0.0040	0.16%			38.20%	
		2.000	250	0.500	16	234	2.468	49.360	0.0040	0.16%			38.30%	
		2.000	250	0.500	18	232	2.464	49.280	0.0040	0.16%			38.40%	
		2.000	250	0.500	20	230	2.460	49.200	0.0040	0.16%			38.50%	
		2.000	250	0.500	22	228	2.456	49.120	0.0040	0.16%			38.60%	
		2.000	250	0.500	24	226	2.452	49.040	0.0040	0.16%			38.70%	
		2.000	250	0.500	26	224	2.448	48.960	0.0040	0.16%			38.80%	
		2.000	250	0.500	28	222	2.444	48.880	0.0040	0.16%	0.052	2.08%	1.040	38.90%
		2.000	250	0.500	30	220	2.440	48.800	0.0040	0.16%			39.00%	
		2.000	250	0.500	32	218	2.436	48.720	0.0040	0.16%			39.10%	
		2.000	250	0.500	34	216	2.432	48.640	0.0040	0.16%			39.20%	
		2.000	250	0.500	36	214	2.428	48.560	0.0040	0.16%			39.30%	
		2.000	250	0.500	38	212	2.424	48.480	0.0040	0.16%			39.40%	
		2.000	250	0.500	40	210	2.420	48.400	0.0040	0.17%			39.50%	
		2.000	250	0.500	42	208	2.416	48.320	0.0040	0.17%			39.60%	
		2.000	250	0.500	44	206	2.412	48.240	0.0040	0.17%			39.70%	
		2.000	250	0.500	46	204	2.408	48.160	0.0040	0.17%			39.80%	
		2.000	250	0.500	48	202	2.404	48.080	0.0040	0.17%			39.90%	
		2.000	250	0.500	50	200	2.400	48.000	0.0040	0.17%			40.00%	
		2.000	250	0.500	52	198	2.396	47.920	0.0040	0.17%			40.10%	
		2.000	250	0.500	54	196	2.392	47.840	0.0040	0.17%			40.20%	
		2.000	250	0.500	56	194	2.388	47.760	0.0040	0.17%	0.052	2.29%	1.040	40.30%
		2.000	250	0.500	58	192	2.384	47.680	0.0040	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	
		2.000	250	0.500	60	190	2.380	47.600	0.0040	0.17%			40.50%	
		2.000	250	0.500	62	188	2.376	47.520	0.0040	0.17%			40.60%	
		2.000	250	0.500	64	186	2.372	47.440	0.0040	0.17%			40.70%	
		2.000	250	0.500	66	184	2.368	47.360	0.0040	0.17%			40.80%	
		2.000	250	0.500	68	182	2.364	47.280	0.0040	0.17%			40.90%	
		2.000	250	0.500	70	180	2.360	47.200	0.0040	0.17%			41.00%	
		2.000	250	0.500	72	178	2.356	47.120	0.0040	0.17%			41.10%	
		2.000	250	0.500	74	176	2.352	47.040	0.0040	0.17%			41.20%	
		2.000	250	0.500	76	174	2.348	46.960	0.0040	0.17%			41.30%	
		2.000	250	0.500	78	172	2.344	46.880	0.0040	0.17%			41.40%	
		2.000	250	0.500	80	170	2.340	46.800	0.0040	0.17%			41.50%	
		2.000	250	0.500	82	168	2.336	46.720	0.0040	0.17%			41.60%	
		2.000	250	0.500	84	166	2.332	46.640	0.0040	0.17%	0.052	2.35%	1.040	41.70%
		2.000	250	0.500	86	164	2.328	46.560	0.0040	0.17%			41.80%	
		2.000	250	0.500	88	162	2.324	46.480	0.0040	0.17%			41.90%	
		2.000	250	0.500	90	160	2.320	46.400	0.0040	0.17%			42.00%	
		2.000	250	0.500	92	158	2.316	46.320	0.0040	0.17%			42.10%	
		2.000	250	0.500	94	156	2.312	46.240	0.0040	0.17%			42.20%	
		2.000	250	0.500	96	154	2.308	46.160	0.0040	0.17%			42.30%	
		2.000	250	0.500	98	152	2.304	46.080	0.0040	0.17%			42.40%	
		2.000	250	0.500	100	150	2.300	46.000	0.0040	0.17%			42.50%	
		2.000	250	0.500	102	148	2.296	45.920	0.0040	0.17%			42.60%	
		2.000	250	0.500	104	146	2.292	45.840	0.0040	0.17%			42.70%	
		2.000	250	0.500	106	144	2.288	45.760	0.0040	0.17%			42.80%	
		2.000	250	0.500	108	142	2.284	45.680	0.0040	0.17%			42.90%	
		2.000	250	0.500	110	140	2.280	45.600	0.0040	0.18%			43.00%	
		2.000	250	0.500	112	138	2.276	45.520	0.0040	0.18%	0.052	2.40%	1.040	43.10%
		2.000	250	0.500	114	136	2.272	45.440	0.0040	0.18%			43.20%	
		2.000	250	0.500	116	134	2.268	45.360	0.0040	0.18%			43.30%	
		2.000	250	0.500	118	132	2.264	45.280	0.0040	0.18%			43.40%	
		2.000	250	0.500	120	130	2.260	45.200	0.0040	0.18%			43.50%	
		2.000	250	0.500	122	128	2.256	45.120	0.0040	0.18%			43.60%	
		2.000	250	0.500	124	126	2.252	45.040	0.0040	0.18%			43.70%	
		2.000	250	0.500	126	124	2.248	44.960	0.0040	0.18%			43.80%	
		2.000	250	0.500	128	122	2.244	44.880	0.0040	0.18%			43.90%	
		2.000	250	0.500	130	120	2.240	44.800	0.0040	0.18%			44.00%	
		2.000	250	0.500	132	118	2.236	44.720	0.0040	0.18%			44.10%	
		2.000	250	0.500	134	116	2.232	44.640	0.0040	0.18%			44.20%	
		2.000	250	0.500	136	114	2.228	44.560	0.0040	0.18%			44.30%	
		2.000	250	0.500	138	112	2.224	44.480	0.0040	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	
		2.000	250	0.500	140	110	2.220	44.400	0.0040	0.18%	0.052	2.46%	1.040	44.50%
		2.000	250	0.500	142	108	2.216	44.320	0.0040	0.18%				44.60%
		2.000	250	0.500	144	106	2.212	44.240	0.0040	0.18%				44.70%
		2.000	250	0.500	146	104	2.208	44.160	0.0040	0.18%				44.80%
		2.000	250	0.500	148	102	2.204	44.080	0.0040	0.18%				44.90%
