

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 **1**
 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	1	249	3.998	79.960	0.0020	0.05%			0.00%
		3.500	250	0.500	2	248	3.996	79.920	0.0020	0.05%			0.10%
		3.500	250	0.500	3	247	3.994	79.880	0.0020	0.05%			0.15%
		3.500	250	0.500	4	246	3.992	79.840	0.0020	0.05%			0.20%
		3.500	250	0.500	5	245	3.990	79.800	0.0020	0.05%			0.25%
		3.500	250	0.500	6	244	3.988	79.760	0.0020	0.05%			0.30%
		3.500	250	0.500	7	243	3.986	79.720	0.0020	0.05%			0.35%
		3.500	250	0.500	8	242	3.984	79.680	0.0020	0.05%			0.40%
		3.500	250	0.500	9	241	3.982	79.640	0.0020	0.05%			0.45%
		3.500	250	0.500	10	240	3.980	79.600	0.0020	0.05%			0.50%
		3.500	250	0.500	11	239	3.978	79.560	0.0020	0.05%			0.55%
		3.500	250	0.500	12	238	3.976	79.520	0.0020	0.05%			0.60%
		3.500	250	0.500	13	237	3.974	79.480	0.0020	0.05%			0.65%
		3.500	250	0.500	14	236	3.972	79.440	0.0020	0.05%	0.026	0.65%	0.70%
		3.500	250	0.500	15	235	3.970	79.400	0.0020	0.05%		0.520	0.75%
		3.500	250	0.500	16	234	3.968	79.360	0.0020	0.05%			0.80%
		3.500	250	0.500	17	233	3.966	79.320	0.0020	0.05%			0.85%
		3.500	250	0.500	18	232	3.964	79.280	0.0020	0.05%			0.90%
		3.500	250	0.500	19	231	3.962	79.240	0.0020	0.05%			0.95%
		3.500	250	0.500	20	230	3.960	79.200	0.0020	0.05%			1.00%
		3.500	250	0.500	21	229	3.958	79.160	0.0020	0.05%			1.05%
		3.500	250	0.500	22	228	3.956	79.120	0.0020	0.05%			1.10%
		3.500	250	0.500	23	227	3.954	79.080	0.0020	0.05%			1.15%
		3.500	250	0.500	24	226	3.952	79.040	0.0020	0.05%			1.20%
		3.500	250	0.500	25	225	3.950	79.000	0.0020	0.05%			1.25%
		3.500	250	0.500	26	224	3.948	78.960	0.0020	0.05%			1.30%
		3.500	250	0.500	27	223	3.946	78.920	0.0020	0.05%			1.35%
		3.500	250	0.500	28	222	3.944	78.880	0.0020	0.05%	0.026	0.70%	1.40%
		3.500	250	0.500	29	221	3.942	78.840	0.0020	0.05%		0.520	1.45%

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	30	220	3.940	78.800	0.0020	0.05%			1.50%	
		3.500	250	0.500	31	219	3.938	78.760	0.0020	0.05%			1.55%	
		3.500	250	0.500	32	218	3.936	78.720	0.0020	0.05%			1.60%	
		3.500	250	0.500	33	217	3.934	78.680	0.0020	0.05%			1.65%	
		3.500	250	0.500	34	216	3.932	78.640	0.0020	0.05%			1.70%	
		3.500	250	0.500	35	215	3.930	78.600	0.0020	0.05%			1.75%	
		3.500	250	0.500	36	214	3.928	78.560	0.0020	0.05%			1.80%	
		3.500	250	0.500	37	213	3.926	78.520	0.0020	0.05%			1.85%	
		3.500	250	0.500	38	212	3.924	78.480	0.0020	0.05%			1.90%	
		3.500	250	0.500	39	211	3.922	78.440	0.0020	0.05%			1.95%	
		3.500	250	0.500	40	210	3.920	78.400	0.0020	0.05%			2.00%	
		3.500	250	0.500	41	209	3.918	78.360	0.0020	0.05%			2.05%	
		3.500	250	0.500	42	208	3.916	78.320	0.0020	0.05%	0.026	0.71%	0.520	2.10%
		3.500	250	0.500	43	207	3.914	78.280	0.0020	0.05%			2.15%	
		3.500	250	0.500	44	206	3.912	78.240	0.0020	0.05%			2.20%	
		3.500	250	0.500	45	205	3.910	78.200	0.0020	0.05%			2.25%	
		3.500	250	0.500	46	204	3.908	78.160	0.0020	0.05%			2.30%	
		3.500	250	0.500	47	203	3.906	78.120	0.0020	0.05%			2.35%	
		3.500	250	0.500	48	202	3.904	78.080	0.0020	0.05%			2.40%	
		3.500	250	0.500	49	201	3.902	78.040	0.0020	0.05%			2.45%	
		3.500	250	0.500	50	200	3.900	78.000	0.0020	0.05%			2.50%	
		3.500	250	0.500	51	199	3.898	77.960	0.0020	0.05%			2.55%	
		3.500	250	0.500	52	198	3.896	77.920	0.0020	0.05%			2.60%	
		3.500	250	0.500	53	197	3.894	77.880	0.0020	0.05%			2.65%	
		3.500	250	0.500	54	196	3.892	77.840	0.0020	0.05%			2.70%	
		3.500	250	0.500	55	195	3.890	77.800	0.0020	0.05%			2.75%	
		3.500	250	0.500	56	194	3.888	77.760	0.0020	0.05%	0.026	0.72%	0.520	2.80%
		3.500	250	0.500	57	193	3.886	77.720	0.0020	0.05%			2.85%	
		3.500	250	0.500	58	192	3.884	77.680	0.0020	0.05%			2.90%	
		3.500	250	0.500	59	191	3.882	77.640	0.0020	0.05%			2.95%	
		3.500	250	0.500	60	190	3.880	77.600	0.0020	0.05%			3.00%	
		3.500	250	0.500	61	189	3.878	77.560	0.0020	0.05%			3.05%	
		3.500	250	0.500	62	188	3.876	77.520	0.0020	0.05%			3.10%	
		3.500	250	0.500	63	187	3.874	77.480	0.0020	0.05%			3.15%	
		3.500	250	0.500	64	186	3.872	77.440	0.0020	0.05%			3.20%	
		3.500	250	0.500	65	185	3.870	77.400	0.0020	0.05%			3.25%	
		3.500	250	0.500	66	184	3.868	77.360	0.0020	0.05%			3.30%	
		3.500	250	0.500	67	183	3.866	77.320	0.0020	0.05%			3.35%	
		3.500	250	0.500	68	182	3.864	77.280	0.0020	0.05%			3.40%	
		3.500	250	0.500	69	181	3.862	77.240	0.0020	0.05%			3.45%	

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	70	180	3.860	77.200	0.0020	0.05%	0.026	0.72%	0.520	3.50%
		3.500	250	0.500	71	179	3.858	77.160	0.0020	0.05%				3.55%
		3.500	250	0.500	72	178	3.856	77.120	0.0020	0.05%				3.60%
		3.500	250	0.500	73	177	3.854	77.080	0.0020	0.05%				3.65%
		3.500	250	0.500	74	176	3.852	77.040	0.0020	0.05%				3.70%
		3.500	250	0.500	75	175	3.850	77.000	0.0020	0.05%				3.75%
		3.500	250	0.500	76	174	3.848	76.960	0.0020	0.05%				3.80%
		3.500	250	0.500	77	173	3.846	76.920	0.0020	0.05%				3.85%
		3.500	250	0.500	78	172	3.844	76.880	0.0020	0.05%				3.90%
		3.500	250	0.500	79	171	3.842	76.840	0.0020	0.05%				3.95%
		3.500	250	0.500	80	170	3.840	76.800	0.0020	0.05%				4.00%
		3.500	250	0.500	81	169	3.838	76.760	0.0020	0.05%				4.05%
		3.500	250	0.500	82	168	3.836	76.720	0.0020	0.05%				4.10%
		3.500	250	0.500	83	167	3.834	76.680	0.0020	0.05%				4.15%
		3.500	250	0.500	84	166	3.832	76.640	0.0020	0.05%	0.026	0.73%	0.520	4.20%
		3.500	250	0.500	85	165	3.830	76.600	0.0020	0.05%				4.25%
		3.500	250	0.500	86	164	3.828	76.560	0.0020	0.05%				4.30%
		3.500	250	0.500	87	163	3.826	76.520	0.0020	0.05%				4.35%
		3.500	250	0.500	88	162	3.824	76.480	0.0020	0.05%				4.40%
		3.500	250	0.500	89	161	3.822	76.440	0.0020	0.05%				4.45%
		3.500	250	0.500	90	160	3.820	76.400	0.0020	0.05%				4.50%
		3.500	250	0.500	91	159	3.818	76.360	0.0020	0.05%				4.55%
		3.500	250	0.500	92	158	3.816	76.320	0.0020	0.05%				4.60%
		3.500	250	0.500	93	157	3.814	76.280	0.0020	0.05%				4.65%
		3.500	250	0.500	94	156	3.812	76.240	0.0020	0.05%				4.70%
		3.500	250	0.500	95	155	3.810	76.200	0.0020	0.05%				4.75%
		3.500	250	0.500	96	154	3.808	76.160	0.0020	0.05%				4.80%
		3.500	250	0.500	97	153	3.806	76.120	0.0020	0.05%				4.85%
		3.500	250	0.500	98	152	3.804	76.080	0.0020	0.05%	0.026	0.73%	0.520	4.90%
		3.500	250	0.500	99	151	3.802	76.040	0.0020	0.05%				4.95%
		3.500	250	0.500	100	150	3.800	76.000	0.0020	0.05%				5.00%
		3.500	250	0.500	101	149	3.798	75.960	0.0020	0.05%				5.05%
		3.500	250	0.500	102	148	3.796	75.920	0.0020	0.05%				5.10%
		3.500	250	0.500	103	147	3.794	75.880	0.0020	0.05%				5.15%
		3.500	250	0.500	104	146	3.792	75.840	0.0020	0.05%				5.20%
		3.500	250	0.500	105	145	3.790	75.800	0.0020	0.05%				5.25%
		3.500	250	0.500	106	144	3.788	75.760	0.0020	0.05%				5.30%
		3.500	250	0.500	107	143	3.786	75.720	0.0020	0.05%				5.35%
		3.500	250	0.500	108	142	3.784	75.680	0.0020	0.05%				5.40%
		3.500	250	0.500	109	141	3.782	75.640	0.0020	0.05%				5.45%

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	110	140	3.780	75.600	0.0020	0.05%			5.50%
		3.500	250	0.500	111	139	3.778	75.560	0.0020	0.05%			5.55%
		3.500	250	0.500	112	138	3.776	75.520	0.0020	0.05%	0.026	0.74%	5.60%
		3.500	250	0.500	113	137	3.774	75.480	0.0020	0.05%			5.65%
		3.500	250	0.500	114	136	3.772	75.440	0.0020	0.05%			5.70%
		3.500	250	0.500	115	135	3.770	75.400	0.0020	0.05%			5.75%
		3.500	250	0.500	116	134	3.768	75.360	0.0020	0.05%			5.80%
		3.500	250	0.500	117	133	3.766	75.320	0.0020	0.05%			5.85%
		3.500	250	0.500	118	132	3.764	75.280	0.0020	0.05%			5.90%
		3.500	250	0.500	119	131	3.762	75.240	0.0020	0.05%			5.95%
		3.500	250	0.500	120	130	3.760	75.200	0.0020	0.05%			6.00%
		3.500	250	0.500	121	129	3.758	75.160	0.0020	0.05%			6.05%
		3.500	250	0.500	122	128	3.756	75.120	0.0020	0.05%			6.10%
		3.500	250	0.500	123	127	3.754	75.080	0.0020	0.05%			6.15%
		3.500	250	0.500	124	126	3.752	75.040	0.0020	0.05%			6.20%
		3.500	250	0.500	125	125	3.750	75.000	0.0020	0.05%			6.25%
		3.500	250	0.500	126	124	3.748	74.960	0.0020	0.05%	0.026	0.74%	6.30%
		3.500	250	0.500	127	123	3.746	74.920	0.0020	0.05%			6.35%
		3.500	250	0.500	128	122	3.744	74.880	0.0020	0.05%			6.40%
		3.500	250	0.500	129	121	3.742	74.840	0.0020	0.05%			6.45%
		3.500	250	0.500	130	120	3.740	74.800	0.0020	0.05%			6.50%
		3.500	250	0.500	131	119	3.738	74.760	0.0020	0.05%			6.55%
		3.500	250	0.500	132	118	3.736	74.720	0.0020	0.05%			6.60%
		3.500	250	0.500	133	117	3.734	74.680	0.0020	0.05%			6.65%
		3.500	250	0.500	134	116	3.732	74.640	0.0020	0.05%			6.70%
		3.500	250	0.500	135	115	3.730	74.600	0.0020	0.05%			6.75%
		3.500	250	0.500	136	114	3.728	74.560	0.0020	0.05%			6.80%
		3.500	250	0.500	137	113	3.726	74.520	0.0020	0.05%			6.85%
		3.500	250	0.500	138	112	3.724	74.480	0.0020	0.05%			6.90%
		3.500	250	0.500	139	111	3.722	74.440	0.0020	0.05%			6.95%
		3.500	250	0.500	140	110	3.720	74.400	0.0020	0.05%	0.026	0.75%	7.00%
		3.500	250	0.500	141	109	3.718	74.360	0.0020	0.05%			7.05%
		3.500	250	0.500	142	108	3.716	74.320	0.0020	0.05%			7.10%
		3.500	250	0.500	143	107	3.714	74.280	0.0020	0.05%			7.15%
		3.500	250	0.500	144	106	3.712	74.240	0.0020	0.05%			7.20%
		3.500	250	0.500	145	105	3.710	74.200	0.0020	0.05%			7.25%
		3.500	250	0.500	146	104	3.708	74.160	0.0020	0.05%			7.30%
		3.500	250	0.500	147	103	3.706	74.120	0.0020	0.05%			7.35%
		3.500	250	0.500	148	102	3.704	74.080	0.0020	0.05%			7.40%
		3.500	250	0.500	149	101	3.702	74.040	0.0020	0.05%			7.45%

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	150	100	3.700	74.000	0.0020	0.05%			7.50%	
		3.500	250	0.500	151	99	3.698	73.960	0.0020	0.05%			7.55%	
		3.500	250	0.500	152	98	3.696	73.920	0.0020	0.05%			7.60%	
		3.500	250	0.500	153	97	3.694	73.880	0.0020	0.05%			7.65%	
		3.500	250	0.500	154	96	3.692	73.840	0.0020	0.05%	0.026	0.75%	0.520	7.70%
		3.500	250	0.500	155	95	3.690	73.800	0.0020	0.05%			7.75%	
		3.500	250	0.500	156	94	3.688	73.760	0.0020	0.05%			7.80%	
		3.500	250	0.500	157	93	3.686	73.720	0.0020	0.05%			7.85%	
		3.500	250	0.500	158	92	3.684	73.680	0.0020	0.05%			7.90%	
		3.500	250	0.500	159	91	3.682	73.640	0.0020	0.05%			7.95%	
		3.500	250	0.500	160	90	3.680	73.600	0.0020	0.05%			8.00%	
		3.500	250	0.500	161	89	3.678	73.560	0.0020	0.05%			8.05%	
		3.500	250	0.500	162	88	3.676	73.520	0.0020	0.05%			8.10%	
		3.500	250	0.500	163	87	3.674	73.480	0.0020	0.05%			8.15%	
		3.500	250	0.500	164	86	3.672	73.440	0.0020	0.05%			8.20%	
		3.500	250	0.500	165	85	3.670	73.400	0.0020	0.05%			8.25%	
		3.500	250	0.500	166	84	3.668	73.360	0.0020	0.05%			8.30%	
		3.500	250	0.500	167	83	3.666	73.320	0.0020	0.05%			8.35%	
		3.500	250	0.500	168	82	3.664	73.280	0.0020	0.05%	0.026	0.76%	0.520	8.40%
		3.500	250	0.500	169	81	3.662	73.240	0.0020	0.05%			8.45%	
		3.500	250	0.500	170	80	3.660	73.200	0.0020	0.05%			8.50%	
		3.500	250	0.500	171	79	3.658	73.160	0.0020	0.05%			8.55%	
		3.500	250	0.500	172	78	3.656	73.120	0.0020	0.05%			8.60%	
		3.500	250	0.500	173	77	3.654	73.080	0.0020	0.05%			8.65%	
		3.500	250	0.500	174	76	3.652	73.040	0.0020	0.05%			8.70%	
		3.500	250	0.500	175	75	3.650	73.000	0.0020	0.05%			8.75%	
		3.500	250	0.500	176	74	3.648	72.960	0.0020	0.05%			8.80%	
		3.500	250	0.500	177	73	3.646	72.920	0.0020	0.05%			8.85%	
		3.500	250	0.500	178	72	3.644	72.880	0.0020	0.05%			8.90%	
		3.500	250	0.500	179	71	3.642	72.840	0.0020	0.05%			8.95%	
		3.500	250	0.500	180	70	3.640	72.800	0.0020	0.05%			9.00%	
		3.500	250	0.500	181	69	3.638	72.760	0.0020	0.05%			9.05%	
		3.500	250	0.500	182	68	3.636	72.720	0.0020	0.05%	0.026	0.76%	0.520	9.10%
		3.500	250	0.500	183	67	3.634	72.680	0.0020	0.06%			9.15%	
		3.500	250	0.500	184	66	3.632	72.640	0.0020	0.06%			9.20%	
		3.500	250	0.500	185	65	3.630	72.600	0.0020	0.06%			9.25%	
		3.500	250	0.500	186	64	3.628	72.560	0.0020	0.06%			9.30%	
		3.500	250	0.500	187	63	3.626	72.520	0.0020	0.06%			9.35%	
		3.500	250	0.500	188	62	3.624	72.480	0.0020	0.06%			9.40%	
		3.500	250	0.500	189	61	3.622	72.440	0.0020	0.06%			9.45%	

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	190	60	3.620	72.400	0.0020	0.06%			9.50%	
		3.500	250	0.500	191	59	3.618	72.360	0.0020	0.06%			9.55%	
		3.500	250	0.500	192	58	3.616	72.320	0.0020	0.06%			9.60%	
		3.500	250	0.500	193	57	3.614	72.280	0.0020	0.06%			9.65%	
		3.500	250	0.500	194	56	3.612	72.240	0.0020	0.06%			9.70%	
		3.500	250	0.500	195	55	3.610	72.200	0.0020	0.06%			9.75%	
		3.500	250	0.500	196	54	3.608	72.160	0.0020	0.06%	0.026	0.77%	0.520	9.80%
		3.500	250	0.500	197	53	3.606	72.120	0.0020	0.06%			9.85%	
		3.500	250	0.500	198	52	3.604	72.080	0.0020	0.06%			9.90%	
		3.500	250	0.500	199	51	3.602	72.040	0.0020	0.06%			9.95%	
		3.500	250	0.500	200	50	3.600	72.000	0.0020	0.06%			10.00%	
		3.500	250	0.500	201	49	3.598	71.960	0.0020	0.06%			10.05%	
		3.500	250	0.500	202	48	3.596	71.920	0.0020	0.06%			10.10%	
		3.500	250	0.500	203	47	3.594	71.880	0.0020	0.06%			10.15%	
		3.500	250	0.500	204	46	3.592	71.840	0.0020	0.06%			10.20%	
		3.500	250	0.500	205	45	3.590	71.800	0.0020	0.06%			10.25%	
		3.500	250	0.500	206	44	3.588	71.760	0.0020	0.06%			10.30%	
		3.500	250	0.500	207	43	3.586	71.720	0.0020	0.06%			10.35%	
		3.500	250	0.500	208	42	3.584	71.680	0.0020	0.06%			10.40%	
		3.500	250	0.500	209	41	3.582	71.640	0.0020	0.06%			10.45%	
		3.500	250	0.500	210	40	3.580	71.600	0.0020	0.06%	0.026	0.78%	0.520	10.50%
		3.500	250	0.500	211	39	3.578	71.560	0.0020	0.06%			10.55%	
		3.500	250	0.500	212	38	3.576	71.520	0.0020	0.06%			10.60%	
		3.500	250	0.500	213	37	3.574	71.480	0.0020	0.06%			10.65%	
		3.500	250	0.500	214	36	3.572	71.440	0.0020	0.06%			10.70%	
		3.500	250	0.500	215	35	3.570	71.400	0.0020	0.06%			10.75%	
		3.500	250	0.500	216	34	3.568	71.360	0.0020	0.06%			10.80%	
		3.500	250	0.500	217	33	3.566	71.320	0.0020	0.06%			10.85%	
		3.500	250	0.500	218	32	3.564	71.280	0.0020	0.06%			10.90%	
		3.500	250	0.500	219	31	3.562	71.240	0.0020	0.06%			10.95%	
		3.500	250	0.500	220	30	3.560	71.200	0.0020	0.06%			11.00%	
		3.500	250	0.500	221	29	3.558	71.160	0.0020	0.06%			11.05%	
		3.500	250	0.500	222	28	3.556	71.120	0.0020	0.06%			11.10%	
		3.500	250	0.500	223	27	3.554	71.080	0.0020	0.06%			11.15%	
		3.500	250	0.500	224	26	3.552	71.040	0.0020	0.06%	0.026	0.78%	0.520	11.20%
		3.500	250	0.500	225	25	3.550	71.000	0.0020	0.06%			11.25%	
		3.500	250	0.500	226	24	3.548	70.960	0.0020	0.06%			11.30%	
		3.500	250	0.500	227	23	3.546	70.920	0.0020	0.06%			11.35%	
		3.500	250	0.500	228	22	3.544	70.880	0.0020	0.06%			11.40%	
		3.500	250	0.500	229	21	3.542	70.840	0.0020	0.06%			11.45%	

Medication Xanax
 Valium Multiplier 20
 Original Dose 4.000
 Current Dose 3.500
 Start Date September 8, 2006
 Dry Dose 3.000
 Dissolve Dose 0.500
 Water in ML **250**
 ML Increments **1**
 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	1	249	3.498	69.960	0.0020	0.06%			12.55%	
		3.000	250	0.500	2	248	3.496	69.920	0.0020	0.06%			12.60%	
		3.000	250	0.500	3	247	3.494	69.880	0.0020	0.06%			12.65%	
		3.000	250	0.500	4	246	3.492	69.840	0.0020	0.06%			12.70%	
		3.000	250	0.500	5	245	3.490	69.800	0.0020	0.06%			12.75%	
		3.000	250	0.500	6	244	3.488	69.760	0.0020	0.06%			12.80%	
		3.000	250	0.500	7	243	3.486	69.720	0.0020	0.06%			12.85%	
		3.000	250	0.500	8	242	3.484	69.680	0.0020	0.06%			12.90%	
		3.000	250	0.500	9	241	3.482	69.640	0.0020	0.06%			12.95%	
		3.000	250	0.500	10	240	3.480	69.600	0.0020	0.06%			13.00%	
		3.000	250	0.500	11	239	3.478	69.560	0.0020	0.06%			13.05%	
		3.000	250	0.500	12	238	3.476	69.520	0.0020	0.06%			13.10%	
		3.000	250	0.500	13	237	3.474	69.480	0.0020	0.06%			13.15%	
		3.000	250	0.500	14	236	3.472	69.440	0.0020	0.06%	0.026	0.74%	0.520	13.20%
		3.000	250	0.500	15	235	3.470	69.400	0.0020	0.06%			13.25%	
		3.000	250	0.500	16	234	3.468	69.360	0.0020	0.06%			13.30%	
		3.000	250	0.500	17	233	3.466	69.320	0.0020	0.06%			13.35%	
		3.000	250	0.500	18	232	3.464	69.280	0.0020	0.06%			13.40%	
		3.000	250	0.500	19	231	3.462	69.240	0.0020	0.06%			13.45%	
		3.000	250	0.500	20	230	3.460	69.200	0.0020	0.06%			13.50%	
		3.000	250	0.500	21	229	3.458	69.160	0.0020	0.06%			13.55%	
		3.000	250	0.500	22	228	3.456	69.120	0.0020	0.06%			13.60%	
		3.000	250	0.500	23	227	3.454	69.080	0.0020	0.06%			13.65%	
		3.000	250	0.500	24	226	3.452	69.040	0.0020	0.06%			13.70%	
		3.000	250	0.500	25	225	3.450	69.000	0.0020	0.06%			13.75%	
		3.000	250	0.500	26	224	3.448	68.960	0.0020	0.06%			13.80%	
		3.000	250	0.500	27	223	3.446	68.920	0.0020	0.06%			13.85%	
		3.000	250	0.500	28	222	3.444	68.880	0.0020	0.06%	0.026	0.81%	0.520	13.90%
		3.000	250	0.500	29	221	3.442	68.840	0.0020	0.06%			13.95%	

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	30	220	3.440	68.800	0.0020	0.06%			14.00%	
		3.000	250	0.500	31	219	3.438	68.760	0.0020	0.06%			14.05%	
		3.000	250	0.500	32	218	3.436	68.720	0.0020	0.06%			14.10%	
		3.000	250	0.500	33	217	3.434	68.680	0.0020	0.06%			14.15%	
		3.000	250	0.500	34	216	3.432	68.640	0.0020	0.06%			14.20%	
		3.000	250	0.500	35	215	3.430	68.600	0.0020	0.06%			14.25%	
		3.000	250	0.500	36	214	3.428	68.560	0.0020	0.06%			14.30%	
		3.000	250	0.500	37	213	3.426	68.520	0.0020	0.06%			14.35%	
		3.000	250	0.500	38	212	3.424	68.480	0.0020	0.06%			14.40%	
		3.000	250	0.500	39	211	3.422	68.440	0.0020	0.06%			14.45%	
		3.000	250	0.500	40	210	3.420	68.400	0.0020	0.06%			14.50%	
		3.000	250	0.500	41	209	3.418	68.360	0.0020	0.06%			14.55%	
		3.000	250	0.500	42	208	3.416	68.320	0.0020	0.06%	0.026	0.81%	0.520	14.60%
		3.000	250	0.500	43	207	3.414	68.280	0.0020	0.06%			14.65%	
		3.000	250	0.500	44	206	3.412	68.240	0.0020	0.06%			14.70%	
		3.000	250	0.500	45	205	3.410	68.200	0.0020	0.06%			14.75%	
		3.000	250	0.500	46	204	3.408	68.160	0.0020	0.06%			14.80%	
		3.000	250	0.500	47	203	3.406	68.120	0.0020	0.06%			14.85%	
		3.000	250	0.500	48	202	3.404	68.080	0.0020	0.06%			14.90%	
		3.000	250	0.500	49	201	3.402	68.040	0.0020	0.06%			14.95%	
		3.000	250	0.500	50	200	3.400	68.000	0.0020	0.06%			15.00%	
		3.000	250	0.500	51	199	3.398	67.960	0.0020	0.06%			15.05%	
		3.000	250	0.500	52	198	3.396	67.920	0.0020	0.06%			15.10%	
		3.000	250	0.500	53	197	3.394	67.880	0.0020	0.06%			15.15%	
		3.000	250	0.500	54	196	3.392	67.840	0.0020	0.06%			15.20%	
		3.000	250	0.500	55	195	3.390	67.800	0.0020	0.06%			15.25%	
		3.000	250	0.500	56	194	3.388	67.760	0.0020	0.06%	0.026	0.82%	0.520	15.30%
		3.000	250	0.500	57	193	3.386	67.720	0.0020	0.06%			15.35%	
		3.000	250	0.500	58	192	3.384	67.680	0.0020	0.06%			15.40%	
		3.000	250	0.500	59	191	3.382	67.640	0.0020	0.06%			15.45%	
		3.000	250	0.500	60	190	3.380	67.600	0.0020	0.06%			15.50%	
		3.000	250	0.500	61	189	3.378	67.560	0.0020	0.06%			15.55%	
		3.000	250	0.500	62	188	3.376	67.520	0.0020	0.06%			15.60%	
		3.000	250	0.500	63	187	3.374	67.480	0.0020	0.06%			15.65%	
		3.000	250	0.500	64	186	3.372	67.440	0.0020	0.06%			15.70%	
		3.000	250	0.500	65	185	3.370	67.400	0.0020	0.06%			15.75%	
		3.000	250	0.500	66	184	3.368	67.360	0.0020	0.06%			15.80%	
		3.000	250	0.500	67	183	3.366	67.320	0.0020	0.06%			15.85%	
		3.000	250	0.500	68	182	3.364	67.280	0.0020	0.06%			15.90%	
		3.000	250	0.500	69	181	3.362	67.240	0.0020	0.06%			15.95%	

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	70	180	3.360	67.200	0.0020	0.06%	0.026	0.83%	16.00%
		3.000	250	0.500	71	179	3.358	67.160	0.0020	0.06%			16.05%
		3.000	250	0.500	72	178	3.356	67.120	0.0020	0.06%			16.10%
		3.000	250	0.500	73	177	3.354	67.080	0.0020	0.06%			16.15%
		3.000	250	0.500	74	176	3.352	67.040	0.0020	0.06%			16.20%
		3.000	250	0.500	75	175	3.350	67.000	0.0020	0.06%			16.25%
		3.000	250	0.500	76	174	3.348	66.960	0.0020	0.06%			16.30%
		3.000	250	0.500	77	173	3.346	66.920	0.0020	0.06%			16.35%
		3.000	250	0.500	78	172	3.344	66.880	0.0020	0.06%			16.40%
		3.000	250	0.500	79	171	3.342	66.840	0.0020	0.06%			16.45%
		3.000	250	0.500	80	170	3.340	66.800	0.0020	0.06%			16.50%
		3.000	250	0.500	81	169	3.338	66.760	0.0020	0.06%			16.55%
		3.000	250	0.500	82	168	3.336	66.720	0.0020	0.06%			16.60%
		3.000	250	0.500	83	167	3.334	66.680	0.0020	0.06%			16.65%
		3.000	250	0.500	84	166	3.332	66.640	0.0020	0.06%	0.026	0.83%	16.70%
		3.000	250	0.500	85	165	3.330	66.600	0.0020	0.06%			16.75%
		3.000	250	0.500	86	164	3.328	66.560	0.0020	0.06%			16.80%
		3.000	250	0.500	87	163	3.326	66.520	0.0020	0.06%			16.85%
		3.000	250	0.500	88	162	3.324	66.480	0.0020	0.06%			16.90%
		3.000	250	0.500	89	161	3.322	66.440	0.0020	0.06%			16.95%
		3.000	250	0.500	90	160	3.320	66.400	0.0020	0.06%			17.00%
		3.000	250	0.500	91	159	3.318	66.360	0.0020	0.06%			17.05%
		3.000	250	0.500	92	158	3.316	66.320	0.0020	0.06%			17.10%
		3.000	250	0.500	93	157	3.314	66.280	0.0020	0.06%			17.15%
		3.000	250	0.500	94	156	3.312	66.240	0.0020	0.06%			17.20%
		3.000	250	0.500	95	155	3.310	66.200	0.0020	0.06%			17.25%
		3.000	250	0.500	96	154	3.308	66.160	0.0020	0.06%			17.30%
		3.000	250	0.500	97	153	3.306	66.120	0.0020	0.06%			17.35%
		3.000	250	0.500	98	152	3.304	66.080	0.0020	0.06%	0.026	0.84%	17.40%
		3.000	250	0.500	99	151	3.302	66.040	0.0020	0.06%			17.45%
		3.000	250	0.500	100	150	3.300	66.000	0.0020	0.06%			17.50%
		3.000	250	0.500	101	149	3.298	65.960	0.0020	0.06%			17.55%
		3.000	250	0.500	102	148	3.296	65.920	0.0020	0.06%			17.60%
		3.000	250	0.500	103	147	3.294	65.880	0.0020	0.06%			17.65%
		3.000	250	0.500	104	146	3.292	65.840	0.0020	0.06%			17.70%
		3.000	250	0.500	105	145	3.290	65.800	0.0020	0.06%			17.75%
		3.000	250	0.500	106	144	3.288	65.760	0.0020	0.06%			17.80%
		3.000	250	0.500	107	143	3.286	65.720	0.0020	0.06%			17.85%
		3.000	250	0.500	108	142	3.284	65.680	0.0020	0.06%			17.90%
		3.000	250	0.500	109	141	3.282	65.640	0.0020	0.06%			17.95%

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	110	140	3.280	65.600	0.0020	0.06%			18.00%
		3.000	250	0.500	111	139	3.278	65.560	0.0020	0.06%			18.05%
		3.000	250	0.500	112	138	3.276	65.520	0.0020	0.06%	0.026	0.85%	18.10%
		3.000	250	0.500	113	137	3.274	65.480	0.0020	0.06%			18.15%
		3.000	250	0.500	114	136	3.272	65.440	0.0020	0.06%			18.20%
		3.000	250	0.500	115	135	3.270	65.400	0.0020	0.06%			18.25%
		3.000	250	0.500	116	134	3.268	65.360	0.0020	0.06%			18.30%
		3.000	250	0.500	117	133	3.266	65.320	0.0020	0.06%			18.35%
		3.000	250	0.500	118	132	3.264	65.280	0.0020	0.06%			18.40%
		3.000	250	0.500	119	131	3.262	65.240	0.0020	0.06%			18.45%
		3.000	250	0.500	120	130	3.260	65.200	0.0020	0.06%			18.50%
		3.000	250	0.500	121	129	3.258	65.160	0.0020	0.06%			18.55%
		3.000	250	0.500	122	128	3.256	65.120	0.0020	0.06%			18.60%
		3.000	250	0.500	123	127	3.254	65.080	0.0020	0.06%			18.65%
		3.000	250	0.500	124	126	3.252	65.040	0.0020	0.06%			18.70%
		3.000	250	0.500	125	125	3.250	65.000	0.0020	0.06%			18.75%
		3.000	250	0.500	126	124	3.248	64.960	0.0020	0.06%	0.026	0.85%	18.80%
		3.000	250	0.500	127	123	3.246	64.920	0.0020	0.06%			18.85%
		3.000	250	0.500	128	122	3.244	64.880	0.0020	0.06%			18.90%
		3.000	250	0.500	129	121	3.242	64.840	0.0020	0.06%			18.95%
		3.000	250	0.500	130	120	3.240	64.800	0.0020	0.06%			19.00%
		3.000	250	0.500	131	119	3.238	64.760	0.0020	0.06%			19.05%
		3.000	250	0.500	132	118	3.236	64.720	0.0020	0.06%			19.10%
		3.000	250	0.500	133	117	3.234	64.680	0.0020	0.06%			19.15%
		3.000	250	0.500	134	116	3.232	64.640	0.0020	0.06%			19.20%
		3.000	250	0.500	135	115	3.230	64.600	0.0020	0.06%			19.25%
		3.000	250	0.500	136	114	3.228	64.560	0.0020	0.06%			19.30%
		3.000	250	0.500	137	113	3.226	64.520	0.0020	0.06%			19.35%
		3.000	250	0.500	138	112	3.224	64.480	0.0020	0.06%			19.40%
		3.000	250	0.500	139	111	3.222	64.440	0.0020	0.06%			19.45%
		3.000	250	0.500	140	110	3.220	64.400	0.0020	0.06%	0.026	0.86%	19.50%
		3.000	250	0.500	141	109	3.218	64.360	0.0020	0.06%			19.55%
		3.000	250	0.500	142	108	3.216	64.320	0.0020	0.06%			19.60%
		3.000	250	0.500	143	107	3.214	64.280	0.0020	0.06%			19.65%
		3.000	250	0.500	144	106	3.212	64.240	0.0020	0.06%			19.70%
		3.000	250	0.500	145	105	3.210	64.200	0.0020	0.06%			19.75%
		3.000	250	0.500	146	104	3.208	64.160	0.0020	0.06%			19.80%
		3.000	250	0.500	147	103	3.206	64.120	0.0020	0.06%			19.85%
		3.000	250	0.500	148	102	3.204	64.080	0.0020	0.06%			19.90%
		3.000	250	0.500	149	101	3.202	64.040	0.0020	0.06%			19.95%