		2.000	250	0.500	150	100	2.200	44.000	0.0040	0.18%				45.00%
		2.000	250	0.500	152	98	2.196	43.920	0.0040	0.18%				45.10%
		2.000	250	0.500	154	96	2.192	43.840	0.0040	0.18%				45.20%
		2.000	250	0.500	156	94	2.188	43.760	0.0040	0.18%				45.30%
		2.000	250	0.500	158	92	2.184	43.680	0.0040	0.18%				45.40%
		2.000	250	0.500	160	90	2.180	43.600	0.0040	0.18%				45.50%
		2.000	250	0.500	162	88	2.176	43.520	0.0040	0.18%				45.60%
		2.000	250	0.500	164	86	2.172	43.440	0.0040	0.18%				45.70%
		2.000	250	0.500	166	84	2.168	43.360	0.0040	0.18%				45.80%
		2.000	250	0.500	168	82	2.164	43.280	0.0040	0.18%	0.052	2.52%	1.040	45.90%
		2.000	250	0.500	170	80	2.160	43.200	0.0040	0.18%				46.00%
		2.000	250	0.500	172	78	2.156	43.120	0.0040	0.19%				46.10%
		2.000	250	0.500	174	76	2.152	43.040	0.0040	0.19%				46.20%
		2.000	250	0.500	176	74	2.148	42.960	0.0040	0.19%				46.30%
		2.000	250	0.500	178	72	2.144	42.880	0.0040	0.19%				46.40%
		2.000	250	0.500	180	70	2.140	42.800	0.0040	0.19%				46.50%
		2.000	250	0.500	182	68	2.136	42.720	0.0040	0.19%				46.60%
		2.000	250	0.500	184	66	2.132	42.640	0.0040	0.19%				46.70%
		2.000	250	0.500	186	64	2.128	42.560	0.0040	0.19%				46.80%
		2.000	250	0.500	188	62	2.124	42.480	0.0040	0.19%				46.90%
		2.000	250	0.500	190	60	2.120	42.400	0.0040	0.19%				47.00%
		2.000	250	0.500	192	58	2.116	42.320	0.0040	0.19%				47.10%
		2.000	250	0.500	194	56	2.112	42.240	0.0040	0.19%				47.20%
		2.000	250	0.500	196	54	2.108	42.160	0.0040	0.19%	0.052	2.59%	1.040	47.30%
		2.000	250	0.500	198	52	2.104	42.080	0.0040	0.19%				47.40%
		2.000	250	0.500	200	50	2.100	42.000	0.0040	0.19%				47.50%
		2.000	250	0.500	202	48	2.096	41.920	0.0040	0.19%				47.60%
		2.000	250	0.500	204	46	2.092	41.840	0.0040	0.19%				47.70%
		2.000	250	0.500	206	44	2.088	41.760	0.0040	0.19%				47.80%
		2.000	250	0.500	208	42	2.084	41.680	0.0040	0.19%				47.90%
		2.000	250	0.500	210	40	2.080	41.600	0.0040	0.19%				48.00%
		2.000	250	0.500	212	38	2.076	41.520	0.0040	0.19%				48.10%
		2.000	250	0.500	214	36	2.072	41.440	0.0040	0.19%				48.20%
		2.000	250	0.500	216	34	2.068	41.360	0.0040	0.19%				48.30%
		2.000	250	0.500	218	32	2.064	41.280	0.0040	0.19%				48.40%

Medication Xanax
 Valium Multiplier 20
 Original Dose 4
 Current Dose 2.000
 Start Date May 16, 2007
 Dry Dose 1.500
 Dissolve Dose 0.500
 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	0.500	2	248	1.996	39.920	0.0040	0.20%			50.10%	
		1.500	250	0.500	4	246	1.992	39.840	0.0040	0.20%			50.20%	
		1.500	250	0.500	6	244	1.988	39.760	0.0040	0.20%			50.30%	
		1.500	250	0.500	8	242	1.984	39.680	0.0040	0.20%			50.40%	
		1.500	250	0.500	10	240	1.980	39.600	0.0040	0.20%			50.50%	
		1.500	250	0.500	12	238	1.976	39.520	0.0040	0.20%			50.60%	
		1.500	250	0.500	14	236	1.972	39.440	0.0040	0.20%			50.70%	
		1.500	250	0.500	16	234	1.968	39.360	0.0040	0.20%			50.80%	
		1.500	250	0.500	18	232	1.964	39.280	0.0040	0.20%			50.90%	
		1.500	250	0.500	20	230	1.960	39.200	0.0040	0.20%			51.00%	
		1.500	250	0.500	22	228	1.956	39.120	0.0040	0.20%			51.10%	
		1.500	250	0.500	24	226	1.952	39.040	0.0040	0.20%			51.20%	
		1.500	250	0.500	26	224	1.948	38.960	0.0040	0.20%			51.30%	
		1.500	250	0.500	28	222	1.944	38.880	0.0040	0.21%	0.052	2.61%	1.040	51.40%
		1.500	250	0.500	30	220	1.940	38.800	0.0040	0.21%			51.50%	
		1.500	250	0.500	32	218	1.936	38.720	0.0040	0.21%			51.60%	
		1.500	250	0.500	34	216	1.932	38.640	0.0040	0.21%			51.70%	
		1.500	250	0.500	36	214	1.928	38.560	0.0040	0.21%			51.80%	
		1.500	250	0.500	38	212	1.924	38.480	0.0040	0.21%			51.90%	
		1.500	250	0.500	40	210	1.920	38.400	0.0040	0.21%			52.00%	
		1.500	250	0.500	42	208	1.916	38.320	0.0040	0.21%			52.10%	
		1.500	250	0.500	44	206	1.912	38.240	0.0040	0.21%			52.20%	
		1.500	250	0.500	46	204	1.908	38.160	0.0040	0.21%			52.30%	
		1.500	250	0.500	48	202	1.904	38.080	0.0040	0.21%			52.40%	
		1.500	250	0.500	50	200	1.900	38.000	0.0040	0.21%			52.50%	
		1.500	250	0.500	52	198	1.896	37.920	0.0040	0.21%			52.60%	
		1.500	250	0.500	54	196	1.892	37.840	0.0040	0.21%			52.70%	
		1.500	250	0.500	56	194	1.888	37.760	0.0040	0.21%	0.052	2.88%	1.040	52.80%
		1.500	250	0.500	58	192	1.884	37.680	0.0040	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	
		1.500	250	0.500	60	190	1.880	37.600	0.0040	0.21%			53.00%	
		1.500	250	0.500	62	188	1.876	37.520	0.0040	0.21%			53.10%	
		1.500	250	0.500	64	186	1.872	37.440	0.0040	0.21%			53.20%	
		1.500	250	0.500	66	184	1.868	37.360	0.0040	0.21%			53.30%	
		1.500	250	0.500	68	182	1.864	37.280	0.0040	0.21%			53.40%	
		1.500	250	0.500	70	180	1.860	37.200	0.0040	0.21%			53.50%	
		1.500	250	0.500	72	178	1.856	37.120	0.0040	0.22%			53.60%	
		1.500	250	0.500	74	176	1.852	37.040	0.0040	0.22%			53.70%	
		1.500	250	0.500	76	174	1.848	36.960	0.0040	0.22%			53.80%	
		1.500	250	0.500	78	172	1.844	36.880	0.0040	0.22%			53.90%	
		1.500	250	0.500	80	170	1.840	36.800	0.0040	0.22%			54.00%	
		1.500	250	0.500	82	168	1.836	36.720	0.0040	0.22%			54.10%	
		1.500	250	0.500	84	166	1.832	36.640	0.0040	0.22%	0.052	2.97%	1.040	54.20%
		1.500	250	0.500	86	164	1.828	36.560	0.0040	0.22%			54.30%	
		1.500	250	0.500	88	162	1.824	36.480	0.0040	0.22%			54.40%	
		1.500	250	0.500	90	160	1.820	36.400	0.0040	0.22%			54.50%	
		1.500	250	0.500	92	158	1.816	36.320	0.0040	0.22%			54.60%	
		1.500	250	0.500	94	156	1.812	36.240	0.0040	0.22%			54.70%	
		1.500	250	0.500	96	154	1.808	36.160	0.0040	0.22%			54.80%	
		1.500	250	0.500	98	152	1.804	36.080	0.0040	0.22%			54.90%	
		1.500	250	0.500	100	150	1.800	36.000	0.0040	0.22%			55.00%	
		1.500	250	0.500	102	148	1.796	35.920	0.0040	0.22%			55.10%	
		1.500	250	0.500	104	146	1.792	35.840	0.0040	0.22%			55.20%	
		1.500	250	0.500	106	144	1.788	35.760	0.0040	0.22%			55.30%	
		1.500	250	0.500	108	142	1.784	35.680	0.0040	0.22%			55.40%	
		1.500	250	0.500	110	140	1.780	35.600	0.0040	0.22%			55.50%	
		1.500	250	0.500	112	138	1.776	35.520	0.0040	0.22%	0.052	3.06%	1.040	55.60%
		1.500	250	0.500	114	136	1.772	35.440	0.0040	0.23%			55.70%	
		1.500	250	0.500	116	134	1.768	35.360	0.0040	0.23%			55.80%	
		1.500	250	0.500	118	132	1.764	35.280	0.0040	0.23%			55.90%	
		1.500	250	0.500	120	130	1.760	35.200	0.0040	0.23%			56.00%	
		1.500	250	0.500	122	128	1.756	35.120	0.0040	0.23%			56.10%	
		1.500	250	0.500	124	126	1.752	35.040	0.0040	0.23%			56.20%	
		1.500	250	0.500	126	124	1.748	34.960	0.0040	0.23%			56.30%	
		1.500	250	0.500	128	122	1.744	34.880	0.0040	0.23%			56.40%	
		1.500	250	0.500	130	120	1.740	34.800	0.0040	0.23%			56.50%	
		1.500	250	0.500	132	118	1.736	34.720	0.0040	0.23%			56.60%	
		1.500	250	0.500	134	116	1.732	34.640	0.0040	0.23%			56.70%	
		1.500	250	0.500	136	114	1.728	34.560	0.0040	0.23%			56.80%	
		1.500	250	0.500	138	112	1.724	34.480	0.0040	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	
		1.500	250	0.500	140	110	1.720	34.400	0.0040	0.23%	0.052	3.15%	1.040	57.00%
		1.500	250	0.500	142	108	1.716	34.320	0.0040	0.23%				57.10%
		1.500	250	0.500	144	106	1.712	34.240	0.0040	0.23%				57.20%
		1.500	250	0.500	146	104	1.708	34.160	0.0040	0.23%				57.30%
		1.500	250	0.500	148	102	1.704	34.080	0.0040	0.23%				57.40%
		1.500	250	0.500	150	100	1.700	34.000	0.0040	0.23%				57.50%
		1.500	250	0.500	152	98	1.696	33.920	0.0040	0.24%				57.60%
		1.500	250	0.500	154	96	1.692	33.840	0.0040	0.24%				57.70%
		1.500	250	0.500	156	94	1.688	33.760	0.0040	0.24%				57.80%
		1.500	250	0.500	158	92	1.684	33.680	0.0040	0.24%				57.90%
		1.500	250	0.500	160	90	1.680	33.600	0.0040	0.24%				58.00%
		1.500	250	0.500	162	88	1.676	33.520	0.0040	0.24%				58.10%
		1.500	250	0.500	164	86	1.672	33.440	0.0040	0.24%				58.20%
		1.500	250	0.500	166	84	1.668	33.360	0.0040	0.24%				58.30%
		1.500	250	0.500	168	82	1.664	33.280	0.0040	0.24%	0.052	3.26%	1.040	58.40%
		1.500	250	0.500	170	80	1.660	33.200	0.0040	0.24%				58.50%
		1.500	250	0.500	172	78	1.656	33.120	0.0040	0.24%				58.60%
		1.500	250	0.500	174	76	1.652	33.040	0.0040	0.24%				58.70%
		1.500	250	0.500	176	74	1.648	32.960	0.0040	0.24%				58.80%
		1.500	250	0.500	178	72	1.644	32.880	0.0040	0.24%				58.90%
		1.500	250	0.500	180	70	1.640	32.800	0.0040	0.24%				59.00%
		1.500	250	0.500	182	68	1.636	32.720	0.0040	0.24%				59.10%
		1.500	250	0.500	184	66	1.632	32.640	0.0040	0.24%				59.20%
		1.500	250	0.500	186	64	1.628	32.560	0.0040	0.25%				59.30%
		1.500	250	0.500	188	62	1.624	32.480	0.0040	0.25%				59.40%
		1.500	250	0.500	190	60	1.620	32.400	0.0040	0.25%				59.50%
		1.500	250	0.500	192	58	1.616	32.320	0.0040	0.25%				59.60%
		1.500	250	0.500	194	56	1.612	32.240	0.0040	0.25%				59.70%
		1.500	250	0.500	196	54	1.608	32.160	0.0040	0.25%	0.052	3.37%	1.040	59.80%
		1.500	250	0.500	198	52	1.604	32.080	0.0040	0.25%				59.90%