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	150	100	3.200	64.000	0.0020	0.06%			20.00%	
		3.000	250	0.500	151	99	3.198	63.960	0.0020	0.06%			20.05%	
		3.000	250	0.500	152	98	3.196	63.920	0.0020	0.06%			20.10%	
		3.000	250	0.500	153	97	3.194	63.880	0.0020	0.06%			20.15%	
		3.000	250	0.500	154	96	3.192	63.840	0.0020	0.06%	0.026	0.87%	0.520	20.20%
		3.000	250	0.500	155	95	3.190	63.800	0.0020	0.06%			20.25%	
		3.000	250	0.500	156	94	3.188	63.760	0.0020	0.06%			20.30%	
		3.000	250	0.500	157	93	3.186	63.720	0.0020	0.06%			20.35%	
		3.000	250	0.500	158	92	3.184	63.680	0.0020	0.06%			20.40%	
		3.000	250	0.500	159	91	3.182	63.640	0.0020	0.06%			20.45%	
		3.000	250	0.500	160	90	3.180	63.600	0.0020	0.06%			20.50%	
		3.000	250	0.500	161	89	3.178	63.560	0.0020	0.06%			20.55%	
		3.000	250	0.500	162	88	3.176	63.520	0.0020	0.06%			20.60%	
		3.000	250	0.500	163	87	3.174	63.480	0.0020	0.06%			20.65%	
		3.000	250	0.500	164	86	3.172	63.440	0.0020	0.06%			20.70%	
		3.000	250	0.500	165	85	3.170	63.400	0.0020	0.06%			20.75%	
		3.000	250	0.500	166	84	3.168	63.360	0.0020	0.06%			20.80%	
		3.000	250	0.500	167	83	3.166	63.320	0.0020	0.06%			20.85%	
		3.000	250	0.500	168	82	3.164	63.280	0.0020	0.06%	0.026	0.88%	0.520	20.90%
		3.000	250	0.500	169	81	3.162	63.240	0.0020	0.06%			20.95%	
		3.000	250	0.500	170	80	3.160	63.200	0.0020	0.06%			21.00%	
		3.000	250	0.500	171	79	3.158	63.160	0.0020	0.06%			21.05%	
		3.000	250	0.500	172	78	3.156	63.120	0.0020	0.06%			21.10%	
		3.000	250	0.500	173	77	3.154	63.080	0.0020	0.06%			21.15%	
		3.000	250	0.500	174	76	3.152	63.040	0.0020	0.06%			21.20%	
		3.000	250	0.500	175	75	3.150	63.000	0.0020	0.06%			21.25%	
		3.000	250	0.500	176	74	3.148	62.960	0.0020	0.06%			21.30%	
		3.000	250	0.500	177	73	3.146	62.920	0.0020	0.06%			21.35%	
		3.000	250	0.500	178	72	3.144	62.880	0.0020	0.06%			21.40%	
		3.000	250	0.500	179	71	3.142	62.840	0.0020	0.06%			21.45%	
		3.000	250	0.500	180	70	3.140	62.800	0.0020	0.06%			21.50%	
		3.000	250	0.500	181	69	3.138	62.760	0.0020	0.06%			21.55%	
		3.000	250	0.500	182	68	3.136	62.720	0.0020	0.06%	0.026	0.88%	0.520	21.60%
		3.000	250	0.500	183	67	3.134	62.680	0.0020	0.06%			21.65%	
		3.000	250	0.500	184	66	3.132	62.640	0.0020	0.06%			21.70%	
		3.000	250	0.500	185	65	3.130	62.600	0.0020	0.06%			21.75%	
		3.000	250	0.500	186	64	3.128	62.560	0.0020	0.06%			21.80%	
		3.000	250	0.500	187	63	3.126	62.520	0.0020	0.06%			21.85%	
		3.000	250	0.500	188	62	3.124	62.480	0.0020	0.06%			21.90%	
		3.000	250	0.500	189	61	3.122	62.440	0.0020	0.06%			21.95%	

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	190	60	3.120	62.400	0.0020	0.06%			22.00%	
		3.000	250	0.500	191	59	3.118	62.360	0.0020	0.06%			22.05%	
		3.000	250	0.500	192	58	3.116	62.320	0.0020	0.06%			22.10%	
		3.000	250	0.500	193	57	3.114	62.280	0.0020	0.06%			22.15%	
		3.000	250	0.500	194	56	3.112	62.240	0.0020	0.06%			22.20%	
		3.000	250	0.500	195	55	3.110	62.200	0.0020	0.06%			22.25%	
		3.000	250	0.500	196	54	3.108	62.160	0.0020	0.06%	0.026	0.89%	0.520	22.30%
		3.000	250	0.500	197	53	3.106	62.120	0.0020	0.06%			22.35%	
		3.000	250	0.500	198	52	3.104	62.080	0.0020	0.06%			22.40%	
		3.000	250	0.500	199	51	3.102	62.040	0.0020	0.06%			22.45%	
		3.000	250	0.500	200	50	3.100	62.000	0.0020	0.06%			22.50%	
		3.000	250	0.500	201	49	3.098	61.960	0.0020	0.06%			22.55%	
		3.000	250	0.500	202	48	3.096	61.920	0.0020	0.06%			22.60%	
		3.000	250	0.500	203	47	3.094	61.880	0.0020	0.06%			22.65%	
		3.000	250	0.500	204	46	3.092	61.840	0.0020	0.06%			22.70%	
		3.000	250	0.500	205	45	3.090	61.800	0.0020	0.06%			22.75%	
		3.000	250	0.500	206	44	3.088	61.760	0.0020	0.06%			22.80%	
		3.000	250	0.500	207	43	3.086	61.720	0.0020	0.06%			22.85%	
		3.000	250	0.500	208	42	3.084	61.680	0.0020	0.06%			22.90%	
		3.000	250	0.500	209	41	3.082	61.640	0.0020	0.06%			22.95%	
		3.000	250	0.500	210	40	3.080	61.600	0.0020	0.06%	0.026	0.90%	0.520	23.00%
		3.000	250	0.500	211	39	3.078	61.560	0.0020	0.06%			23.05%	
		3.000	250	0.500	212	38	3.076	61.520	0.0020	0.06%			23.10%	
		3.000	250	0.500	213	37	3.074	61.480	0.0020	0.07%			23.15%	
		3.000	250	0.500	214	36	3.072	61.440	0.0020	0.07%			23.20%	
		3.000	250	0.500	215	35	3.070	61.400	0.0020	0.07%			23.25%	
		3.000	250	0.500	216	34	3.068	61.360	0.0020	0.07%			23.30%	
		3.000	250	0.500	217	33	3.066	61.320	0.0020	0.07%			23.35%	
		3.000	250	0.500	218	32	3.064	61.280	0.0020	0.07%			23.40%	
		3.000	250	0.500	219	31	3.062	61.240	0.0020	0.07%			23.45%	
		3.000	250	0.500	220	30	3.060	61.200	0.0020	0.07%			23.50%	
		3.000	250	0.500	221	29	3.058	61.160	0.0020	0.07%			23.55%	
		3.000	250	0.500	222	28	3.056	61.120	0.0020	0.07%			23.60%	
		3.000	250	0.500	223	27	3.054	61.080	0.0020	0.07%			23.65%	
		3.000	250	0.500	224	26	3.052	61.040	0.0020	0.07%	0.026	0.91%	0.520	23.70%
		3.000	250	0.500	225	25	3.050	61.000	0.0020	0.07%			23.75%	
		3.000	250	0.500	226	24	3.048	60.960	0.0020	0.07%			23.80%	
		3.000	250	0.500	227	23	3.046	60.920	0.0020	0.07%			23.85%	
		3.000	250	0.500	228	22	3.044	60.880	0.0020	0.07%			23.90%	
		3.000	250	0.500	229	21	3.042	60.840	0.0020	0.07%			23.95%	

Medication Xanax
 Valium Multiplier 20
 Original Dose 4.000
 Current Dose 3.000
 Start Date May 16, 2007
 Dry Dose 2.500
 Dissolve Dose 0.500
 Water in ML 250
 ML Increments 1
 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	1	249	2.998	59.960	0.0020	0.07%			25.05%	
		2.500	250	0.500	2	248	2.996	59.920	0.0020	0.07%			25.10%	
		2.500	250	0.500	3	247	2.994	59.880	0.0020	0.07%			25.15%	
		2.500	250	0.500	4	246	2.992	59.840	0.0020	0.07%			25.20%	
		2.500	250	0.500	5	245	2.990	59.800	0.0020	0.07%			25.25%	
		2.500	250	0.500	6	244	2.988	59.760	0.0020	0.07%			25.30%	
		2.500	250	0.500	7	243	2.986	59.720	0.0020	0.07%			25.35%	
		2.500	250	0.500	8	242	2.984	59.680	0.0020	0.07%			25.40%	
		2.500	250	0.500	9	241	2.982	59.640	0.0020	0.07%			25.45%	
		2.500	250	0.500	10	240	2.980	59.600	0.0020	0.07%			25.50%	
		2.500	250	0.500	11	239	2.978	59.560	0.0020	0.07%			25.55%	
		2.500	250	0.500	12	238	2.976	59.520	0.0020	0.07%			25.60%	
		2.500	250	0.500	13	237	2.974	59.480	0.0020	0.07%			25.65%	
		2.500	250	0.500	14	236	2.972	59.440	0.0020	0.07%	0.026	0.87%	0.520	25.70%
		2.500	250	0.500	15	235	2.970	59.400	0.0020	0.07%			25.75%	
		2.500	250	0.500	16	234	2.968	59.360	0.0020	0.07%			25.80%	
		2.500	250	0.500	17	233	2.966	59.320	0.0020	0.07%			25.85%	
		2.500	250	0.500	18	232	2.964	59.280	0.0020	0.07%			25.90%	
		2.500	250	0.500	19	231	2.962	59.240	0.0020	0.07%			25.95%	
		2.500	250	0.500	20	230	2.960	59.200	0.0020	0.07%			26.00%	
		2.500	250	0.500	21	229	2.958	59.160	0.0020	0.07%			26.05%	
		2.500	250	0.500	22	228	2.956	59.120	0.0020	0.07%			26.10%	
		2.500	250	0.500	23	227	2.954	59.080	0.0020	0.07%			26.15%	
		2.500	250	0.500	24	226	2.952	59.040	0.0020	0.07%			26.20%	
		2.500	250	0.500	25	225	2.950	59.000	0.0020	0.07%			26.25%	
		2.500	250	0.500	26	224	2.948	58.960	0.0020	0.07%			26.30%	
		2.500	250	0.500	27	223	2.946	58.920	0.0020	0.07%			26.35%	
		2.500	250	0.500	28	222	2.944	58.880	0.0020	0.07%	0.026	0.94%	0.520	26.40%
		2.500	250	0.500	29	221	2.942	58.840	0.0020	0.07%			26.45%	

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	30	220	2.940	58.800	0.0020	0.07%			26.50%	
		2.500	250	0.500	31	219	2.938	58.760	0.0020	0.07%			26.55%	
		2.500	250	0.500	32	218	2.936	58.720	0.0020	0.07%			26.60%	
		2.500	250	0.500	33	217	2.934	58.680	0.0020	0.07%			26.65%	
		2.500	250	0.500	34	216	2.932	58.640	0.0020	0.07%			26.70%	
		2.500	250	0.500	35	215	2.930	58.600	0.0020	0.07%			26.75%	
		2.500	250	0.500	36	214	2.928	58.560	0.0020	0.07%			26.80%	
		2.500	250	0.500	37	213	2.926	58.520	0.0020	0.07%			26.85%	
		2.500	250	0.500	38	212	2.924	58.480	0.0020	0.07%			26.90%	
		2.500	250	0.500	39	211	2.922	58.440	0.0020	0.07%			26.95%	
		2.500	250	0.500	40	210	2.920	58.400	0.0020	0.07%			27.00%	
		2.500	250	0.500	41	209	2.918	58.360	0.0020	0.07%			27.05%	
		2.500	250	0.500	42	208	2.916	58.320	0.0020	0.07%	0.026	0.95%	0.520	27.10%
		2.500	250	0.500	43	207	2.914	58.280	0.0020	0.07%			27.15%	
		2.500	250	0.500	44	206	2.912	58.240	0.0020	0.07%			27.20%	
		2.500	250	0.500	45	205	2.910	58.200	0.0020	0.07%			27.25%	
		2.500	250	0.500	46	204	2.908	58.160	0.0020	0.07%			27.30%	
		2.500	250	0.500	47	203	2.906	58.120	0.0020	0.07%			27.35%	
		2.500	250	0.500	48	202	2.904	58.080	0.0020	0.07%			27.40%	
		2.500	250	0.500	49	201	2.902	58.040	0.0020	0.07%			27.45%	
		2.500	250	0.500	50	200	2.900	58.000	0.0020	0.07%			27.50%	
		2.500	250	0.500	51	199	2.898	57.960	0.0020	0.07%			27.55%	
		2.500	250	0.500	52	198	2.896	57.920	0.0020	0.07%			27.60%	
		2.500	250	0.500	53	197	2.894	57.880	0.0020	0.07%			27.65%	
		2.500	250	0.500	54	196	2.892	57.840	0.0020	0.07%			27.70%	
		2.500	250	0.500	55	195	2.890	57.800	0.0020	0.07%			27.75%	
		2.500	250	0.500	56	194	2.888	57.760	0.0020	0.07%	0.026	0.96%	0.520	27.80%
		2.500	250	0.500	57	193	2.886	57.720	0.0020	0.07%			27.85%	
		2.500	250	0.500	58	192	2.884	57.680	0.0020	0.07%			27.90%	
		2.500	250	0.500	59	191	2.882	57.640	0.0020	0.07%			27.95%	
		2.500	250	0.500	60	190	2.880	57.600	0.0020	0.07%			28.00%	
		2.500	250	0.500	61	189	2.878	57.560	0.0020	0.07%			28.05%	
		2.500	250	0.500	62	188	2.876	57.520	0.0020	0.07%			28.10%	
		2.500	250	0.500	63	187	2.874	57.480	0.0020	0.07%			28.15%	
		2.500	250	0.500	64	186	2.872	57.440	0.0020	0.07%			28.20%	
		2.500	250	0.500	65	185	2.870	57.400	0.0020	0.07%			28.25%	
		2.500	250	0.500	66	184	2.868	57.360	0.0020	0.07%			28.30%	
		2.500	250	0.500	67	183	2.866	57.320	0.0020	0.07%			28.35%	
		2.500	250	0.500	68	182	2.864	57.280	0.0020	0.07%			28.40%	
		2.500	250	0.500	69	181	2.862	57.240	0.0020	0.07%			28.45%	

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	70	180	2.860	57.200	0.0020	0.07%	0.026	0.97%	0.520	28.50%
		2.500	250	0.500	71	179	2.858	57.160	0.0020	0.07%				28.55%
		2.500	250	0.500	72	178	2.856	57.120	0.0020	0.07%				28.60%
		2.500	250	0.500	73	177	2.854	57.080	0.0020	0.07%				28.65%
		2.500	250	0.500	74	176	2.852	57.040	0.0020	0.07%				28.70%
		2.500	250	0.500	75	175	2.850	57.000	0.0020	0.07%				28.75%
		2.500	250	0.500	76	174	2.848	56.960	0.0020	0.07%				28.80%
		2.500	250	0.500	77	173	2.846	56.920	0.0020	0.07%				28.85%
		2.500	250	0.500	78	172	2.844	56.880	0.0020	0.07%				28.90%
		2.500	250	0.500	79	171	2.842	56.840	0.0020	0.07%				28.95%
		2.500	250	0.500	80	170	2.840	56.800	0.0020	0.07%				29.00%
		2.500	250	0.500	81	169	2.838	56.760	0.0020	0.07%				29.05%
		2.500	250	0.500	82	168	2.836	56.720	0.0020	0.07%				29.10%
		2.500	250	0.500	83	167	2.834	56.680	0.0020	0.07%				29.15%
		2.500	250	0.500	84	166	2.832	56.640	0.0020	0.07%	0.026	0.98%	0.520	29.20%
		2.500	250	0.500	85	165	2.830	56.600	0.0020	0.07%				29.25%
		2.500	250	0.500	86	164	2.828	56.560	0.0020	0.07%				29.30%
		2.500	250	0.500	87	163	2.826	56.520	0.0020	0.07%				29.35%
		2.500	250	0.500	88	162	2.824	56.480	0.0020	0.07%				29.40%
		2.500	250	0.500	89	161	2.822	56.440	0.0020	0.07%				29.45%
		2.500	250	0.500	90	160	2.820	56.400	0.0020	0.07%				29.50%
		2.500	250	0.500	91	159	2.818	56.360	0.0020	0.07%				29.55%
		2.500	250	0.500	92	158	2.816	56.320	0.0020	0.07%				29.60%
		2.500	250	0.500	93	157	2.814	56.280	0.0020	0.07%				29.65%
		2.500	250	0.500	94	156	2.812	56.240	0.0020	0.07%				29.70%
		2.500	250	0.500	95	155	2.810	56.200	0.0020	0.07%				29.75%
		2.500	250	0.500	96	154	2.808	56.160	0.0020	0.07%				29.80%
		2.500	250	0.500	97	153	2.806	56.120	0.0020	0.07%				29.85%
		2.500	250	0.500	98	152	2.804	56.080	0.0020	0.07%	0.026	0.99%	0.520	29.90%
		2.500	250	0.500	99	151	2.802	56.040	0.0020	0.07%				29.95%
		2.500	250	0.500	100	150	2.800	56.000	0.0020	0.07%				30.00%
		2.500	250	0.500	101	149	2.798	55.960	0.0020	0.07%				30.05%
		2.500	250	0.500	102	148	2.796	55.920	0.0020	0.07%				30.10%
		2.500	250	0.500	103	147	2.794	55.880	0.0020	0.07%				30.15%
		2.500	250	0.500	104	146	2.792	55.840	0.0020	0.07%				30.20%
		2.500	250	0.500	105	145	2.790	55.800	0.0020	0.07%				30.25%
		2.500	250	0.500	106	144	2.788	55.760	0.0020	0.07%				30.30%
		2.500	250	0.500	107	143	2.786	55.720	0.0020	0.07%				30.35%
		2.500	250	0.500	108	142	2.784	55.680	0.0020	0.07%				30.40%
		2.500	250	0.500	109	141	2.782	55.640	0.0020	0.07%				30.45%