		1.500	250	0.500	200	50	1.600	32.000	0.0040	0.25%				60.00%
		1.500	250	0.500	202	48	1.596	31.920	0.0040	0.25%				60.10%
		1.500	250	0.500	204	46	1.592	31.840	0.0040	0.25%				60.20%
		1.500	250	0.500	206	44	1.588	31.760	0.0040	0.25%				60.30%
		1.500	250	0.500	208	42	1.584	31.680	0.0040	0.25%				60.40%
		1.500	250	0.500	210	40	1.580	31.600	0.0040	0.25%				60.50%
		1.500	250	0.500	212	38	1.576	31.520	0.0040	0.25%				60.60%
		1.500	250	0.500	214	36	1.572	31.440	0.0040	0.25%				60.70%
		1.500	250	0.500	216	34	1.568	31.360	0.0040	0.25%				60.80%
		1.500	250	0.500	218	32	1.564	31.280	0.0040	0.26%				60.90%

Medication Xanax
 Valium Multiplier 20
 Original Dose 4
 Current Dose 1.500
 Start Date September 18, 2007
 Dry Dose 1.000
 Dissolve Dose 0.500
 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	0.500	2	248	1.496	29.920	0.0040	0.27%			62.60%	
		1.000	250	0.500	4	246	1.492	29.840	0.0040	0.27%			62.70%	
		1.000	250	0.500	6	244	1.488	29.760	0.0040	0.27%			62.80%	
		1.000	250	0.500	8	242	1.484	29.680	0.0040	0.27%			62.90%	
		1.000	250	0.500	10	240	1.480	29.600	0.0040	0.27%			63.00%	
		1.000	250	0.500	12	238	1.476	29.520	0.0040	0.27%			63.10%	
		1.000	250	0.500	14	236	1.472	29.440	0.0040	0.27%			63.20%	
		1.000	250	0.500	16	234	1.468	29.360	0.0040	0.27%			63.30%	
		1.000	250	0.500	18	232	1.464	29.280	0.0040	0.27%			63.40%	
		1.000	250	0.500	20	230	1.460	29.200	0.0040	0.27%			63.50%	
		1.000	250	0.500	22	228	1.456	29.120	0.0040	0.27%			63.60%	
		1.000	250	0.500	24	226	1.452	29.040	0.0040	0.27%			63.70%	
		1.000	250	0.500	26	224	1.448	28.960	0.0040	0.28%			63.80%	
		1.000	250	0.500	28	222	1.444	28.880	0.0040	0.28%	0.052	3.48%	1.040	63.90%
		1.000	250	0.500	30	220	1.440	28.800	0.0040	0.28%			64.00%	
		1.000	250	0.500	32	218	1.436	28.720	0.0040	0.28%			64.10%	
		1.000	250	0.500	34	216	1.432	28.640	0.0040	0.28%			64.20%	
		1.000	250	0.500	36	214	1.428	28.560	0.0040	0.28%			64.30%	
		1.000	250	0.500	38	212	1.424	28.480	0.0040	0.28%			64.40%	
		1.000	250	0.500	40	210	1.420	28.400	0.0040	0.28%			64.50%	
		1.000	250	0.500	42	208	1.416	28.320	0.0040	0.28%			64.60%	
		1.000	250	0.500	44	206	1.412	28.240	0.0040	0.28%			64.70%	
		1.000	250	0.500	46	204	1.408	28.160	0.0040	0.28%			64.80%	
		1.000	250	0.500	48	202	1.404	28.080	0.0040	0.28%			64.90%	
		1.000	250	0.500	50	200	1.400	28.000	0.0040	0.28%			65.00%	
		1.000	250	0.500	52	198	1.396	27.920	0.0040	0.29%			65.10%	
		1.000	250	0.500	54	196	1.392	27.840	0.0040	0.29%			65.20%	
		1.000	250	0.500	56	194	1.388	27.760	0.0040	0.29%	0.052	3.88%	1.040	65.30%
		1.000	250	0.500	58	192	1.384	27.680	0.0040	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
	1.000	250	0.500	60	190	1.380	27.600	0.0040	0.29%				65.50%
	1.000	250	0.500	62	188	1.376	27.520	0.0040	0.29%				65.60%
	1.000	250	0.500	64	186	1.372	27.440	0.0040	0.29%				65.70%
	1.000	250	0.500	66	184	1.368	27.360	0.0040	0.29%				65.80%
	1.000	250	0.500	68	182	1.364	27.280	0.0040	0.29%				65.90%
	1.000	250	0.500	70	180	1.360	27.200	0.0040	0.29%				66.00%
	1.000	250	0.500	72	178	1.356	27.120	0.0040	0.29%				66.10%
	1.000	250	0.500	74	176	1.352	27.040	0.0040	0.29%				66.20%
	1.000	250	0.500	76	174	1.348	26.960	0.0040	0.30%				66.30%
	1.000	250	0.500	78	172	1.344	26.880	0.0040	0.30%				66.40%
	1.000	250	0.500	80	170	1.340	26.800	0.0040	0.30%				66.50%
	1.000	250	0.500	82	168	1.336	26.720	0.0040	0.30%				66.60%
	1.000	250	0.500	84	166	1.332	26.640	0.0040	0.30%	0.052	4.03%	1.040	66.70%
	1.000	250	0.500	86	164	1.328	26.560	0.0040	0.30%				66.80%
	1.000	250	0.500	88	162	1.324	26.480	0.0040	0.30%				66.90%
	1.000	250	0.500	90	160	1.320	26.400	0.0040	0.30%				67.00%
	1.000	250	0.500	92	158	1.316	26.320	0.0040	0.30%				67.10%
	1.000	250	0.500	94	156	1.312	26.240	0.0040	0.30%				67.20%
	1.000	250	0.500	96	154	1.308	26.160	0.0040	0.30%				67.30%
	1.000	250	0.500	98	152	1.304	26.080	0.0040	0.31%				67.40%
	1.000	250	0.500	100	150	1.300	26.000	0.0040	0.31%				67.50%
	1.000	250	0.500	102	148	1.296	25.920	0.0040	0.31%				67.60%
	1.000	250	0.500	104	146	1.292	25.840	0.0040	0.31%				67.70%
	1.000	250	0.500	106	144	1.288	25.760	0.0040	0.31%				67.80%
	1.000	250	0.500	108	142	1.284	25.680	0.0040	0.31%				67.90%
	1.000	250	0.500	110	140	1.280	25.600	0.0040	0.31%				68.00%
	1.000	250	0.500	112	138	1.276	25.520	0.0040	0.31%	0.052	4.20%	1.040	68.10%
	1.000	250	0.500	114	136	1.272	25.440	0.0040	0.31%				68.20%
	1.000	250	0.500	116	134	1.268	25.360	0.0040	0.31%				68.30%
	1.000	250	0.500	118	132	1.264	25.280	0.0040	0.32%				68.40%
	1.000	250	0.500	120	130	1.260	25.200	0.0040	0.32%				68.50%
	1.000	250	0.500	122	128	1.256	25.120	0.0040	0.32%				68.60%
	1.000	250	0.500	124	126	1.252	25.040	0.0040	0.32%				68.70%
	1.000	250	0.500	126	124	1.248	24.960	0.0040	0.32%				68.80%
	1.000	250	0.500	128	122	1.244	24.880	0.0040	0.32%				68.90%
	1.000	250	0.500	130	120	1.240	24.800	0.0040	0.32%				69.00%
	1.000	250	0.500	132	118	1.236	24.720	0.0040	0.32%				69.10%
	1.000	250	0.500	134	116	1.232	24.640	0.0040	0.32%				69.20%
	1.000	250	0.500	136	114	1.228	24.560	0.0040	0.32%				69.30%
	1.000	250	0.500	138	112	1.224	24.480	0.0040	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	
		1.000	250	0.500	140	110	1.220	24.400	0.0040	0.33%	0.052	4.39%	1.040	69.50%
		1.000	250	0.500	142	108	1.216	24.320	0.0040	0.33%				69.60%
		1.000	250	0.500	144	106	1.212	24.240	0.0040	0.33%				69.70%
		1.000	250	0.500	146	104	1.208	24.160	0.0040	0.33%				69.80%
		1.000	250	0.500	148	102	1.204	24.080	0.0040	0.33%				69.90%
		1.000	250	0.500	150	100	1.200	24.000	0.0040	0.33%				70.00%
		1.000	250	0.500	152	98	1.196	23.920	0.0040	0.33%				70.10%
		1.000	250	0.500	154	96	1.192	23.840	0.0040	0.33%				70.20%
		1.000	250	0.500	156	94	1.188	23.760	0.0040	0.34%				70.30%
		1.000	250	0.500	158	92	1.184	23.680	0.0040	0.34%				70.40%
		1.000	250	0.500	160	90	1.180	23.600	0.0040	0.34%				70.50%
		1.000	250	0.500	162	88	1.176	23.520	0.0040	0.34%				70.60%
		1.000	250	0.500	164	86	1.172	23.440	0.0040	0.34%				70.70%
		1.000	250	0.500	166	84	1.168	23.360	0.0040	0.34%				70.80%
		1.000	250	0.500	168	82	1.164	23.280	0.0040	0.34%	0.052	4.59%	1.040	70.90%
		1.000	250	0.500	170	80	1.160	23.200	0.0040	0.34%				71.00%
		1.000	250	0.500	172	78	1.156	23.120	0.0040	0.34%				71.10%
		1.000	250	0.500	174	76	1.152	23.040	0.0040	0.35%				71.20%
		1.000	250	0.500	176	74	1.148	22.960	0.0040	0.35%				71.30%
		1.000	250	0.500	178	72	1.144	22.880	0.0040	0.35%				71.40%
		1.000	250	0.500	180	70	1.140	22.800	0.0040	0.35%				71.50%
		1.000	250	0.500	182	68	1.136	22.720	0.0040	0.35%				71.60%
		1.000	250	0.500	184	66	1.132	22.640	0.0040	0.35%				71.70%
		1.000	250	0.500	186	64	1.128	22.560	0.0040	0.35%				71.80%
		1.000	250	0.500	188	62	1.124	22.480	0.0040	0.35%				71.90%
		1.000	250	0.500	190	60	1.120	22.400	0.0040	0.36%				72.00%
		1.000	250	0.500	192	58	1.116	22.320	0.0040	0.36%				72.10%
		1.000	250	0.500	194	56	1.112	22.240	0.0040	0.36%				72.20%
		1.000	250	0.500	196	54	1.108	22.160	0.0040	0.36%	0.052	4.81%	1.040	72.30%
		1.000	250	0.500	198	52	1.104	22.080	0.0040	0.36%				72.40%
		1.000	250	0.500	200	50	1.100	22.000	0.0040	0.36%				72.50%
		1.000	250	0.500	202	48	1.096	21.920	0.0040	0.36%				72.60%
		1.000	250	0.500	204	46	1.092	21.840	0.0040	0.36%				72.70%
		1.000	250	0.500	206	44	1.088	21.760	0.0040	0.37%				72.80%
		1.000	250	0.500	208	42	1.084	21.680	0.0040	0.37%				72.90%
		1.000	250	0.500	210	40	1.080	21.600	0.0040	0.37%				73.00%
		1.000	250	0.500	212	38	1.076	21.520	0.0040	0.37%				73.10%
		1.000	250	0.500	214	36	1.072	21.440	0.0040	0.37%				73.20%
		1.000	250	0.500	216	34	1.068	21.360	0.0040	0.37%				73.30%
		1.000	250	0.500	218	32	1.064	21.280	0.0040	0.37%				73.40%

Medication Xanax
 Valium Multiplier 20
 Original Dose 4
 Current Dose 1.000
 Start Date January 21, 2008
 Dry Dose 0.500
 Dissolve Dose 0.500
 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	0.500	2	248	0.996	19.920	0.0040	0.40%			75.10%	
		0.500	250	0.500	4	246	0.992	19.840	0.0040	0.40%			75.20%	
		0.500	250	0.500	6	244	0.988	19.760	0.0040	0.40%			75.30%	
		0.500	250	0.500	8	242	0.984	19.680	0.0040	0.40%			75.40%	
		0.500	250	0.500	10	240	0.980	19.600	0.0040	0.41%			75.50%	
		0.500	250	0.500	12	238	0.976	19.520	0.0040	0.41%			75.60%	
		0.500	250	0.500	14	236	0.972	19.440	0.0040	0.41%			75.70%	
		0.500	250	0.500	16	234	0.968	19.360	0.0040	0.41%			75.80%	
		0.500	250	0.500	18	232	0.964	19.280	0.0040	0.41%			75.90%	
		0.500	250	0.500	20	230	0.960	19.200	0.0040	0.41%			76.00%	
		0.500	250	0.500	22	228	0.956	19.120	0.0040	0.42%			76.10%	
		0.500	250	0.500	24	226	0.952	19.040	0.0040	0.42%			76.20%	
		0.500	250	0.500	26	224	0.948	18.960	0.0040	0.42%			76.30%	