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	110	140	2.780	55.600	0.0020	0.07%			30.50%	
		2.500	250	0.500	111	139	2.778	55.560	0.0020	0.07%			30.55%	
		2.500	250	0.500	112	138	2.776	55.520	0.0020	0.07%	0.026	1.00%	0.520	30.60%
		2.500	250	0.500	113	137	2.774	55.480	0.0020	0.07%			30.65%	
		2.500	250	0.500	114	136	2.772	55.440	0.0020	0.07%			30.70%	
		2.500	250	0.500	115	135	2.770	55.400	0.0020	0.07%			30.75%	
		2.500	250	0.500	116	134	2.768	55.360	0.0020	0.07%			30.80%	
		2.500	250	0.500	117	133	2.766	55.320	0.0020	0.07%			30.85%	
		2.500	250	0.500	118	132	2.764	55.280	0.0020	0.07%			30.90%	
		2.500	250	0.500	119	131	2.762	55.240	0.0020	0.07%			30.95%	
		2.500	250	0.500	120	130	2.760	55.200	0.0020	0.07%			31.00%	
		2.500	250	0.500	121	129	2.758	55.160	0.0020	0.07%			31.05%	
		2.500	250	0.500	122	128	2.756	55.120	0.0020	0.07%			31.10%	
		2.500	250	0.500	123	127	2.754	55.080	0.0020	0.07%			31.15%	
		2.500	250	0.500	124	126	2.752	55.040	0.0020	0.07%			31.20%	
		2.500	250	0.500	125	125	2.750	55.000	0.0020	0.07%			31.25%	
		2.500	250	0.500	126	124	2.748	54.960	0.0020	0.07%	0.026	1.01%	0.520	31.30%
		2.500	250	0.500	127	123	2.746	54.920	0.0020	0.07%			31.35%	
		2.500	250	0.500	128	122	2.744	54.880	0.0020	0.07%			31.40%	
		2.500	250	0.500	129	121	2.742	54.840	0.0020	0.07%			31.45%	
		2.500	250	0.500	130	120	2.740	54.800	0.0020	0.07%			31.50%	
		2.500	250	0.500	131	119	2.738	54.760	0.0020	0.07%			31.55%	
		2.500	250	0.500	132	118	2.736	54.720	0.0020	0.07%			31.60%	
		2.500	250	0.500	133	117	2.734	54.680	0.0020	0.07%			31.65%	
		2.500	250	0.500	134	116	2.732	54.640	0.0020	0.07%			31.70%	
		2.500	250	0.500	135	115	2.730	54.600	0.0020	0.07%			31.75%	
		2.500	250	0.500	136	114	2.728	54.560	0.0020	0.07%			31.80%	
		2.500	250	0.500	137	113	2.726	54.520	0.0020	0.07%			31.85%	
		2.500	250	0.500	138	112	2.724	54.480	0.0020	0.07%			31.90%	
		2.500	250	0.500	139	111	2.722	54.440	0.0020	0.07%			31.95%	
		2.500	250	0.500	140	110	2.720	54.400	0.0020	0.07%	0.026	1.02%	0.520	32.00%
		2.500	250	0.500	141	109	2.718	54.360	0.0020	0.07%			32.05%	
		2.500	250	0.500	142	108	2.716	54.320	0.0020	0.07%			32.10%	
		2.500	250	0.500	143	107	2.714	54.280	0.0020	0.07%			32.15%	
		2.500	250	0.500	144	106	2.712	54.240	0.0020	0.07%			32.20%	
		2.500	250	0.500	145	105	2.710	54.200	0.0020	0.07%			32.25%	
		2.500	250	0.500	146	104	2.708	54.160	0.0020	0.07%			32.30%	
		2.500	250	0.500	147	103	2.706	54.120	0.0020	0.07%			32.35%	
		2.500	250	0.500	148	102	2.704	54.080	0.0020	0.07%			32.40%	
		2.500	250	0.500	149	101	2.702	54.040	0.0020	0.07%			32.45%	

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	150	100	2.700	54.000	0.0020	0.07%			32.50%	
		2.500	250	0.500	151	99	2.698	53.960	0.0020	0.07%			32.55%	
		2.500	250	0.500	152	98	2.696	53.920	0.0020	0.07%			32.60%	
		2.500	250	0.500	153	97	2.694	53.880	0.0020	0.07%			32.65%	
		2.500	250	0.500	154	96	2.692	53.840	0.0020	0.07%	0.026	1.03%	0.520	32.70%
		2.500	250	0.500	155	95	2.690	53.800	0.0020	0.07%			32.75%	
		2.500	250	0.500	156	94	2.688	53.760	0.0020	0.07%			32.80%	
		2.500	250	0.500	157	93	2.686	53.720	0.0020	0.07%			32.85%	
		2.500	250	0.500	158	92	2.684	53.680	0.0020	0.07%			32.90%	
		2.500	250	0.500	159	91	2.682	53.640	0.0020	0.07%			32.95%	
		2.500	250	0.500	160	90	2.680	53.600	0.0020	0.07%			33.00%	
		2.500	250	0.500	161	89	2.678	53.560	0.0020	0.07%			33.05%	
		2.500	250	0.500	162	88	2.676	53.520	0.0020	0.07%			33.10%	
		2.500	250	0.500	163	87	2.674	53.480	0.0020	0.07%			33.15%	
		2.500	250	0.500	164	86	2.672	53.440	0.0020	0.07%			33.20%	
		2.500	250	0.500	165	85	2.670	53.400	0.0020	0.07%			33.25%	
		2.500	250	0.500	166	84	2.668	53.360	0.0020	0.07%			33.30%	
		2.500	250	0.500	167	83	2.666	53.320	0.0020	0.07%			33.35%	
		2.500	250	0.500	168	82	2.664	53.280	0.0020	0.08%	0.026	1.04%	0.520	33.40%
		2.500	250	0.500	169	81	2.662	53.240	0.0020	0.08%			33.45%	
		2.500	250	0.500	170	80	2.660	53.200	0.0020	0.08%			33.50%	
		2.500	250	0.500	171	79	2.658	53.160	0.0020	0.08%			33.55%	
		2.500	250	0.500	172	78	2.656	53.120	0.0020	0.08%			33.60%	
		2.500	250	0.500	173	77	2.654	53.080	0.0020	0.08%			33.65%	
		2.500	250	0.500	174	76	2.652	53.040	0.0020	0.08%			33.70%	
		2.500	250	0.500	175	75	2.650	53.000	0.0020	0.08%			33.75%	
		2.500	250	0.500	176	74	2.648	52.960	0.0020	0.08%			33.80%	
		2.500	250	0.500	177	73	2.646	52.920	0.0020	0.08%			33.85%	
		2.500	250	0.500	178	72	2.644	52.880	0.0020	0.08%			33.90%	
		2.500	250	0.500	179	71	2.642	52.840	0.0020	0.08%			33.95%	
		2.500	250	0.500	180	70	2.640	52.800	0.0020	0.08%			34.00%	
		2.500	250	0.500	181	69	2.638	52.760	0.0020	0.08%			34.05%	
		2.500	250	0.500	182	68	2.636	52.720	0.0020	0.08%	0.026	1.05%	0.520	34.10%
		2.500	250	0.500	183	67	2.634	52.680	0.0020	0.08%			34.15%	
		2.500	250	0.500	184	66	2.632	52.640	0.0020	0.08%			34.20%	
		2.500	250	0.500	185	65	2.630	52.600	0.0020	0.08%			34.25%	
		2.500	250	0.500	186	64	2.628	52.560	0.0020	0.08%			34.30%	
		2.500	250	0.500	187	63	2.626	52.520	0.0020	0.08%			34.35%	
		2.500	250	0.500	188	62	2.624	52.480	0.0020	0.08%			34.40%	
		2.500	250	0.500	189	61	2.622	52.440	0.0020	0.08%			34.45%	

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	190	60	2.620	52.400	0.0020	0.08%			34.50%	
		2.500	250	0.500	191	59	2.618	52.360	0.0020	0.08%			34.55%	
		2.500	250	0.500	192	58	2.616	52.320	0.0020	0.08%			34.60%	
		2.500	250	0.500	193	57	2.614	52.280	0.0020	0.08%			34.65%	
		2.500	250	0.500	194	56	2.612	52.240	0.0020	0.08%			34.70%	
		2.500	250	0.500	195	55	2.610	52.200	0.0020	0.08%			34.75%	
		2.500	250	0.500	196	54	2.608	52.160	0.0020	0.08%	0.026	1.06%	0.520	34.80%
		2.500	250	0.500	197	53	2.606	52.120	0.0020	0.08%				34.85%
		2.500	250	0.500	198	52	2.604	52.080	0.0020	0.08%				34.90%
		2.500	250	0.500	199	51	2.602	52.040	0.0020	0.08%				34.95%
		2.500	250	0.500	200	50	2.600	52.000	0.0020	0.08%				35.00%
		2.500	250	0.500	201	49	2.598	51.960	0.0020	0.08%				35.05%
		2.500	250	0.500	202	48	2.596	51.920	0.0020	0.08%				35.10%
		2.500	250	0.500	203	47	2.594	51.880	0.0020	0.08%				35.15%
		2.500	250	0.500	204	46	2.592	51.840	0.0020	0.08%				35.20%
		2.500	250	0.500	205	45	2.590	51.800	0.0020	0.08%				35.25%
		2.500	250	0.500	206	44	2.588	51.760	0.0020	0.08%				35.30%
		2.500	250	0.500	207	43	2.586	51.720	0.0020	0.08%				35.35%
		2.500	250	0.500	208	42	2.584	51.680	0.0020	0.08%				35.40%
		2.500	250	0.500	209	41	2.582	51.640	0.0020	0.08%				35.45%
		2.500	250	0.500	210	40	2.580	51.600	0.0020	0.08%	0.026	1.07%	0.520	35.50%
		2.500	250	0.500	211	39	2.578	51.560	0.0020	0.08%				35.55%
		2.500	250	0.500	212	38	2.576	51.520	0.0020	0.08%				35.60%
		2.500	250	0.500	213	37	2.574	51.480	0.0020	0.08%				35.65%
		2.500	250	0.500	214	36	2.572	51.440	0.0020	0.08%				35.70%
		2.500	250	0.500	215	35	2.570	51.400	0.0020	0.08%				35.75%
		2.500	250	0.500	216	34	2.568	51.360	0.0020	0.08%				35.80%
		2.500	250	0.500	217	33	2.566	51.320	0.0020	0.08%				35.85%
		2.500	250	0.500	218	32	2.564	51.280	0.0020	0.08%				35.90%
		2.500	250	0.500	219	31	2.562	51.240	0.0020	0.08%				35.95%
		2.500	250	0.500	220	30	2.560	51.200	0.0020	0.08%				36.00%
		2.500	250	0.500	221	29	2.558	51.160	0.0020	0.08%				36.05%
		2.500	250	0.500	222	28	2.556	51.120	0.0020	0.08%				36.10%
		2.500	250	0.500	223	27	2.554	51.080	0.0020	0.08%				36.15%
		2.500	250	0.500	224	26	2.552	51.040	0.0020	0.08%	0.026	1.09%	0.520	36.20%
		2.500	250	0.500	225	25	2.550	51.000	0.0020	0.08%				36.25%
		2.500	250	0.500	226	24	2.548	50.960	0.0020	0.08%				36.30%
		2.500	250	0.500	227	23	2.546	50.920	0.0020	0.08%				36.35%
		2.500	250	0.500	228	22	2.544	50.880	0.0020	0.08%				36.40%
		2.500	250	0.500	229	21	2.542	50.840	0.0020	0.08%				36.45%

Medication Xanax
 Valium Multiplier 20
 Original Dose 4
 Current Dose 2.500
 Start Date January 21, 2008
 Dry Dose 2.000
 Dissolve Dose 0.500
 Water in ML **250**
 ML Increments **1**
 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	1	249	2.498	49.960	0.0020	0.08%			37.55%
		2.000	250	0.500	2	248	2.496	49.920	0.0020	0.08%			37.60%
		2.000	250	0.500	3	247	2.494	49.880	0.0020	0.08%			37.65%
		2.000	250	0.500	4	246	2.492	49.840	0.0020	0.08%			37.70%
		2.000	250	0.500	5	245	2.490	49.800	0.0020	0.08%			37.75%
		2.000	250	0.500	6	244	2.488	49.760	0.0020	0.08%			37.80%
		2.000	250	0.500	7	243	2.486	49.720	0.0020	0.08%			37.85%
		2.000	250	0.500	8	242	2.484	49.680	0.0020	0.08%			37.90%
		2.000	250	0.500	9	241	2.482	49.640	0.0020	0.08%			37.95%
		2.000	250	0.500	10	240	2.480	49.600	0.0020	0.08%			38.00%
		2.000	250	0.500	11	239	2.478	49.560	0.0020	0.08%			38.05%
		2.000	250	0.500	12	238	2.476	49.520	0.0020	0.08%			38.10%
		2.000	250	0.500	13	237	2.474	49.480	0.0020	0.08%			38.15%
		2.000	250	0.500	14	236	2.472	49.440	0.0020	0.08%	0.026	1.04%	38.20%
		2.000	250	0.500	15	235	2.470	49.400	0.0020	0.08%			38.25%
		2.000	250	0.500	16	234	2.468	49.360	0.0020	0.08%			38.30%
		2.000	250	0.500	17	233	2.466	49.320	0.0020	0.08%			38.35%
		2.000	250	0.500	18	232	2.464	49.280	0.0020	0.08%			38.40%
		2.000	250	0.500	19	231	2.462	49.240	0.0020	0.08%			38.45%
		2.000	250	0.500	20	230	2.460	49.200	0.0020	0.08%			38.50%
		2.000	250	0.500	21	229	2.458	49.160	0.0020	0.08%			38.55%
		2.000	250	0.500	22	228	2.456	49.120	0.0020	0.08%			38.60%
		2.000	250	0.500	23	227	2.454	49.080	0.0020	0.08%			38.65%
		2.000	250	0.500	24	226	2.452	49.040	0.0020	0.08%			38.70%
		2.000	250	0.500	25	225	2.450	49.000	0.0020	0.08%			38.75%
		2.000	250	0.500	26	224	2.448	48.960	0.0020	0.08%			38.80%
		2.000	250	0.500	27	223	2.446	48.920	0.0020	0.08%			38.85%
		2.000	250	0.500	28	222	2.444	48.880	0.0020	0.08%	0.026	1.13%	38.90%
		2.000	250	0.500	29	221	2.442	48.840	0.0020	0.08%			38.95%

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	30	220	2.440	48.800	0.0020	0.08%			39.00%	
		2.000	250	0.500	31	219	2.438	48.760	0.0020	0.08%			39.05%	
		2.000	250	0.500	32	218	2.436	48.720	0.0020	0.08%			39.10%	
		2.000	250	0.500	33	217	2.434	48.680	0.0020	0.08%			39.15%	
		2.000	250	0.500	34	216	2.432	48.640	0.0020	0.08%			39.20%	
		2.000	250	0.500	35	215	2.430	48.600	0.0020	0.08%			39.25%	
		2.000	250	0.500	36	214	2.428	48.560	0.0020	0.08%			39.30%	
		2.000	250	0.500	37	213	2.426	48.520	0.0020	0.08%			39.35%	
		2.000	250	0.500	38	212	2.424	48.480	0.0020	0.08%			39.40%	
		2.000	250	0.500	39	211	2.422	48.440	0.0020	0.08%			39.45%	
		2.000	250	0.500	40	210	2.420	48.400	0.0020	0.08%			39.50%	
		2.000	250	0.500	41	209	2.418	48.360	0.0020	0.08%			39.55%	
		2.000	250	0.500	42	208	2.416	48.320	0.0020	0.08%	0.026	1.15%	0.520	39.60%
		2.000	250	0.500	43	207	2.414	48.280	0.0020	0.08%			39.65%	
		2.000	250	0.500	44	206	2.412	48.240	0.0020	0.08%			39.70%	
		2.000	250	0.500	45	205	2.410	48.200	0.0020	0.08%			39.75%	
		2.000	250	0.500	46	204	2.408	48.160	0.0020	0.08%			39.80%	
		2.000	250	0.500	47	203	2.406	48.120	0.0020	0.08%			39.85%	
		2.000	250	0.500	48	202	2.404	48.080	0.0020	0.08%			39.90%	
		2.000	250	0.500	49	201	2.402	48.040	0.0020	0.08%			39.95%	
		2.000	250	0.500	50	200	2.400	48.000	0.0020	0.08%			40.00%	
		2.000	250	0.500	51	199	2.398	47.960	0.0020	0.08%			40.05%	
		2.000	250	0.500	52	198	2.396	47.920	0.0020	0.08%			40.10%	
		2.000	250	0.500	53	197	2.394	47.880	0.0020	0.08%			40.15%	
		2.000	250	0.500	54	196	2.392	47.840	0.0020	0.08%			40.20%	
		2.000	250	0.500	55	195	2.390	47.800	0.0020	0.08%			40.25%	
		2.000	250	0.500	56	194	2.388	47.760	0.0020	0.08%	0.026	1.16%	0.520	40.30%
		2.000	250	0.500	57	193	2.386	47.720	0.0020	0.08%			40.35%	
		2.000	250	0.500	58	192	2.384	47.680	0.0020	0.08%			40.40%	
		2.000	250	0.500	59	191	2.382	47.640	0.0020	0.08%			40.45%	
		2.000	250	0.500	60	190	2.380	47.600	0.0020	0.08%			40.50%	
		2.000	250	0.500	61	189	2.378	47.560	0.0020	0.08%			40.55%	
		2.000	250	0.500	62	188	2.376	47.520	0.0020	0.08%			40.60%	
		2.000	250	0.500	63	187	2.374	47.480	0.0020	0.08%			40.65%	
		2.000	250	0.500	64	186	2.372	47.440	0.0020	0.08%			40.70%	
		2.000	250	0.500	65	185	2.370	47.400	0.0020	0.08%			40.75%	
		2.000	250	0.500	66	184	2.368	47.360	0.0020	0.08%			40.80%	
		2.000	250	0.500	67	183	2.366	47.320	0.0020	0.08%			40.85%	
		2.000	250	0.500	68	182	2.364	47.280	0.0020	0.08%			40.90%	
		2.000	250	0.500	69	181	2.362	47.240	0.0020	0.08%			40.95%	