		0.500	250	0.500	28	222	0.944	18.880	0.0040	0.42%	0.052	5.22%	1.040	76.40%
		0.500	250	0.500	30	220	0.940	18.800	0.0040	0.42%			76.50%	
		0.500	250	0.500	32	218	0.936	18.720	0.0040	0.43%			76.60%	
		0.500	250	0.500	34	216	0.932	18.640	0.0040	0.43%			76.70%	
		0.500	250	0.500	36	214	0.928	18.560	0.0040	0.43%			76.80%	
		0.500	250	0.500	38	212	0.924	18.480	0.0040	0.43%			76.90%	
		0.500	250	0.500	40	210	0.920	18.400	0.0040	0.43%			77.00%	
		0.500	250	0.500	42	208	0.916	18.320	0.0040	0.43%			77.10%	
		0.500	250	0.500	44	206	0.912	18.240	0.0040	0.44%			77.20%	
		0.500	250	0.500	46	204	0.908	18.160	0.0040	0.44%			77.30%	
		0.500	250	0.500	48	202	0.904	18.080	0.0040	0.44%			77.40%	
		0.500	250	0.500	50	200	0.900	18.000	0.0040	0.44%			77.50%	
		0.500	250	0.500	52	198	0.896	17.920	0.0040	0.44%			77.60%	
		0.500	250	0.500	54	196	0.892	17.840	0.0040	0.45%			77.70%	
		0.500	250	0.500	56	194	0.888	17.760	0.0040	0.45%	0.052	5.93%	1.040	77.80%
		0.500	250	0.500	58	192	0.884	17.680	0.0040	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	
		0.500	250	0.500	60	190	0.880	17.600	0.0040	0.45%			78.00%	
		0.500	250	0.500	62	188	0.876	17.520	0.0040	0.45%			78.10%	
		0.500	250	0.500	64	186	0.872	17.440	0.0040	0.46%			78.20%	
		0.500	250	0.500	66	184	0.868	17.360	0.0040	0.46%			78.30%	
		0.500	250	0.500	68	182	0.864	17.280	0.0040	0.46%			78.40%	
		0.500	250	0.500	70	180	0.860	17.200	0.0040	0.46%			78.50%	
		0.500	250	0.500	72	178	0.856	17.120	0.0040	0.47%			78.60%	
		0.500	250	0.500	74	176	0.852	17.040	0.0040	0.47%			78.70%	
		0.500	250	0.500	76	174	0.848	16.960	0.0040	0.47%			78.80%	
		0.500	250	0.500	78	172	0.844	16.880	0.0040	0.47%			78.90%	
		0.500	250	0.500	80	170	0.840	16.800	0.0040	0.47%			79.00%	
		0.500	250	0.500	82	168	0.836	16.720	0.0040	0.48%			79.10%	
		0.500	250	0.500	84	166	0.832	16.640	0.0040	0.48%	0.052	6.31%	1.040	79.20%
		0.500	250	0.500	86	164	0.828	16.560	0.0040	0.48%			79.30%	
		0.500	250	0.500	88	162	0.824	16.480	0.0040	0.48%			79.40%	
		0.500	250	0.500	90	160	0.820	16.400	0.0040	0.49%			79.50%	
		0.500	250	0.500	92	158	0.816	16.320	0.0040	0.49%			79.60%	
		0.500	250	0.500	94	156	0.812	16.240	0.0040	0.49%			79.70%	
		0.500	250	0.500	96	154	0.808	16.160	0.0040	0.49%			79.80%	
		0.500	250	0.500	98	152	0.804	16.080	0.0040	0.50%			79.90%	
		0.500	250	0.500	100	150	0.800	16.000	0.0040	0.50%			80.00%	
		0.500	250	0.500	102	148	0.796	15.920	0.0040	0.50%			80.10%	
		0.500	250	0.500	104	146	0.792	15.840	0.0040	0.50%			80.20%	
		0.500	250	0.500	106	144	0.788	15.760	0.0040	0.51%			80.30%	
		0.500	250	0.500	108	142	0.784	15.680	0.0040	0.51%			80.40%	
		0.500	250	0.500	110	140	0.780	15.600	0.0040	0.51%			80.50%	
		0.500	250	0.500	112	138	0.776	15.520	0.0040	0.51%	0.052	6.73%	1.040	80.60%
		0.500	250	0.500	114	136	0.772	15.440	0.0040	0.52%			80.70%	
		0.500	250	0.500	116	134	0.768	15.360	0.0040	0.52%			80.80%	
		0.500	250	0.500	118	132	0.764	15.280	0.0040	0.52%			80.90%	
		0.500	250	0.500	120	130	0.760	15.200	0.0040	0.52%			81.00%	
		0.500	250	0.500	122	128	0.756	15.120	0.0040	0.53%			81.10%	
		0.500	250	0.500	124	126	0.752	15.040	0.0040	0.53%			81.20%	
		0.500	250	0.500	126	124	0.748	14.960	0.0040	0.53%			81.30%	
		0.500	250	0.500	128	122	0.744	14.880	0.0040	0.53%			81.40%	
		0.500	250	0.500	130	120	0.740	14.800	0.0040	0.54%			81.50%	
		0.500	250	0.500	132	118	0.736	14.720	0.0040	0.54%			81.60%	
		0.500	250	0.500	134	116	0.732	14.640	0.0040	0.54%			81.70%	
		0.500	250	0.500	136	114	0.728	14.560	0.0040	0.55%			81.80%	
		0.500	250	0.500	138	112	0.724	14.480	0.0040	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	
		0.500	250	0.500	140	110	0.720	14.400	0.0040	0.55%	0.052	7.22%	1.040	82.00%
		0.500	250	0.500	142	108	0.716	14.320	0.0040	0.56%				82.10%
		0.500	250	0.500	144	106	0.712	14.240	0.0040	0.56%				82.20%
		0.500	250	0.500	146	104	0.708	14.160	0.0040	0.56%				82.30%
		0.500	250	0.500	148	102	0.704	14.080	0.0040	0.56%				82.40%
		0.500	250	0.500	150	100	0.700	14.000	0.0040	0.57%				82.50%
		0.500	250	0.500	152	98	0.696	13.920	0.0040	0.57%				82.60%
		0.500	250	0.500	154	96	0.692	13.840	0.0040	0.57%				82.70%
		0.500	250	0.500	156	94	0.688	13.760	0.0040	0.58%				82.80%
		0.500	250	0.500	158	92	0.684	13.680	0.0040	0.58%				82.90%
		0.500	250	0.500	160	90	0.680	13.600	0.0040	0.58%				83.00%
		0.500	250	0.500	162	88	0.676	13.520	0.0040	0.59%				83.10%