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	70	180	2.360	47.200	0.0020	0.08%	0.026	1.17%	0.520	41.00%
		2.000	250	0.500	71	179	2.358	47.160	0.0020	0.08%				41.05%
		2.000	250	0.500	72	178	2.356	47.120	0.0020	0.08%				41.10%
		2.000	250	0.500	73	177	2.354	47.080	0.0020	0.08%				41.15%
		2.000	250	0.500	74	176	2.352	47.040	0.0020	0.08%				41.20%
		2.000	250	0.500	75	175	2.350	47.000	0.0020	0.09%				41.25%
		2.000	250	0.500	76	174	2.348	46.960	0.0020	0.09%				41.30%
		2.000	250	0.500	77	173	2.346	46.920	0.0020	0.09%				41.35%
		2.000	250	0.500	78	172	2.344	46.880	0.0020	0.09%				41.40%
		2.000	250	0.500	79	171	2.342	46.840	0.0020	0.09%				41.45%
		2.000	250	0.500	80	170	2.340	46.800	0.0020	0.09%				41.50%
		2.000	250	0.500	81	169	2.338	46.760	0.0020	0.09%				41.55%
		2.000	250	0.500	82	168	2.336	46.720	0.0020	0.09%				41.60%
		2.000	250	0.500	83	167	2.334	46.680	0.0020	0.09%				41.65%
		2.000	250	0.500	84	166	2.332	46.640	0.0020	0.09%	0.026	1.19%	0.520	41.70%
		2.000	250	0.500	85	165	2.330	46.600	0.0020	0.09%				41.75%
		2.000	250	0.500	86	164	2.328	46.560	0.0020	0.09%				41.80%
		2.000	250	0.500	87	163	2.326	46.520	0.0020	0.09%				41.85%
		2.000	250	0.500	88	162	2.324	46.480	0.0020	0.09%				41.90%
		2.000	250	0.500	89	161	2.322	46.440	0.0020	0.09%				41.95%
		2.000	250	0.500	90	160	2.320	46.400	0.0020	0.09%				42.00%
		2.000	250	0.500	91	159	2.318	46.360	0.0020	0.09%				42.05%
		2.000	250	0.500	92	158	2.316	46.320	0.0020	0.09%				42.10%
		2.000	250	0.500	93	157	2.314	46.280	0.0020	0.09%				42.15%
		2.000	250	0.500	94	156	2.312	46.240	0.0020	0.09%				42.20%
		2.000	250	0.500	95	155	2.310	46.200	0.0020	0.09%				42.25%
		2.000	250	0.500	96	154	2.308	46.160	0.0020	0.09%				42.30%
		2.000	250	0.500	97	153	2.306	46.120	0.0020	0.09%				42.35%
		2.000	250	0.500	98	152	2.304	46.080	0.0020	0.09%	0.026	1.20%	0.520	42.40%
		2.000	250	0.500	99	151	2.302	46.040	0.0020	0.09%				42.45%
		2.000	250	0.500	100	150	2.300	46.000	0.0020	0.09%				42.50%
		2.000	250	0.500	101	149	2.298	45.960	0.0020	0.09%				42.55%
		2.000	250	0.500	102	148	2.296	45.920	0.0020	0.09%				42.60%
		2.000	250	0.500	103	147	2.294	45.880	0.0020	0.09%				42.65%
		2.000	250	0.500	104	146	2.292	45.840	0.0020	0.09%				42.70%
		2.000	250	0.500	105	145	2.290	45.800	0.0020	0.09%				42.75%
		2.000	250	0.500	106	144	2.288	45.760	0.0020	0.09%				42.80%
		2.000	250	0.500	107	143	2.286	45.720	0.0020	0.09%				42.85%
		2.000	250	0.500	108	142	2.284	45.680	0.0020	0.09%				42.90%
		2.000	250	0.500	109	141	2.282	45.640	0.0020	0.09%				42.95%

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	110	140	2.280	45.600	0.0020	0.09%			43.00%	
		2.000	250	0.500	111	139	2.278	45.560	0.0020	0.09%			43.05%	
		2.000	250	0.500	112	138	2.276	45.520	0.0020	0.09%	0.026	1.22%	0.520	43.10%
		2.000	250	0.500	113	137	2.274	45.480	0.0020	0.09%				43.15%
		2.000	250	0.500	114	136	2.272	45.440	0.0020	0.09%				43.20%
		2.000	250	0.500	115	135	2.270	45.400	0.0020	0.09%				43.25%
		2.000	250	0.500	116	134	2.268	45.360	0.0020	0.09%				43.30%
		2.000	250	0.500	117	133	2.266	45.320	0.0020	0.09%				43.35%
		2.000	250	0.500	118	132	2.264	45.280	0.0020	0.09%				43.40%
		2.000	250	0.500	119	131	2.262	45.240	0.0020	0.09%				43.45%
		2.000	250	0.500	120	130	2.260	45.200	0.0020	0.09%				43.50%
		2.000	250	0.500	121	129	2.258	45.160	0.0020	0.09%				43.55%
		2.000	250	0.500	122	128	2.256	45.120	0.0020	0.09%				43.60%
		2.000	250	0.500	123	127	2.254	45.080	0.0020	0.09%				43.65%
		2.000	250	0.500	124	126	2.252	45.040	0.0020	0.09%				43.70%
		2.000	250	0.500	125	125	2.250	45.000	0.0020	0.09%				43.75%
		2.000	250	0.500	126	124	2.248	44.960	0.0020	0.09%	0.026	1.23%	0.520	43.80%
		2.000	250	0.500	127	123	2.246	44.920	0.0020	0.09%				43.85%
		2.000	250	0.500	128	122	2.244	44.880	0.0020	0.09%				43.90%
		2.000	250	0.500	129	121	2.242	44.840	0.0020	0.09%				43.95%
		2.000	250	0.500	130	120	2.240	44.800	0.0020	0.09%				44.00%
		2.000	250	0.500	131	119	2.238	44.760	0.0020	0.09%				44.05%
		2.000	250	0.500	132	118	2.236	44.720	0.0020	0.09%				44.10%
		2.000	250	0.500	133	117	2.234	44.680	0.0020	0.09%				44.15%
		2.000	250	0.500	134	116	2.232	44.640	0.0020	0.09%				44.20%
		2.000	250	0.500	135	115	2.230	44.600	0.0020	0.09%				44.25%
		2.000	250	0.500	136	114	2.228	44.560	0.0020	0.09%				44.30%
		2.000	250	0.500	137	113	2.226	44.520	0.0020	0.09%				44.35%
		2.000	250	0.500	138	112	2.224	44.480	0.0020	0.09%				44.40%
		2.000	250	0.500	139	111	2.222	44.440	0.0020	0.09%				44.45%
		2.000	250	0.500	140	110	2.220	44.400	0.0020	0.09%	0.026	1.25%	0.520	44.50%
		2.000	250	0.500	141	109	2.218	44.360	0.0020	0.09%				44.55%
		2.000	250	0.500	142	108	2.216	44.320	0.0020	0.09%				44.60%
		2.000	250	0.500	143	107	2.214	44.280	0.0020	0.09%				44.65%
		2.000	250	0.500	144	106	2.212	44.240	0.0020	0.09%				44.70%
		2.000	250	0.500	145	105	2.210	44.200	0.0020	0.09%				44.75%
		2.000	250	0.500	146	104	2.208	44.160	0.0020	0.09%				44.80%
		2.000	250	0.500	147	103	2.206	44.120	0.0020	0.09%				44.85%
		2.000	250	0.500	148	102	2.204	44.080	0.0020	0.09%				44.90%
		2.000	250	0.500	149	101	2.202	44.040	0.0020	0.09%				44.95%

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	150	100	2.200	44.000	0.0020	0.09%			45.00%	
		2.000	250	0.500	151	99	2.198	43.960	0.0020	0.09%			45.05%	
		2.000	250	0.500	152	98	2.196	43.920	0.0020	0.09%			45.10%	
		2.000	250	0.500	153	97	2.194	43.880	0.0020	0.09%			45.15%	
		2.000	250	0.500	154	96	2.192	43.840	0.0020	0.09%	0.026	1.26%	0.520	45.20%
		2.000	250	0.500	155	95	2.190	43.800	0.0020	0.09%			45.25%	
		2.000	250	0.500	156	94	2.188	43.760	0.0020	0.09%			45.30%	
		2.000	250	0.500	157	93	2.186	43.720	0.0020	0.09%			45.35%	
		2.000	250	0.500	158	92	2.184	43.680	0.0020	0.09%			45.40%	
		2.000	250	0.500	159	91	2.182	43.640	0.0020	0.09%			45.45%	
		2.000	250	0.500	160	90	2.180	43.600	0.0020	0.09%			45.50%	
		2.000	250	0.500	161	89	2.178	43.560	0.0020	0.09%			45.55%	
		2.000	250	0.500	162	88	2.176	43.520	0.0020	0.09%			45.60%	
		2.000	250	0.500	163	87	2.174	43.480	0.0020	0.09%			45.65%	
		2.000	250	0.500	164	86	2.172	43.440	0.0020	0.09%			45.70%	
		2.000	250	0.500	165	85	2.170	43.400	0.0020	0.09%			45.75%	
		2.000	250	0.500	166	84	2.168	43.360	0.0020	0.09%			45.80%	
		2.000	250	0.500	167	83	2.166	43.320	0.0020	0.09%			45.85%	
		2.000	250	0.500	168	82	2.164	43.280	0.0020	0.09%	0.026	1.28%	0.520	45.90%
		2.000	250	0.500	169	81	2.162	43.240	0.0020	0.09%			45.95%	
		2.000	250	0.500	170	80	2.160	43.200	0.0020	0.09%			46.00%	
		2.000	250	0.500	171	79	2.158	43.160	0.0020	0.09%			46.05%	
		2.000	250	0.500	172	78	2.156	43.120	0.0020	0.09%			46.10%	
		2.000	250	0.500	173	77	2.154	43.080	0.0020	0.09%			46.15%	
		2.000	250	0.500	174	76	2.152	43.040	0.0020	0.09%			46.20%	
		2.000	250	0.500	175	75	2.150	43.000	0.0020	0.09%			46.25%	
		2.000	250	0.500	176	74	2.148	42.960	0.0020	0.09%			46.30%	
		2.000	250	0.500	177	73	2.146	42.920	0.0020	0.09%			46.35%	
		2.000	250	0.500	178	72	2.144	42.880	0.0020	0.09%			46.40%	
		2.000	250	0.500	179	71	2.142	42.840	0.0020	0.09%			46.45%	
		2.000	250	0.500	180	70	2.140	42.800	0.0020	0.09%			46.50%	
		2.000	250	0.500	181	69	2.138	42.760	0.0020	0.09%			46.55%	
		2.000	250	0.500	182	68	2.136	42.720	0.0020	0.09%	0.026	1.29%	0.520	46.60%
		2.000	250	0.500	183	67	2.134	42.680	0.0020	0.09%			46.65%	
		2.000	250	0.500	184	66	2.132	42.640	0.0020	0.09%			46.70%	
		2.000	250	0.500	185	65	2.130	42.600	0.0020	0.09%			46.75%	
		2.000	250	0.500	186	64	2.128	42.560	0.0020	0.09%			46.80%	
		2.000	250	0.500	187	63	2.126	42.520	0.0020	0.09%			46.85%	
		2.000	250	0.500	188	62	2.124	42.480	0.0020	0.09%			46.90%	
		2.000	250	0.500	189	61	2.122	42.440	0.0020	0.09%			46.95%	

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	190	60	2.120	42.400	0.0020	0.09%			47.00%	
		2.000	250	0.500	191	59	2.118	42.360	0.0020	0.09%			47.05%	
		2.000	250	0.500	192	58	2.116	42.320	0.0020	0.09%			47.10%	
		2.000	250	0.500	193	57	2.114	42.280	0.0020	0.09%			47.15%	
		2.000	250	0.500	194	56	2.112	42.240	0.0020	0.09%			47.20%	
		2.000	250	0.500	195	55	2.110	42.200	0.0020	0.09%			47.25%	
		2.000	250	0.500	196	54	2.108	42.160	0.0020	0.09%	0.026	1.31%	0.520	47.30%
		2.000	250	0.500	197	53	2.106	42.120	0.0020	0.09%			47.35%	
		2.000	250	0.500	198	52	2.104	42.080	0.0020	0.09%			47.40%	
		2.000	250	0.500	199	51	2.102	42.040	0.0020	0.10%			47.45%	
		2.000	250	0.500	200	50	2.100	42.000	0.0020	0.10%			47.50%	
		2.000	250	0.500	201	49	2.098	41.960	0.0020	0.10%			47.55%	
		2.000	250	0.500	202	48	2.096	41.920	0.0020	0.10%			47.60%	
		2.000	250	0.500	203	47	2.094	41.880	0.0020	0.10%			47.65%	
		2.000	250	0.500	204	46	2.092	41.840	0.0020	0.10%			47.70%	
		2.000	250	0.500	205	45	2.090	41.800	0.0020	0.10%			47.75%	
		2.000	250	0.500	206	44	2.088	41.760	0.0020	0.10%			47.80%	
		2.000	250	0.500	207	43	2.086	41.720	0.0020	0.10%			47.85%	
		2.000	250	0.500	208	42	2.084	41.680	0.0020	0.10%			47.90%	
		2.000	250	0.500	209	41	2.082	41.640	0.0020	0.10%			47.95%	
		2.000	250	0.500	210	40	2.080	41.600	0.0020	0.10%	0.026	1.33%	0.520	48.00%
		2.000	250	0.500	211	39	2.078	41.560	0.0020	0.10%			48.05%	
		2.000	250	0.500	212	38	2.076	41.520	0.0020	0.10%			48.10%	
		2.000	250	0.500	213	37	2.074	41.480	0.0020	0.10%			48.15%	
		2.000	250	0.500	214	36	2.072	41.440	0.0020	0.10%			48.20%	
		2.000	250	0.500	215	35	2.070	41.400	0.0020	0.10%			48.25%	
		2.000	250	0.500	216	34	2.068	41.360	0.0020	0.10%			48.30%	
		2.000	250	0.500	217	33	2.066	41.320	0.0020	0.10%			48.35%	
		2.000	250	0.500	218	32	2.064	41.280	0.0020	0.10%			48.40%	
		2.000	250	0.500	219	31	2.062	41.240	0.0020	0.10%			48.45%	
		2.000	250	0.500	220	30	2.060	41.200	0.0020	0.10%			48.50%	
		2.000	250	0.500	221	29	2.058	41.160	0.0020	0.10%			48.55%	
		2.000	250	0.500	222	28	2.056	41.120	0.0020	0.10%			48.60%	
		2.000	250	0.500	223	27	2.054	41.080	0.0020	0.10%			48.65%	
		2.000	250	0.500	224	26	2.052	41.040	0.0020	0.10%	0.026	1.35%	0.520	48.70%
		2.000	250	0.500	225	25	2.050	41.000	0.0020	0.10%			48.75%	
		2.000	250	0.500	226	24	2.048	40.960	0.0020	0.10%			48.80%	
		2.000	250	0.500	227	23	2.046	40.920	0.0020	0.10%			48.85%	
		2.000	250	0.500	228	22	2.044	40.880	0.0020	0.10%			48.90%	
		2.000	250	0.500	229	21	2.042	40.840	0.0020	0.10%			48.95%	

Medication Xanax
 Valium Multiplier 20
 Original Dose 4
 Current Dose 2.000
 Start Date September 27, 2008
 Dry Dose 1.500
 Dissolve Dose 0.500
 Water in ML **250**
 ML Increments **1**
 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	1	249	1.998	39.960	0.0020	0.10%			50.05%	
		1.500	250	0.500	2	248	1.996	39.920	0.0020	0.10%			50.10%	
		1.500	250	0.500	3	247	1.994	39.880	0.0020	0.10%			50.15%	
		1.500	250	0.500	4	246	1.992	39.840	0.0020	0.10%			50.20%	
		1.500	250	0.500	5	245	1.990	39.800	0.0020	0.10%			50.25%	
		1.500	250	0.500	6	244	1.988	39.760	0.0020	0.10%			50.30%	
		1.500	250	0.500	7	243	1.986	39.720	0.0020	0.10%			50.35%	
		1.500	250	0.500	8	242	1.984	39.680	0.0020	0.10%			50.40%	
		1.500	250	0.500	9	241	1.982	39.640	0.0020	0.10%			50.45%	
		1.500	250	0.500	10	240	1.980	39.600	0.0020	0.10%			50.50%	
		1.500	250	0.500	11	239	1.978	39.560	0.0020	0.10%			50.55%	
		1.500	250	0.500	12	238	1.976	39.520	0.0020	0.10%			50.60%	
		1.500	250	0.500	13	237	1.974	39.480	0.0020	0.10%			50.65%	
		1.500	250	0.500	14	236	1.972	39.440	0.0020	0.10%	0.026	1.30%	0.520	50.70%
		1.500	250	0.500	15	235	1.970	39.400	0.0020	0.10%			50.75%	
		1.500	250	0.500	16	234	1.968	39.360	0.0020	0.10%			50.80%	
		1.500	250	0.500	17	233	1.966	39.320	0.0020	0.10%			50.85%	
		1.500	250	0.500	18	232	1.964	39.280	0.0020	0.10%			50.90%	
		1.500	250	0.500	19	231	1.962	39.240	0.0020	0.10%			50.95%	
		1.500	250	0.500	20	230	1.960	39.200	0.0020	0.10%			51.00%	
		1.500	250	0.500	21	229	1.958	39.160	0.0020	0.10%			51.05%	
		1.500	250	0.500	22	228	1.956	39.120	0.0020	0.10%			51.10%	
		1.500	250	0.500	23	227	1.954	39.080	0.0020	0.10%			51.15%	
		1.500	250	0.500	24	226	1.952	39.040	0.0020	0.10%			51.20%	
		1.500	250	0.500	25	225	1.950	39.000	0.0020	0.10%			51.25%	
		1.500	250	0.500	26	224	1.948	38.960	0.0020	0.10%			51.30%	
		1.500	250	0.500	27	223	1.946	38.920	0.0020	0.10%			51.35%	
		1.500	250	0.500	28	222	1.944	38.880	0.0020	0.10%	0.026	1.42%	0.520	51.40%
		1.500	250	0.500	29	221	1.942	38.840	0.0020	0.10%			51.45%	

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	30	220	1.940	38.800	0.0020	0.10%			51.50%	
		1.500	250	0.500	31	219	1.938	38.760	0.0020	0.10%			51.55%	
		1.500	250	0.500	32	218	1.936	38.720	0.0020	0.10%			51.60%	
		1.500	250	0.500	33	217	1.934	38.680	0.0020	0.10%			51.65%	
		1.500	250	0.500	34	216	1.932	38.640	0.0020	0.10%			51.70%	
		1.500	250	0.500	35	215	1.930	38.600	0.0020	0.10%			51.75%	
		1.500	250	0.500	36	214	1.928	38.560	0.0020	0.10%			51.80%	
		1.500	250	0.500	37	213	1.926	38.520	0.0020	0.10%			51.85%	
		1.500	250	0.500	38	212	1.924	38.480	0.0020	0.10%			51.90%	
		1.500	250	0.500	39	211	1.922	38.440	0.0020	0.10%			51.95%	
		1.500	250	0.500	40	210	1.920	38.400	0.0020	0.10%			52.00%	
		1.500	250	0.500	41	209	1.918	38.360	0.0020	0.10%			52.05%	
		1.500	250	0.500	42	208	1.916	38.320	0.0020	0.10%	0.026	1.44%	0.520	52.10%
		1.500	250	0.500	43	207	1.914	38.280	0.0020	0.10%			52.15%	
		1.500	250	0.500	44	206	1.912	38.240	0.0020	0.10%			52.20%	
		1.500	250	0.500	45	205	1.910	38.200	0.0020	0.10%			52.25%	
		1.500	250	0.500	46	204	1.908	38.160	0.0020	0.10%			52.30%	
		1.500	250	0.500	47	203	1.906	38.120	0.0020	0.10%			52.35%	
		1.500	250	0.500	48	202	1.904	38.080	0.0020	0.10%			52.40%	
		1.500	250	0.500	49	201	1.902	38.040	0.0020	0.11%			52.45%	
		1.500	250	0.500	50	200	1.900	38.000	0.0020	0.11%			52.50%	
		1.500	250	0.500	51	199	1.898	37.960	0.0020	0.11%			52.55%	
		1.500	250	0.500	52	198	1.896	37.920	0.0020	0.11%			52.60%	
		1.500	250	0.500	53	197	1.894	37.880	0.0020	0.11%			52.65%	
		1.500	250	0.500	54	196	1.892	37.840	0.0020	0.11%			52.70%	
		1.500	250	0.500	55	195	1.890	37.800	0.0020	0.11%			52.75%	
		1.500	250	0.500	56	194	1.888	37.760	0.0020	0.11%	0.026	1.46%	0.520	52.80%
		1.500	250	0.500	57	193	1.886	37.720	0.0020	0.11%			52.85%	
		1.500	250	0.500	58	192	1.884	37.680	0.0020	0.11%			52.90%	
		1.500	250	0.500	59	191	1.882	37.640	0.0020	0.11%			52.95%	
		1.500	250	0.500	60	190	1.880	37.600	0.0020	0.11%			53.00%	
		1.500	250	0.500	61	189	1.878	37.560	0.0020	0.11%			53.05%	
		1.500	250	0.500	62	188	1.876	37.520	0.0020	0.11%			53.10%	
		1.500	250	0.500	63	187	1.874	37.480	0.0020	0.11%			53.15%	
		1.500	250	0.500	64	186	1.872	37.440	0.0020	0.11%			53.20%	
		1.500	250	0.500	65	185	1.870	37.400	0.0020	0.11%			53.25%	
		1.500	250	0.500	66	184	1.868	37.360	0.0020	0.11%			53.30%	
		1.500	250	0.500	67	183	1.866	37.320	0.0020	0.11%			53.35%	
		1.500	250	0.500	68	182	1.864	37.280	0.0020	0.11%			53.40%	
		1.500	250	0.500	69	181	1.862	37.240	0.0020	0.11%			53.45%	

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	70	180	1.860	37.200	0.0020	0.11%	0.026	1.48%	0.520	53.50%
		1.500	250	0.500	71	179	1.858	37.160	0.0020	0.11%				53.55%
		1.500	250	0.500	72	178	1.856	37.120	0.0020	0.11%				53.60%
		1.500	250	0.500	73	177	1.854	37.080	0.0020	0.11%				53.65%
		1.500	250	0.500	74	176	1.852	37.040	0.0020	0.11%				53.70%
		1.500	250	0.500	75	175	1.850	37.000	0.0020	0.11%				53.75%
		1.500	250	0.500	76	174	1.848	36.960	0.0020	0.11%				53.80%
		1.500	250	0.500	77	173	1.846	36.920	0.0020	0.11%				53.85%
		1.500	250	0.500	78	172	1.844	36.880	0.0020	0.11%				53.90%
		1.500	250	0.500	79	171	1.842	36.840	0.0020	0.11%				53.95%
		1.500	250	0.500	80	170	1.840	36.800	0.0020	0.11%				54.00%
		1.500	250	0.500	81	169	1.838	36.760	0.0020	0.11%				54.05%
		1.500	250	0.500	82	168	1.836	36.720	0.0020	0.11%				54.10%
		1.500	250	0.500	83	167	1.834	36.680	0.0020	0.11%				54.15%
		1.500	250	0.500	84	166	1.832	36.640	0.0020	0.11%	0.026	1.51%	0.520	54.20%
		1.500	250	0.500	85	165	1.830	36.600	0.0020	0.11%				54.25%
		1.500	250	0.500	86	164	1.828	36.560	0.0020	0.11%				54.30%
		1.500	250	0.500	87	163	1.826	36.520	0.0020	0.11%				54.35%
		1.500	250	0.500	88	162	1.824	36.480	0.0020	0.11%				54.40%
		1.500	250	0.500	89	161	1.822	36.440	0.0020	0.11%				54.45%
		1.500	250	0.500	90	160	1.820	36.400	0.0020	0.11%				54.50%
		1.500	250	0.500	91	159	1.818	36.360	0.0020	0.11%				54.55%
		1.500	250	0.500	92	158	1.816	36.320	0.0020	0.11%				54.60%
		1.500	250	0.500	93	157	1.814	36.280	0.0020	0.11%				54.65%
		1.500	250	0.500	94	156	1.812	36.240	0.0020	0.11%				54.70%
		1.500	250	0.500	95	155	1.810	36.200	0.0020	0.11%				54.75%
		1.500	250	0.500	96	154	1.808	36.160	0.0020	0.11%				54.80%
		1.500	250	0.500	97	153	1.806	36.120	0.0020	0.11%				54.85%
		1.500	250	0.500	98	152	1.804	36.080	0.0020	0.11%	0.026	1.53%	0.520	54.90%
		1.500	250	0.500	99	151	1.802	36.040	0.0020	0.11%				54.95%
		1.500	250	0.500	100	150	1.800	36.000	0.0020	0.11%				55.00%
		1.500	250	0.500	101	149	1.798	35.960	0.0020	0.11%				55.05%
		1.500	250	0.500	102	148	1.796	35.920	0.0020	0.11%				55.10%
		1.500	250	0.500	103	147	1.794	35.880	0.0020	0.11%				55.15%
		1.500	250	0.500	104	146	1.792	35.840	0.0020	0.11%				55.20%
		1.500	250	0.500	105	145	1.790	35.800	0.0020	0.11%				55.25%
		1.500	250	0.500	106	144	1.788	35.760	0.0020	0.11%				55.30%
		1.500	250	0.500	107	143	1.786	35.720	0.0020	0.11%				55.35%
		1.500	250	0.500	108	142	1.784	35.680	0.0020	0.11%				55.40%
		1.500	250	0.500	109	141	1.782	35.640	0.0020	0.11%				55.45%

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	110	140	1.780	35.600	0.0020	0.11%			55.50%
		1.500	250	0.500	111	139	1.778	35.560	0.0020	0.11%			55.55%
		1.500	250	0.500	112	138	1.776	35.520	0.0020	0.11%	0.026	1.55%	55.60%
		1.500	250	0.500	113	137	1.774	35.480	0.0020	0.11%			55.65%
		1.500	250	0.500	114	136	1.772	35.440	0.0020	0.11%			55.70%
		1.500	250	0.500	115	135	1.770	35.400	0.0020	0.11%			55.75%
		1.500	250	0.500	116	134	1.768	35.360	0.0020	0.11%			55.80%
		1.500	250	0.500	117	133	1.766	35.320	0.0020	0.11%			55.85%
		1.500	250	0.500	118	132	1.764	35.280	0.0020	0.11%			55.90%
		1.500	250	0.500	119	131	1.762	35.240	0.0020	0.11%			55.95%
		1.500	250	0.500	120	130	1.760	35.200	0.0020	0.11%			56.00%
		1.500	250	0.500	121	129	1.758	35.160	0.0020	0.11%			56.05%
		1.500	250	0.500	122	128	1.756	35.120	0.0020	0.11%			56.10%
		1.500	250	0.500	123	127	1.754	35.080	0.0020	0.11%			56.15%
		1.500	250	0.500	124	126	1.752	35.040	0.0020	0.11%			56.20%
		1.500	250	0.500	125	125	1.750	35.000	0.0020	0.11%			56.25%
		1.500	250	0.500	126	124	1.748	34.960	0.0020	0.11%	0.026	1.58%	56.30%
		1.500	250	0.500	127	123	1.746	34.920	0.0020	0.11%			56.35%
		1.500	250	0.500	128	122	1.744	34.880	0.0020	0.11%			56.40%
		1.500	250	0.500	129	121	1.742	34.840	0.0020	0.11%			56.45%
		1.500	250	0.500	130	120	1.740	34.800	0.0020	0.11%			56.50%
		1.500	250	0.500	131	119	1.738	34.760	0.0020	0.11%			56.55%
		1.500	250	0.500	132	118	1.736	34.720	0.0020	0.12%			56.60%
		1.500	250	0.500	133	117	1.734	34.680	0.0020	0.12%			56.65%
		1.500	250	0.500	134	116	1.732	34.640	0.0020	0.12%			56.70%
		1.500	250	0.500	135	115	1.730	34.600	0.0020	0.12%			56.75%
		1.500	250	0.500	136	114	1.728	34.560	0.0020	0.12%			56.80%
		1.500	250	0.500	137	113	1.726	34.520	0.0020	0.12%			56.85%
		1.500	250	0.500	138	112	1.724	34.480	0.0020	0.12%			56.90%
		1.500	250	0.500	139	111	1.722	34.440	0.0020	0.12%			56.95%
		1.500	250	0.500	140	110	1.720	34.400	0.0020	0.12%	0.026	1.60%	57.00%
		1.500	250	0.500	141	109	1.718	34.360	0.0020	0.12%			57.05%
		1.500	250	0.500	142	108	1.716	34.320	0.0020	0.12%			57.10%
		1.500	250	0.500	143	107	1.714	34.280	0.0020	0.12%			57.15%
		1.500	250	0.500	144	106	1.712	34.240	0.0020	0.12%			57.20%
		1.500	250	0.500	145	105	1.710	34.200	0.0020	0.12%			57.25%
		1.500	250	0.500	146	104	1.708	34.160	0.0020	0.12%			57.30%
		1.500	250	0.500	147	103	1.706	34.120	0.0020	0.12%			57.35%
		1.500	250	0.500	148	102	1.704	34.080	0.0020	0.12%			57.40%
		1.500	250	0.500	149	101	1.702	34.040	0.0020	0.12%			57.45%

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	150	100	1.700	34.000	0.0020	0.12%			57.50%	
		1.500	250	0.500	151	99	1.698	33.960	0.0020	0.12%			57.55%	
		1.500	250	0.500	152	98	1.696	33.920	0.0020	0.12%			57.60%	
		1.500	250	0.500	153	97	1.694	33.880	0.0020	0.12%			57.65%	
		1.500	250	0.500	154	96	1.692	33.840	0.0020	0.12%	0.026	1.63%	0.520	57.70%
		1.500	250	0.500	155	95	1.690	33.800	0.0020	0.12%			57.75%	
		1.500	250	0.500	156	94	1.688	33.760	0.0020	0.12%			57.80%	
		1.500	250	0.500	157	93	1.686	33.720	0.0020	0.12%			57.85%	
		1.500	250	0.500	158	92	1.684	33.680	0.0020	0.12%			57.90%	
		1.500	250	0.500	159	91	1.682	33.640	0.0020	0.12%			57.95%	
		1.500	250	0.500	160	90	1.680	33.600	0.0020	0.12%			58.00%	
		1.500	250	0.500	161	89	1.678	33.560	0.0020	0.12%			58.05%	
		1.500	250	0.500	162	88	1.676	33.520	0.0020	0.12%			58.10%	
		1.500	250	0.500	163	87	1.674	33.480	0.0020	0.12%			58.15%	
		1.500	250	0.500	164	86	1.672	33.440	0.0020	0.12%			58.20%	
		1.500	250	0.500	165	85	1.670	33.400	0.0020	0.12%			58.25%	
		1.500	250	0.500	166	84	1.668	33.360	0.0020	0.12%			58.30%	
		1.500	250	0.500	167	83	1.666	33.320	0.0020	0.12%			58.35%	
		1.500	250	0.500	168	82	1.664	33.280	0.0020	0.12%	0.026	1.65%	0.520	58.40%
		1.500	250	0.500	169	81	1.662	33.240	0.0020	0.12%			58.45%	
		1.500	250	0.500	170	80	1.660	33.200	0.0020	0.12%			58.50%	
		1.500	250	0.500	171	79	1.658	33.160	0.0020	0.12%			58.55%	
		1.500	250	0.500	172	78	1.656	33.120	0.0020	0.12%			58.60%	
		1.500	250	0.500	173	77	1.654	33.080	0.0020	0.12%			58.65%	
		1.500	250	0.500	174	76	1.652	33.040	0.0020	0.12%			58.70%	
		1.500	250	0.500	175	75	1.650	33.000	0.0020	0.12%			58.75%	
		1.500	250	0.500	176	74	1.648	32.960	0.0020	0.12%			58.80%	
		1.500	250	0.500	177	73	1.646	32.920	0.0020	0.12%			58.85%	
		1.500	250	0.500	178	72	1.644	32.880	0.0020	0.12%			58.90%	
		1.500	250	0.500	179	71	1.642	32.840	0.0020	0.12%			58.95%	
		1.500	250	0.500	180	70	1.640	32.800	0.0020	0.12%			59.00%	
		1.500	250	0.500	181	69	1.638	32.760	0.0020	0.12%			59.05%	
		1.500	250	0.500	182	68	1.636	32.720	0.0020	0.12%	0.026	1.68%	0.520	59.10%
		1.500	250	0.500	183	67	1.634	32.680	0.0020	0.12%			59.15%	
		1.500	250	0.500	184	66	1.632	32.640	0.0020	0.12%			59.20%	
		1.500	250	0.500	185	65	1.630	32.600	0.0020	0.12%			59.25%	
		1.500	250	0.500	186	64	1.628	32.560	0.0020	0.12%			59.30%	
		1.500	250	0.500	187	63	1.626	32.520	0.0020	0.12%			59.35%	
		1.500	250	0.500	188	62	1.624	32.480	0.0020	0.12%			59.40%	
		1.500	250	0.500	189	61	1.622	32.440	0.0020	0.12%			59.45%	

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	190	60	1.620	32.400	0.0020	0.12%			59.50%	
		1.500	250	0.500	191	59	1.618	32.360	0.0020	0.12%			59.55%	
		1.500	250	0.500	192	58	1.616	32.320	0.0020	0.12%			59.60%	
		1.500	250	0.500	193	57	1.614	32.280	0.0020	0.12%			59.65%	
		1.500	250	0.500	194	56	1.612	32.240	0.0020	0.12%			59.70%	
		1.500	250	0.500	195	55	1.610	32.200	0.0020	0.12%			59.75%	
		1.500	250	0.500	196	54	1.608	32.160	0.0020	0.12%	0.026	1.71%	0.520	59.80%
		1.500	250	0.500	197	53	1.606	32.120	0.0020	0.12%				59.85%
		1.500	250	0.500	198	52	1.604	32.080	0.0020	0.12%				59.90%
		1.500	250	0.500	199	51	1.602	32.040	0.0020	0.12%				59.95%
		1.500	250	0.500	200	50	1.600	32.000	0.0020	0.12%				60.00%
		1.500	250	0.500	201	49	1.598	31.960	0.0020	0.13%				60.05%
		1.500	250	0.500	202	48	1.596	31.920	0.0020	0.13%				60.10%
		1.500	250	0.500	203	47	1.594	31.880	0.0020	0.13%				60.15%
		1.500	250	0.500	204	46	1.592	31.840	0.0020	0.13%				60.20%
		1.500	250	0.500	205	45	1.590	31.800	0.0020	0.13%				60.25%
		1.500	250	0.500	206	44	1.588	31.760	0.0020	0.13%				60.30%
		1.500	250	0.500	207	43	1.586	31.720	0.0020	0.13%				60.35%
		1.500	250	0.500	208	42	1.584	31.680	0.0020	0.13%				60.40%
		1.500	250	0.500	209	41	1.582	31.640	0.0020	0.13%				60.45%
		1.500	250	0.500	210	40	1.580	31.600	0.0020	0.13%	0.026	1.74%	0.520	60.50%
		1.500	250	0.500	211	39	1.578	31.560	0.0020	0.13%				60.55%
		1.500	250	0.500	212	38	1.576	31.520	0.0020	0.13%				60.60%
		1.500	250	0.500	213	37	1.574	31.480	0.0020	0.13%				60.65%
		1.500	250	0.500	214	36	1.572	31.440	0.0020	0.13%				60.70%
		1.500	250	0.500	215	35	1.570	31.400	0.0020	0.13%				60.75%
		1.500	250	0.500	216	34	1.568	31.360	0.0020	0.13%				60.80%
		1.500	250	0.500	217	33	1.566	31.320	0.0020	0.13%				60.85%
		1.500	250	0.500	218	32	1.564	31.280	0.0020	0.13%				60.90%
		1.500	250	0.500	219	31	1.562	31.240	0.0020	0.13%				60.95%
		1.500	250	0.500	220	30	1.560	31.200	0.0020	0.13%				61.00%
		1.500	250	0.500	221	29	1.558	31.160	0.0020	0.13%				61.05%
		1.500	250	0.500	222	28	1.556	31.120	0.0020	0.13%				61.10%
		1.500	250	0.500	223	27	1.554	31.080	0.0020	0.13%				61.15%
		1.500	250	0.500	224	26	1.552	31.040	0.0020	0.13%	0.026	1.77%	0.520	61.20%
		1.500	250	0.500	225	25	1.550	31.000	0.0020	0.13%				61.25%
		1.500	250	0.500	226	24	1.548	30.960	0.0020	0.13%				61.30%
		1.500	250	0.500	227	23	1.546	30.920	0.0020	0.13%				61.35%
		1.500	250	0.500	228	22	1.544	30.880	0.0020	0.13%				61.40%
		1.500	250	0.500	229	21	1.542	30.840	0.0020	0.13%				61.45%