		0.500	250	0.500	164	86	0.672	13.440	0.0040	0.59%				83.20%
		0.500	250	0.500	166	84	0.668	13.360	0.0040	0.60%				83.30%
		0.500	250	0.500	168	82	0.664	13.280	0.0040	0.60%	0.052	7.78%	1.040	83.40%
		0.500	250	0.500	170	80	0.660	13.200	0.0040	0.60%				83.50%
		0.500	250	0.500	172	78	0.656	13.120	0.0040	0.61%				83.60%
		0.500	250	0.500	174	76	0.652	13.040	0.0040	0.61%				83.70%
		0.500	250	0.500	176	74	0.648	12.960	0.0040	0.61%				83.80%
		0.500	250	0.500	178	72	0.644	12.880	0.0040	0.62%				83.90%
		0.500	250	0.500	180	70	0.640	12.800	0.0040	0.62%				84.00%
		0.500	250	0.500	182	68	0.636	12.720	0.0040	0.63%				84.10%
		0.500	250	0.500	184	66	0.632	12.640	0.0040	0.63%				84.20%
		0.500	250	0.500	186	64	0.628	12.560	0.0040	0.63%				84.30%
		0.500	250	0.500	188	62	0.624	12.480	0.0040	0.64%				84.40%
		0.500	250	0.500	190	60	0.620	12.400	0.0040	0.64%				84.50%
		0.500	250	0.500	192	58	0.616	12.320	0.0040	0.65%				84.60%
		0.500	250	0.500	194	56	0.612	12.240	0.0040	0.65%				84.70%
		0.500	250	0.500	196	54	0.608	12.160	0.0040	0.65%	0.052	8.43%	1.040	84.80%
		0.500	250	0.500	198	52	0.604	12.080	0.0040	0.66%				84.90%
		0.500	250	0.500	200	50	0.600	12.000	0.0040	0.66%				85.00%
		0.500	250	0.500	202	48	0.596	11.920	0.0040	0.67%				85.10%
		0.500	250	0.500	204	46	0.592	11.840	0.0040	0.67%				85.20%
		0.500	250	0.500	206	44	0.588	11.760	0.0040	0.68%				85.30%
		0.500	250	0.500	208	42	0.584	11.680	0.0040	0.68%				85.40%
		0.500	250	0.500	210	40	0.580	11.600	0.0040	0.68%				85.50%
		0.500	250	0.500	212	38	0.576	11.520	0.0040	0.69%				85.60%
		0.500	250	0.500	214	36	0.572	11.440	0.0040	0.69%				85.70%
		0.500	250	0.500	216	34	0.568	11.360	0.0040	0.70%				85.80%
		0.500	250	0.500	218	32	0.564	11.280	0.0040	0.70%				85.90%

Medication Xanax
 Valium Multiplier 20
 Original Dose 4
 Current Dose 0.500
 Start Date May 25, 2008
 Dry Dose 0.000
 Dissolve Dose 0.500
 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	0.500	2	248	0.496	9.920	0.0040	0.80%			87.60%	
		0.000	250	0.500	4	246	0.492	9.840	0.0040	0.81%			87.70%	
		0.000	250	0.500	6	244	0.488	9.760	0.0040	0.81%			87.80%	
		0.000	250	0.500	8	242	0.484	9.680	0.0040	0.82%			87.90%	
		0.000	250	0.500	10	240	0.480	9.600	0.0040	0.83%			88.00%	
		0.000	250	0.500	12	238	0.476	9.520	0.0040	0.83%			88.10%	
		0.000	250	0.500	14	236	0.472	9.440	0.0040	0.84%			88.20%	
		0.000	250	0.500	16	234	0.468	9.360	0.0040	0.85%			88.30%	
		0.000	250	0.500	18	232	0.464	9.280	0.0040	0.85%			88.40%	
		0.000	250	0.500	20	230	0.460	9.200	0.0040	0.86%			88.50%	
		0.000	250	0.500	22	228	0.456	9.120	0.0040	0.87%			88.60%	
		0.000	250	0.500	24	226	0.452	9.040	0.0040	0.88%			88.70%	
		0.000	250	0.500	26	224	0.448	8.960	0.0040	0.88%			88.80%	
		0.000	250	0.500	28	222	0.444	8.880	0.0040	0.89%	0.052	10.48%	1.040	88.90%
		0.000	250	0.500	30	220	0.440	8.800	0.0040	0.90%			89.00%	
		0.000	250	0.500	32	218	0.436	8.720	0.0040	0.91%			89.10%	
		0.000	250	0.500	34	216	0.432	8.640	0.0040	0.92%			89.20%	
		0.000	250	0.500	36	214	0.428	8.560	0.0040	0.93%			89.30%	
		0.000	250	0.500	38	212	0.424	8.480	0.0040	0.93%			89.40%	
		0.000	250	0.500	40	210	0.420	8.400	0.0040	0.94%			89.50%	
		0.000	250	0.500	42	208	0.416	8.320	0.0040	0.95%			89.60%	
		0.000	250	0.500	44	206	0.412	8.240	0.0040	0.96%			89.70%	
		0.000	250	0.500	46	204	0.408	8.160	0.0040	0.97%			89.80%	
		0.000	250	0.500	48	202	0.404	8.080	0.0040	0.98%			89.90%	
		0.000	250	0.500	50	200	0.400	8.000	0.0040	0.99%			90.00%	
		0.000	250	0.500	52	198	0.396	7.920	0.0040	1.00%			90.10%	
		0.000	250	0.500	54	196	0.392	7.840	0.0040	1.01%			90.20%	
		0.000	250	0.500	56	194	0.388	7.760	0.0040	1.02%	0.052	12.61%	1.040	90.30%
		0.000	250	0.500	58	192	0.384	7.680	0.0040	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	0.500	60	190	0.380	7.600	0.0040	1.04%				90.50%
	0.000	250	0.500	62	188	0.376	7.520	0.0040	1.05%				90.60%
	0.000	250	0.500	64	186	0.372	7.440	0.0040	1.06%				90.70%
	0.000	250	0.500	66	184	0.368	7.360	0.0040	1.08%				90.80%
	0.000	250	0.500	68	182	0.364	7.280	0.0040	1.09%				90.90%
	0.000	250	0.500	70	180	0.360	7.200	0.0040	1.10%				91.00%
	0.000	250	0.500	72	178	0.356	7.120	0.0040	1.11%				91.10%
	0.000	250	0.500	74	176	0.352	7.040	0.0040	1.12%				91.20%
	0.000	250	0.500	76	174	0.348	6.960	0.0040	1.14%				91.30%
	0.000	250	0.500	78	172	0.344	6.880	0.0040	1.15%				91.40%
	0.000	250	0.500	80	170	0.340	6.800	0.0040	1.16%				91.50%
	0.000	250	0.500	82	168	0.336	6.720	0.0040	1.18%				91.60%
	0.000	250	0.500	84	166	0.332	6.640	0.0040	1.19%	0.052	14.43%	1.040	91.70%
	0.000	250	0.500	86	164	0.328	6.560	0.0040	1.20%				91.80%
	0.000	250	0.500	88	162	0.324	6.480	0.0040	1.22%				91.90%
	0.000	250	0.500	90	160	0.320	6.400	0.0040	1.23%				92.00%
	0.000	250	0.500	92	158	0.316	6.320	0.0040	1.25%				92.10%
	0.000	250	0.500	94	156	0.312	6.240	0.0040	1.27%				92.20%
	0.000	250	0.500	96	154	0.308	6.160	0.0040	1.28%				92.30%
	0.000	250	0.500	98	152	0.304	6.080	0.0040	1.30%				92.40%
	0.000	250	0.500	100	150	0.300	6.000	0.0040	1.32%				92.50%
	0.000	250	0.500	102	148	0.296	5.920	0.0040	1.33%				92.60%
	0.000	250	0.500	104	146	0.292	5.840	0.0040	1.35%				92.70%
	0.000	250	0.500	106	144	0.288	5.760	0.0040	1.37%				92.80%
	0.000	250	0.500	108	142	0.284	5.680	0.0040	1.39%				92.90%
	0.000	250	0.500	110	140	0.280	5.600	0.0040	1.41%				93.00%
	0.000	250	0.500	112	138	0.276	5.520	0.0040	1.43%	0.052	16.87%	1.040	93.10%
	0.000	250	0.500	114	136	0.272	5.440	0.0040	1.45%				93.20%
	0.000	250	0.500	116	134	0.268	5.360	0.0040	1.47%				93.30%
	0.000	250	0.500	118	132	0.264	5.280	0.0040	1.49%				93.40%
	0.000	250	0.500	120	130	0.260	5.200	0.0040	1.52%				93.50%
	0.000	250	0.500	122	128	0.256	5.120	0.0040	1.54%				93.60%
	0.000	250	0.500	124	126	0.252	5.040	0.0040	1.56%				93.70%
	0.000	250	0.500	126	124	0.248	4.960	0.0040	1.59%				93.80%
	0.000	250	0.500	128	122	0.244	4.880	0.0040	1.61%				93.90%
	0.000	250	0.500	130	120	0.240	4.800	0.0040	1.64%				94.00%
	0.000	250	0.500	132	118	0.236	4.720	0.0040	1.67%				94.10%
	0.000	250	0.500	134	116	0.232	4.640	0.0040	1.69%				94.20%
	0.000	250	0.500	136	114	0.228	4.560	0.0040	1.72%				94.30%
	0.000	250	0.500	138	112	0.224	4.480	0.0040	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	0.500	140	110	0.220	4.400	0.0040	1.79%	0.052	20.29%	1.040	94.50%
	0.000	250	0.500	142	108	0.216	4.320	0.0040	1.82%				94.60%
	0.000	250	0.500	144	106	0.212	4.240	0.0040	1.85%				94.70%
	0.000	250	0.500	146	104	0.208	4.160	0.0040	1.89%				94.80%
	0.000	250	0.500	148	102	0.204	4.080	0.0040	1.92%				94.90%
	0.000	250	0.500	150	100	0.200	4.000	0.0040	1.96%				95.00%
	0.000	250	0.500	152	98	0.196	3.920	0.0040	2.00%				95.10%
	0.000	250	0.500	154	96	0.192	3.840	0.0040	2.04%				95.20%
	0.000	250	0.500	156	94	0.188	3.760	0.0040	2.08%				95.30%
	0.000	250	0.500	158	92	0.184	3.680	0.0040	2.13%				95.40%
	0.000	250	0.500	160	90	0.180	3.600	0.0040	2.17%				95.50%
	0.000	250	0.500	162	88	0.176	3.520	0.0040	2.22%				95.60%
	0.000	250	0.500	164	86	0.172	3.440	0.0040	2.27%				95.70%
	0.000	250	0.500	166	84	0.168	3.360	0.0040	2.33%				95.80%
	0.000	250	0.500	168	82	0.164	3.280	0.0040	2.38%	0.052	25.45%	1.040	95.90%
	0.000	250	0.500	170	80	0.160	3.200	0.0040	2.44%				96.00%
	0.000	250	0.500	172	78	0.156	3.120	0.0040	2.50%				96.10%
	0.000	250	0.500	174	76	0.152	3.040	0.0040	2.56%				96.20%
	0.000	250	0.500	176	74	0.148	2.960	0.0040	2.63%				96.30%
	0.000	250	0.500	178	72	0.144	2.880	0.0040	2.70%				96.40%
	0.000	250	0.500	180	70	0.140	2.800	0.0040	2.78%				96.50%
	0.000	250	0.500	182	68	0.136	2.720	0.0040	2.86%				96.60%
	0.000	250	0.500	184	66	0.132	2.640	0.0040	2.94%				96.70%
	0.000	250	0.500	186	64	0.128	2.560	0.0040	3.03%				96.80%
	0.000	250	0.500	188	62	0.124	2.480	0.0040	3.13%				96.90%
	0.000	250	0.500	190	60	0.120	2.400	0.0040	3.23%				97.00%
	0.000	250	0.500	192	58	0.116	2.320	0.0040	3.33%				97.10%
	0.000	250	0.500	194	56	0.112	2.240	0.0040	3.45%				97.20%
	0.000	250	0.500	196	54	0.108	2.160	0.0040	3.57%	0.052	34.15%	1.040	97.30%
	0.000	250	0.500	198	52	0.104	2.080	0.0040	3.70%				97.40%
	0.000	250	0.500	200	50	0.100	2.000	0.0040	3.85%				97.50%
	0.000	250	0.500	202	48	0.096	1.920	0.0040	4.00%				97.60%
	0.000	250	0.500	204	46	0.092	1.840	0.0040	4.17%				97.70%
	0.000	250	0.500	206	44	0.088	1.760	0.0040	4.35%				97.80%
	0.000	250	0.500	208	42	0.084	1.680	0.0040	4.55%				97.90%
	0.000	250	0.500	210	40	0.080	1.600	0.0040	4.76%				98.00%
	0.000	250	0.500	212	38	0.076	1.520	0.0040	5.00%				98.10%
	0.000	250	0.500	214	36	0.072	1.440	0.0040	5.26%				98.20%
	0.000	250	0.500	216	34	0.068	1.360	0.0040	5.56%				98.30%
	0.000	250	0.500	218	32	0.064	1.280	0.0040	5.88%				98.40%