Medication Xanax
 Valium Multiplier 20
 Original Dose 4
 Current Dose 1.500
 Start Date June 4, 2009
 Dry Dose 1.000
 Dissolve Dose 0.500
 Water in ML 250
 ML Increments 1
 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	1	249	1.498	29.960	0.0020	0.13%			62.55%	
		1.000	250	0.500	2	248	1.496	29.920	0.0020	0.13%			62.60%	
		1.000	250	0.500	3	247	1.494	29.880	0.0020	0.13%			62.65%	
		1.000	250	0.500	4	246	1.492	29.840	0.0020	0.13%			62.70%	
		1.000	250	0.500	5	245	1.490	29.800	0.0020	0.13%			62.75%	
		1.000	250	0.500	6	244	1.488	29.760	0.0020	0.13%			62.80%	
		1.000	250	0.500	7	243	1.486	29.720	0.0020	0.13%			62.85%	
		1.000	250	0.500	8	242	1.484	29.680	0.0020	0.13%			62.90%	
		1.000	250	0.500	9	241	1.482	29.640	0.0020	0.13%			62.95%	
		1.000	250	0.500	10	240	1.480	29.600	0.0020	0.13%			63.00%	
		1.000	250	0.500	11	239	1.478	29.560	0.0020	0.14%			63.05%	
		1.000	250	0.500	12	238	1.476	29.520	0.0020	0.14%			63.10%	
		1.000	250	0.500	13	237	1.474	29.480	0.0020	0.14%			63.15%	
		1.000	250	0.500	14	236	1.472	29.440	0.0020	0.14%	0.026	1.74%	0.520	63.20%
		1.000	250	0.500	15	235	1.470	29.400	0.0020	0.14%			63.25%	
		1.000	250	0.500	16	234	1.468	29.360	0.0020	0.14%			63.30%	
		1.000	250	0.500	17	233	1.466	29.320	0.0020	0.14%			63.35%	
		1.000	250	0.500	18	232	1.464	29.280	0.0020	0.14%			63.40%	
		1.000	250	0.500	19	231	1.462	29.240	0.0020	0.14%			63.45%	
		1.000	250	0.500	20	230	1.460	29.200	0.0020	0.14%			63.50%	
		1.000	250	0.500	21	229	1.458	29.160	0.0020	0.14%			63.55%	
		1.000	250	0.500	22	228	1.456	29.120	0.0020	0.14%			63.60%	
		1.000	250	0.500	23	227	1.454	29.080	0.0020	0.14%			63.65%	
		1.000	250	0.500	24	226	1.452	29.040	0.0020	0.14%			63.70%	
		1.000	250	0.500	25	225	1.450	29.000	0.0020	0.14%			63.75%	
		1.000	250	0.500	26	224	1.448	28.960	0.0020	0.14%			63.80%	
		1.000	250	0.500	27	223	1.446	28.920	0.0020	0.14%			63.85%	
		1.000	250	0.500	28	222	1.444	28.880	0.0020	0.14%	0.026	1.90%	0.520	63.90%
		1.000	250	0.500	29	221	1.442	28.840	0.0020	0.14%			63.95%	

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	30	220	1.440	28.800	0.0020	0.14%			64.00%	
		1.000	250	0.500	31	219	1.438	28.760	0.0020	0.14%			64.05%	
		1.000	250	0.500	32	218	1.436	28.720	0.0020	0.14%			64.10%	
		1.000	250	0.500	33	217	1.434	28.680	0.0020	0.14%			64.15%	
		1.000	250	0.500	34	216	1.432	28.640	0.0020	0.14%			64.20%	
		1.000	250	0.500	35	215	1.430	28.600	0.0020	0.14%			64.25%	
		1.000	250	0.500	36	214	1.428	28.560	0.0020	0.14%			64.30%	
		1.000	250	0.500	37	213	1.426	28.520	0.0020	0.14%			64.35%	
		1.000	250	0.500	38	212	1.424	28.480	0.0020	0.14%			64.40%	
		1.000	250	0.500	39	211	1.422	28.440	0.0020	0.14%			64.45%	
		1.000	250	0.500	40	210	1.420	28.400	0.0020	0.14%			64.50%	
		1.000	250	0.500	41	209	1.418	28.360	0.0020	0.14%			64.55%	
		1.000	250	0.500	42	208	1.416	28.320	0.0020	0.14%	0.026	1.94%	0.520	64.60%
		1.000	250	0.500	43	207	1.414	28.280	0.0020	0.14%			64.65%	
		1.000	250	0.500	44	206	1.412	28.240	0.0020	0.14%			64.70%	
		1.000	250	0.500	45	205	1.410	28.200	0.0020	0.14%			64.75%	
		1.000	250	0.500	46	204	1.408	28.160	0.0020	0.14%			64.80%	
		1.000	250	0.500	47	203	1.406	28.120	0.0020	0.14%			64.85%	
		1.000	250	0.500	48	202	1.404	28.080	0.0020	0.14%			64.90%	
		1.000	250	0.500	49	201	1.402	28.040	0.0020	0.14%			64.95%	
		1.000	250	0.500	50	200	1.400	28.000	0.0020	0.14%			65.00%	
		1.000	250	0.500	51	199	1.398	27.960	0.0020	0.14%			65.05%	
		1.000	250	0.500	52	198	1.396	27.920	0.0020	0.14%			65.10%	
		1.000	250	0.500	53	197	1.394	27.880	0.0020	0.14%			65.15%	
		1.000	250	0.500	54	196	1.392	27.840	0.0020	0.14%			65.20%	
		1.000	250	0.500	55	195	1.390	27.800	0.0020	0.14%			65.25%	
		1.000	250	0.500	56	194	1.388	27.760	0.0020	0.14%	0.026	1.98%	0.520	65.30%
		1.000	250	0.500	57	193	1.386	27.720	0.0020	0.14%			65.35%	
		1.000	250	0.500	58	192	1.384	27.680	0.0020	0.14%			65.40%	
		1.000	250	0.500	59	191	1.382	27.640	0.0020	0.14%			65.45%	
		1.000	250	0.500	60	190	1.380	27.600	0.0020	0.14%			65.50%	
		1.000	250	0.500	61	189	1.378	27.560	0.0020	0.14%			65.55%	
		1.000	250	0.500	62	188	1.376	27.520	0.0020	0.15%			65.60%	
		1.000	250	0.500	63	187	1.374	27.480	0.0020	0.15%			65.65%	
		1.000	250	0.500	64	186	1.372	27.440	0.0020	0.15%			65.70%	
		1.000	250	0.500	65	185	1.370	27.400	0.0020	0.15%			65.75%	
		1.000	250	0.500	66	184	1.368	27.360	0.0020	0.15%			65.80%	
		1.000	250	0.500	67	183	1.366	27.320	0.0020	0.15%			65.85%	
		1.000	250	0.500	68	182	1.364	27.280	0.0020	0.15%			65.90%	
		1.000	250	0.500	69	181	1.362	27.240	0.0020	0.15%			65.95%	

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	70	180	1.360	27.200	0.0020	0.15%	0.026	2.02%	0.520	66.00%
		1.000	250	0.500	71	179	1.358	27.160	0.0020	0.15%				66.05%
		1.000	250	0.500	72	178	1.356	27.120	0.0020	0.15%				66.10%
		1.000	250	0.500	73	177	1.354	27.080	0.0020	0.15%				66.15%
		1.000	250	0.500	74	176	1.352	27.040	0.0020	0.15%				66.20%
		1.000	250	0.500	75	175	1.350	27.000	0.0020	0.15%				66.25%
		1.000	250	0.500	76	174	1.348	26.960	0.0020	0.15%				66.30%
		1.000	250	0.500	77	173	1.346	26.920	0.0020	0.15%				66.35%
		1.000	250	0.500	78	172	1.344	26.880	0.0020	0.15%				66.40%
		1.000	250	0.500	79	171	1.342	26.840	0.0020	0.15%				66.45%
		1.000	250	0.500	80	170	1.340	26.800	0.0020	0.15%				66.50%
		1.000	250	0.500	81	169	1.338	26.760	0.0020	0.15%				66.55%
		1.000	250	0.500	82	168	1.336	26.720	0.0020	0.15%				66.60%
		1.000	250	0.500	83	167	1.334	26.680	0.0020	0.15%				66.65%
		1.000	250	0.500	84	166	1.332	26.640	0.0020	0.15%	0.026	2.06%	0.520	66.70%
		1.000	250	0.500	85	165	1.330	26.600	0.0020	0.15%				66.75%
		1.000	250	0.500	86	164	1.328	26.560	0.0020	0.15%				66.80%
		1.000	250	0.500	87	163	1.326	26.520	0.0020	0.15%				66.85%
		1.000	250	0.500	88	162	1.324	26.480	0.0020	0.15%				66.90%
		1.000	250	0.500	89	161	1.322	26.440	0.0020	0.15%				66.95%
		1.000	250	0.500	90	160	1.320	26.400	0.0020	0.15%				67.00%
		1.000	250	0.500	91	159	1.318	26.360	0.0020	0.15%				67.05%
		1.000	250	0.500	92	158	1.316	26.320	0.0020	0.15%				67.10%
		1.000	250	0.500	93	157	1.314	26.280	0.0020	0.15%				67.15%
		1.000	250	0.500	94	156	1.312	26.240	0.0020	0.15%				67.20%
		1.000	250	0.500	95	155	1.310	26.200	0.0020	0.15%				67.25%
		1.000	250	0.500	96	154	1.308	26.160	0.0020	0.15%				67.30%
		1.000	250	0.500	97	153	1.306	26.120	0.0020	0.15%				67.35%
		1.000	250	0.500	98	152	1.304	26.080	0.0020	0.15%	0.026	2.10%	0.520	67.40%
		1.000	250	0.500	99	151	1.302	26.040	0.0020	0.15%				67.45%
		1.000	250	0.500	100	150	1.300	26.000	0.0020	0.15%				67.50%
		1.000	250	0.500	101	149	1.298	25.960	0.0020	0.15%				67.55%
		1.000	250	0.500	102	148	1.296	25.920	0.0020	0.15%				67.60%
		1.000	250	0.500	103	147	1.294	25.880	0.0020	0.15%				67.65%
		1.000	250	0.500	104	146	1.292	25.840	0.0020	0.15%				67.70%
		1.000	250	0.500	105	145	1.290	25.800	0.0020	0.15%				67.75%
		1.000	250	0.500	106	144	1.288	25.760	0.0020	0.16%				67.80%
		1.000	250	0.500	107	143	1.286	25.720	0.0020	0.16%				67.85%
		1.000	250	0.500	108	142	1.284	25.680	0.0020	0.16%				67.90%
		1.000	250	0.500	109	141	1.282	25.640	0.0020	0.16%				67.95%

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	110	140	1.280	25.600	0.0020	0.16%			68.00%	
		1.000	250	0.500	111	139	1.278	25.560	0.0020	0.16%			68.05%	
		1.000	250	0.500	112	138	1.276	25.520	0.0020	0.16%	0.026	2.15%	0.520	68.10%
		1.000	250	0.500	113	137	1.274	25.480	0.0020	0.16%				68.15%
		1.000	250	0.500	114	136	1.272	25.440	0.0020	0.16%				68.20%
		1.000	250	0.500	115	135	1.270	25.400	0.0020	0.16%				68.25%
		1.000	250	0.500	116	134	1.268	25.360	0.0020	0.16%				68.30%
		1.000	250	0.500	117	133	1.266	25.320	0.0020	0.16%				68.35%
		1.000	250	0.500	118	132	1.264	25.280	0.0020	0.16%				68.40%
		1.000	250	0.500	119	131	1.262	25.240	0.0020	0.16%				68.45%
		1.000	250	0.500	120	130	1.260	25.200	0.0020	0.16%				68.50%
		1.000	250	0.500	121	129	1.258	25.160	0.0020	0.16%				68.55%
		1.000	250	0.500	122	128	1.256	25.120	0.0020	0.16%				68.60%
		1.000	250	0.500	123	127	1.254	25.080	0.0020	0.16%				68.65%
		1.000	250	0.500	124	126	1.252	25.040	0.0020	0.16%				68.70%
		1.000	250	0.500	125	125	1.250	25.000	0.0020	0.16%				68.75%
		1.000	250	0.500	126	124	1.248	24.960	0.0020	0.16%	0.026	2.19%	0.520	68.80%
		1.000	250	0.500	127	123	1.246	24.920	0.0020	0.16%				68.85%
		1.000	250	0.500	128	122	1.244	24.880	0.0020	0.16%				68.90%
		1.000	250	0.500	129	121	1.242	24.840	0.0020	0.16%				68.95%
		1.000	250	0.500	130	120	1.240	24.800	0.0020	0.16%				69.00%
		1.000	250	0.500	131	119	1.238	24.760	0.0020	0.16%				69.05%
		1.000	250	0.500	132	118	1.236	24.720	0.0020	0.16%				69.10%
		1.000	250	0.500	133	117	1.234	24.680	0.0020	0.16%				69.15%
		1.000	250	0.500	134	116	1.232	24.640	0.0020	0.16%				69.20%
		1.000	250	0.500	135	115	1.230	24.600	0.0020	0.16%				69.25%
		1.000	250	0.500	136	114	1.228	24.560	0.0020	0.16%				69.30%
		1.000	250	0.500	137	113	1.226	24.520	0.0020	0.16%				69.35%
		1.000	250	0.500	138	112	1.224	24.480	0.0020	0.16%				69.40%
		1.000	250	0.500	139	111	1.222	24.440	0.0020	0.16%				69.45%
		1.000	250	0.500	140	110	1.220	24.400	0.0020	0.16%	0.026	2.24%	0.520	69.50%
		1.000	250	0.500	141	109	1.218	24.360	0.0020	0.16%				69.55%
		1.000	250	0.500	142	108	1.216	24.320	0.0020	0.16%				69.60%
		1.000	250	0.500	143	107	1.214	24.280	0.0020	0.16%				69.65%
		1.000	250	0.500	144	106	1.212	24.240	0.0020	0.16%				69.70%
		1.000	250	0.500	145	105	1.210	24.200	0.0020	0.17%				69.75%
		1.000	250	0.500	146	104	1.208	24.160	0.0020	0.17%				69.80%
		1.000	250	0.500	147	103	1.206	24.120	0.0020	0.17%				69.85%
		1.000	250	0.500	148	102	1.204	24.080	0.0020	0.17%				69.90%
		1.000	250	0.500	149	101	1.202	24.040	0.0020	0.17%				69.95%

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	150	100	1.200	24.000	0.0020	0.17%			70.00%	
		1.000	250	0.500	151	99	1.198	23.960	0.0020	0.17%			70.05%	
		1.000	250	0.500	152	98	1.196	23.920	0.0020	0.17%			70.10%	
		1.000	250	0.500	153	97	1.194	23.880	0.0020	0.17%			70.15%	
		1.000	250	0.500	154	96	1.192	23.840	0.0020	0.17%	0.026	2.30%	0.520	70.20%
		1.000	250	0.500	155	95	1.190	23.800	0.0020	0.17%			70.25%	
		1.000	250	0.500	156	94	1.188	23.760	0.0020	0.17%			70.30%	
		1.000	250	0.500	157	93	1.186	23.720	0.0020	0.17%			70.35%	
		1.000	250	0.500	158	92	1.184	23.680	0.0020	0.17%			70.40%	
		1.000	250	0.500	159	91	1.182	23.640	0.0020	0.17%			70.45%	
		1.000	250	0.500	160	90	1.180	23.600	0.0020	0.17%			70.50%	
		1.000	250	0.500	161	89	1.178	23.560	0.0020	0.17%			70.55%	
		1.000	250	0.500	162	88	1.176	23.520	0.0020	0.17%			70.60%	
		1.000	250	0.500	163	87	1.174	23.480	0.0020	0.17%			70.65%	
		1.000	250	0.500	164	86	1.172	23.440	0.0020	0.17%			70.70%	
		1.000	250	0.500	165	85	1.170	23.400	0.0020	0.17%			70.75%	
		1.000	250	0.500	166	84	1.168	23.360	0.0020	0.17%			70.80%	
		1.000	250	0.500	167	83	1.166	23.320	0.0020	0.17%			70.85%	
		1.000	250	0.500	168	82	1.164	23.280	0.0020	0.17%	0.026	2.35%	0.520	70.90%
		1.000	250	0.500	169	81	1.162	23.240	0.0020	0.17%			70.95%	
		1.000	250	0.500	170	80	1.160	23.200	0.0020	0.17%			71.00%	
		1.000	250	0.500	171	79	1.158	23.160	0.0020	0.17%			71.05%	
		1.000	250	0.500	172	78	1.156	23.120	0.0020	0.17%			71.10%	
		1.000	250	0.500	173	77	1.154	23.080	0.0020	0.17%			71.15%	
		1.000	250	0.500	174	76	1.152	23.040	0.0020	0.17%			71.20%	
		1.000	250	0.500	175	75	1.150	23.000	0.0020	0.17%			71.25%	
		1.000	250	0.500	176	74	1.148	22.960	0.0020	0.17%			71.30%	
		1.000	250	0.500	177	73	1.146	22.920	0.0020	0.17%			71.35%	
		1.000	250	0.500	178	72	1.144	22.880	0.0020	0.17%			71.40%	
		1.000	250	0.500	179	71	1.142	22.840	0.0020	0.17%			71.45%	
		1.000	250	0.500	180	70	1.140	22.800	0.0020	0.18%			71.50%	
		1.000	250	0.500	181	69	1.138	22.760	0.0020	0.18%			71.55%	
		1.000	250	0.500	182	68	1.136	22.720	0.0020	0.18%	0.026	2.41%	0.520	71.60%
		1.000	250	0.500	183	67	1.134	22.680	0.0020	0.18%			71.65%	
		1.000	250	0.500	184	66	1.132	22.640	0.0020	0.18%			71.70%	
		1.000	250	0.500	185	65	1.130	22.600	0.0020	0.18%			71.75%	
		1.000	250	0.500	186	64	1.128	22.560	0.0020	0.18%			71.80%	
		1.000	250	0.500	187	63	1.126	22.520	0.0020	0.18%			71.85%	
		1.000	250	0.500	188	62	1.124	22.480	0.0020	0.18%			71.90%	
		1.000	250	0.500	189	61	1.122	22.440	0.0020	0.18%			71.95%	

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	190	60	1.120	22.400	0.0020	0.18%			72.00%	
		1.000	250	0.500	191	59	1.118	22.360	0.0020	0.18%			72.05%	
		1.000	250	0.500	192	58	1.116	22.320	0.0020	0.18%			72.10%	
		1.000	250	0.500	193	57	1.114	22.280	0.0020	0.18%			72.15%	
		1.000	250	0.500	194	56	1.112	22.240	0.0020	0.18%			72.20%	
		1.000	250	0.500	195	55	1.110	22.200	0.0020	0.18%			72.25%	
		1.000	250	0.500	196	54	1.108	22.160	0.0020	0.18%	0.026	2.46%	0.520	72.30%
		1.000	250	0.500	197	53	1.106	22.120	0.0020	0.18%				72.35%
		1.000	250	0.500	198	52	1.104	22.080	0.0020	0.18%				72.40%
		1.000	250	0.500	199	51	1.102	22.040	0.0020	0.18%				72.45%
		1.000	250	0.500	200	50	1.100	22.000	0.0020	0.18%				72.50%
		1.000	250	0.500	201	49	1.098	21.960	0.0020	0.18%				72.55%
		1.000	250	0.500	202	48	1.096	21.920	0.0020	0.18%				72.60%
		1.000	250	0.500	203	47	1.094	21.880	0.0020	0.18%				72.65%
		1.000	250	0.500	204	46	1.092	21.840	0.0020	0.18%				72.70%
		1.000	250	0.500	205	45	1.090	21.800	0.0020	0.18%				72.75%
		1.000	250	0.500	206	44	1.088	21.760	0.0020	0.18%				72.80%
		1.000	250	0.500	207	43	1.086	21.720	0.0020	0.18%				72.85%
		1.000	250	0.500	208	42	1.084	21.680	0.0020	0.18%				72.90%
		1.000	250	0.500	209	41	1.082	21.640	0.0020	0.18%				72.95%
		1.000	250	0.500	210	40	1.080	21.600	0.0020	0.18%	0.026	2.53%	0.520	73.00%
		1.000	250	0.500	211	39	1.078	21.560	0.0020	0.19%				73.05%
		1.000	250	0.500	212	38	1.076	21.520	0.0020	0.19%				73.10%
		1.000	250	0.500	213	37	1.074	21.480	0.0020	0.19%				73.15%
		1.000	250	0.500	214	36	1.072	21.440	0.0020	0.19%				73.20%
		1.000	250	0.500	215	35	1.070	21.400	0.0020	0.19%				73.25%
		1.000	250	0.500	216	34	1.068	21.360	0.0020	0.19%				73.30%
		1.000	250	0.500	217	33	1.066	21.320	0.0020	0.19%				73.35%
		1.000	250	0.500	218	32	1.064	21.280	0.0020	0.19%				73.40%
		1.000	250	0.500	219	31	1.062	21.240	0.0020	0.19%				73.45%
		1.000	250	0.500	220	30	1.060	21.200	0.0020	0.19%				73.50%
		1.000	250	0.500	221	29	1.058	21.160	0.0020	0.19%				73.55%
		1.000	250	0.500	222	28	1.056	21.120	0.0020	0.19%				73.60%
		1.000	250	0.500	223	27	1.054	21.080	0.0020	0.19%				73.65%
		1.000	250	0.500	224	26	1.052	21.040	0.0020	0.19%	0.026	2.59%	0.520	73.70%
		1.000	250	0.500	225	25	1.050	21.000	0.0020	0.19%				73.75%
		1.000	250	0.500	226	24	1.048	20.960	0.0020	0.19%				73.80%
		1.000	250	0.500	227	23	1.046	20.920	0.0020	0.19%				73.85%
		1.000	250	0.500	228	22	1.044	20.880	0.0020	0.19%				73.90%
		1.000	250	0.500	229	21	1.042	20.840	0.0020	0.19%				73.95%

Medication Xanax
 Valium Multiplier 20
 Original Dose 4
 Current Dose 1.000
 Start Date February 9, 2010
 Dry Dose 0.500
 Dissolve Dose 0.500
 Water in ML 250
 ML Increments 1
 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	1	249	0.998	19.960	0.0020	0.20%			75.05%	
		0.500	250	0.500	2	248	0.996	19.920	0.0020	0.20%			75.10%	
		0.500	250	0.500	3	247	0.994	19.880	0.0020	0.20%			75.15%	
		0.500	250	0.500	4	246	0.992	19.840	0.0020	0.20%			75.20%	
		0.500	250	0.500	5	245	0.990	19.800	0.0020	0.20%			75.25%	
		0.500	250	0.500	6	244	0.988	19.760	0.0020	0.20%			75.30%	
		0.500	250	0.500	7	243	0.986	19.720	0.0020	0.20%			75.35%	
		0.500	250	0.500	8	242	0.984	19.680	0.0020	0.20%			75.40%	
		0.500	250	0.500	9	241	0.982	19.640	0.0020	0.20%			75.45%	
		0.500	250	0.500	10	240	0.980	19.600	0.0020	0.20%			75.50%	
		0.500	250	0.500	11	239	0.978	19.560	0.0020	0.20%			75.55%	
		0.500	250	0.500	12	238	0.976	19.520	0.0020	0.20%			75.60%	
		0.500	250	0.500	13	237	0.974	19.480	0.0020	0.20%			75.65%	
		0.500	250	0.500	14	236	0.972	19.440	0.0020	0.21%	0.026	2.61%	0.520	75.70%
		0.500	250	0.500	15	235	0.970	19.400	0.0020	0.21%			75.75%	
		0.500	250	0.500	16	234	0.968	19.360	0.0020	0.21%			75.80%	
		0.500	250	0.500	17	233	0.966	19.320	0.0020	0.21%			75.85%	
		0.500	250	0.500	18	232	0.964	19.280	0.0020	0.21%			75.90%	
		0.500	250	0.500	19	231	0.962	19.240	0.0020	0.21%			75.95%	
		0.500	250	0.500	20	230	0.960	19.200	0.0020	0.21%			76.00%	
		0.500	250	0.500	21	229	0.958	19.160	0.0020	0.21%			76.05%	
		0.500	250	0.500	22	228	0.956	19.120	0.0020	0.21%			76.10%	
		0.500	250	0.500	23	227	0.954	19.080	0.0020	0.21%			76.15%	
		0.500	250	0.500	24	226	0.952	19.040	0.0020	0.21%			76.20%	
		0.500	250	0.500	25	225	0.950	19.000	0.0020	0.21%			76.25%	
		0.500	250	0.500	26	224	0.948	18.960	0.0020	0.21%			76.30%	
		0.500	250	0.500	27	223	0.946	18.920	0.0020	0.21%			76.35%	
		0.500	250	0.500	28	222	0.944	18.880	0.0020	0.21%	0.026	2.88%	0.520	76.40%
		0.500	250	0.500	29	221	0.942	18.840	0.0020	0.21%			76.45%	

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	30	220	0.940	18.800	0.0020	0.21%			76.50%	
		0.500	250	0.500	31	219	0.938	18.760	0.0020	0.21%			76.55%	
		0.500	250	0.500	32	218	0.936	18.720	0.0020	0.21%			76.60%	
		0.500	250	0.500	33	217	0.934	18.680	0.0020	0.21%			76.65%	
		0.500	250	0.500	34	216	0.932	18.640	0.0020	0.21%			76.70%	
		0.500	250	0.500	35	215	0.930	18.600	0.0020	0.21%			76.75%	
		0.500	250	0.500	36	214	0.928	18.560	0.0020	0.22%			76.80%	
		0.500	250	0.500	37	213	0.926	18.520	0.0020	0.22%			76.85%	
		0.500	250	0.500	38	212	0.924	18.480	0.0020	0.22%			76.90%	
		0.500	250	0.500	39	211	0.922	18.440	0.0020	0.22%			76.95%	
		0.500	250	0.500	40	210	0.920	18.400	0.0020	0.22%			77.00%	
		0.500	250	0.500	41	209	0.918	18.360	0.0020	0.22%			77.05%	
		0.500	250	0.500	42	208	0.916	18.320	0.0020	0.22%	0.026	2.97%	0.520	77.10%
		0.500	250	0.500	43	207	0.914	18.280	0.0020	0.22%			77.15%	
		0.500	250	0.500	44	206	0.912	18.240	0.0020	0.22%			77.20%	
		0.500	250	0.500	45	205	0.910	18.200	0.0020	0.22%			77.25%	
		0.500	250	0.500	46	204	0.908	18.160	0.0020	0.22%			77.30%	
		0.500	250	0.500	47	203	0.906	18.120	0.0020	0.22%			77.35%	
		0.500	250	0.500	48	202	0.904	18.080	0.0020	0.22%			77.40%	
		0.500	250	0.500	49	201	0.902	18.040	0.0020	0.22%			77.45%	
		0.500	250	0.500	50	200	0.900	18.000	0.0020	0.22%			77.50%	
		0.500	250	0.500	51	199	0.898	17.960	0.0020	0.22%			77.55%	
		0.500	250	0.500	52	198	0.896	17.920	0.0020	0.22%			77.60%	
		0.500	250	0.500	53	197	0.894	17.880	0.0020	0.22%			77.65%	
		0.500	250	0.500	54	196	0.892	17.840	0.0020	0.22%			77.70%	
		0.500	250	0.500	55	195	0.890	17.800	0.0020	0.22%			77.75%	
		0.500	250	0.500	56	194	0.888	17.760	0.0020	0.22%	0.026	3.06%	0.520	77.80%
		0.500	250	0.500	57	193	0.886	17.720	0.0020	0.23%			77.85%	
		0.500	250	0.500	58	192	0.884	17.680	0.0020	0.23%			77.90%	
		0.500	250	0.500	59	191	0.882	17.640	0.0020	0.23%			77.95%	
		0.500	250	0.500	60	190	0.880	17.600	0.0020	0.23%			78.00%	
		0.500	250	0.500	61	189	0.878	17.560	0.0020	0.23%			78.05%	
		0.500	250	0.500	62	188	0.876	17.520	0.0020	0.23%			78.10%	
		0.500	250	0.500	63	187	0.874	17.480	0.0020	0.23%			78.15%	
		0.500	250	0.500	64	186	0.872	17.440	0.0020	0.23%			78.20%	
		0.500	250	0.500	65	185	0.870	17.400	0.0020	0.23%			78.25%	
		0.500	250	0.500	66	184	0.868	17.360	0.0020	0.23%			78.30%	
		0.500	250	0.500	67	183	0.866	17.320	0.0020	0.23%			78.35%	
		0.500	250	0.500	68	182	0.864	17.280	0.0020	0.23%			78.40%	
		0.500	250	0.500	69	181	0.862	17.240	0.0020	0.23%			78.45%	

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	70	180	0.860	17.200	0.0020	0.23%	0.026	3.15%	0.520	78.50%
		0.500	250	0.500	71	179	0.858	17.160	0.0020	0.23%				78.55%
		0.500	250	0.500	72	178	0.856	17.120	0.0020	0.23%				78.60%
		0.500	250	0.500	73	177	0.854	17.080	0.0020	0.23%				78.65%
		0.500	250	0.500	74	176	0.852	17.040	0.0020	0.23%				78.70%
		0.500	250	0.500	75	175	0.850	17.000	0.0020	0.23%				78.75%
		0.500	250	0.500	76	174	0.848	16.960	0.0020	0.24%				78.80%
		0.500	250	0.500	77	173	0.846	16.920	0.0020	0.24%				78.85%
		0.500	250	0.500	78	172	0.844	16.880	0.0020	0.24%				78.90%
		0.500	250	0.500	79	171	0.842	16.840	0.0020	0.24%				78.95%
		0.500	250	0.500	80	170	0.840	16.800	0.0020	0.24%				79.00%
		0.500	250	0.500	81	169	0.838	16.760	0.0020	0.24%				79.05%
		0.500	250	0.500	82	168	0.836	16.720	0.0020	0.24%				79.10%
		0.500	250	0.500	83	167	0.834	16.680	0.0020	0.24%				79.15%
		0.500	250	0.500	84	166	0.832	16.640	0.0020	0.24%	0.026	3.26%	0.520	79.20%
		0.500	250	0.500	85	165	0.830	16.600	0.0020	0.24%				79.25%
		0.500	250	0.500	86	164	0.828	16.560	0.0020	0.24%				79.30%
		0.500	250	0.500	87	163	0.826	16.520	0.0020	0.24%				79.35%
		0.500	250	0.500	88	162	0.824	16.480	0.0020	0.24%				79.40%
		0.500	250	0.500	89	161	0.822	16.440	0.0020	0.24%				79.45%
		0.500	250	0.500	90	160	0.820	16.400	0.0020	0.24%				79.50%
		0.500	250	0.500	91	159	0.818	16.360	0.0020	0.24%				79.55%
		0.500	250	0.500	92	158	0.816	16.320	0.0020	0.24%				79.60%
		0.500	250	0.500	93	157	0.814	16.280	0.0020	0.25%				79.65%
		0.500	250	0.500	94	156	0.812	16.240	0.0020	0.25%				79.70%
		0.500	250	0.500	95	155	0.810	16.200	0.0020	0.25%				79.75%
		0.500	250	0.500	96	154	0.808	16.160	0.0020	0.25%				79.80%
		0.500	250	0.500	97	153	0.806	16.120	0.0020	0.25%				79.85%
		0.500	250	0.500	98	152	0.804	16.080	0.0020	0.25%	0.026	3.37%	0.520	79.90%
		0.500	250	0.500	99	151	0.802	16.040	0.0020	0.25%				79.95%
		0.500	250	0.500	100	150	0.800	16.000	0.0020	0.25%				80.00%
		0.500	250	0.500	101	149	0.798	15.960	0.0020	0.25%				80.05%
		0.500	250	0.500	102	148	0.796	15.920	0.0020	0.25%				80.10%
		0.500	250	0.500	103	147	0.794	15.880	0.0020	0.25%				80.15%
		0.500	250	0.500	104	146	0.792	15.840	0.0020	0.25%				80.20%
		0.500	250	0.500	105	145	0.790	15.800	0.0020	0.25%				80.25%
		0.500	250	0.500	106	144	0.788	15.760	0.0020	0.25%				80.30%
		0.500	250	0.500	107	143	0.786	15.720	0.0020	0.25%				80.35%
		0.500	250	0.500	108	142	0.784	15.680	0.0020	0.25%				80.40%
		0.500	250	0.500	109	141	0.782	15.640	0.0020	0.26%				80.45%

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	110	140	0.780	15.600	0.0020	0.26%			80.50%	
		0.500	250	0.500	111	139	0.778	15.560	0.0020	0.26%			80.55%	
		0.500	250	0.500	112	138	0.776	15.520	0.0020	0.26%	0.026	3.48%	0.520	80.60%
		0.500	250	0.500	113	137	0.774	15.480	0.0020	0.26%				80.65%
		0.500	250	0.500	114	136	0.772	15.440	0.0020	0.26%				80.70%
		0.500	250	0.500	115	135	0.770	15.400	0.0020	0.26%				80.75%
		0.500	250	0.500	116	134	0.768	15.360	0.0020	0.26%				80.80%
		0.500	250	0.500	117	133	0.766	15.320	0.0020	0.26%				80.85%
		0.500	250	0.500	118	132	0.764	15.280	0.0020	0.26%				80.90%
		0.500	250	0.500	119	131	0.762	15.240	0.0020	0.26%				80.95%
		0.500	250	0.500	120	130	0.760	15.200	0.0020	0.26%				81.00%
		0.500	250	0.500	121	129	0.758	15.160	0.0020	0.26%				81.05%
		0.500	250	0.500	122	128	0.756	15.120	0.0020	0.26%				81.10%
		0.500	250	0.500	123	127	0.754	15.080	0.0020	0.26%				81.15%
		0.500	250	0.500	124	126	0.752	15.040	0.0020	0.27%				81.20%
		0.500	250	0.500	125	125	0.750	15.000	0.0020	0.27%				81.25%
		0.500	250	0.500	126	124	0.748	14.960	0.0020	0.27%	0.026	3.61%	0.520	81.30%
		0.500	250	0.500	127	123	0.746	14.920	0.0020	0.27%				81.35%
		0.500	250	0.500	128	122	0.744	14.880	0.0020	0.27%				81.40%
		0.500	250	0.500	129	121	0.742	14.840	0.0020	0.27%				81.45%
		0.500	250	0.500	130	120	0.740	14.800	0.0020	0.27%				81.50%
		0.500	250	0.500	131	119	0.738	14.760	0.0020	0.27%				81.55%
		0.500	250	0.500	132	118	0.736	14.720	0.0020	0.27%				81.60%
		0.500	250	0.500	133	117	0.734	14.680	0.0020	0.27%				81.65%
		0.500	250	0.500	134	116	0.732	14.640	0.0020	0.27%				81.70%
		0.500	250	0.500	135	115	0.730	14.600	0.0020	0.27%				81.75%
		0.500	250	0.500	136	114	0.728	14.560	0.0020	0.27%				81.80%
		0.500	250	0.500	137	113	0.726	14.520	0.0020	0.27%				81.85%
		0.500	250	0.500	138	112	0.724	14.480	0.0020	0.28%				81.90%
		0.500	250	0.500	139	111	0.722	14.440	0.0020	0.28%				81.95%
		0.500	250	0.500	140	110	0.720	14.400	0.0020	0.28%	0.026	3.74%	0.520	82.00%
		0.500	250	0.500	141	109	0.718	14.360	0.0020	0.28%				82.05%
		0.500	250	0.500	142	108	0.716	14.320	0.0020	0.28%				82.10%
		0.500	250	0.500	143	107	0.714	14.280	0.0020	0.28%				82.15%
		0.500	250	0.500	144	106	0.712	14.240	0.0020	0.28%				82.20%
		0.500	250	0.500	145	105	0.710	14.200	0.0020	0.28%				82.25%
		0.500	250	0.500	146	104	0.708	14.160	0.0020	0.28%				82.30%
		0.500	250	0.500	147	103	0.706	14.120	0.0020	0.28%				82.35%
		0.500	250	0.500	148	102	0.704	14.080	0.0020	0.28%				82.40%
		0.500	250	0.500	149	101	0.702	14.040	0.0020	0.28%				82.45%

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	150	100	0.700	14.000	0.0020	0.28%			82.50%	
		0.500	250	0.500	151	99	0.698	13.960	0.0020	0.29%			82.55%	
		0.500	250	0.500	152	98	0.696	13.920	0.0020	0.29%			82.60%	
		0.500	250	0.500	153	97	0.694	13.880	0.0020	0.29%			82.65%	
		0.500	250	0.500	154	96	0.692	13.840	0.0020	0.29%	0.026	3.89%	0.520	82.70%
		0.500	250	0.500	155	95	0.690	13.800	0.0020	0.29%			82.75%	
		0.500	250	0.500	156	94	0.688	13.760	0.0020	0.29%			82.80%	
		0.500	250	0.500	157	93	0.686	13.720	0.0020	0.29%			82.85%	
		0.500	250	0.500	158	92	0.684	13.680	0.0020	0.29%			82.90%	
		0.500	250	0.500	159	91	0.682	13.640	0.0020	0.29%			82.95%	
		0.500	250	0.500	160	90	0.680	13.600	0.0020	0.29%			83.00%	
		0.500	250	0.500	161	89	0.678	13.560	0.0020	0.29%			83.05%	
		0.500	250	0.500	162	88	0.676	13.520	0.0020	0.29%			83.10%	
		0.500	250	0.500	163	87	0.674	13.480	0.0020	0.30%			83.15%	
		0.500	250	0.500	164	86	0.672	13.440	0.0020	0.30%			83.20%	
		0.500	250	0.500	165	85	0.670	13.400	0.0020	0.30%			83.25%	
		0.500	250	0.500	166	84	0.668	13.360	0.0020	0.30%			83.30%	
		0.500	250	0.500	167	83	0.666	13.320	0.0020	0.30%			83.35%	
		0.500	250	0.500	168	82	0.664	13.280	0.0020	0.30%	0.026	4.05%	0.520	83.40%
		0.500	250	0.500	169	81	0.662	13.240	0.0020	0.30%			83.45%	
		0.500	250	0.500	170	80	0.660	13.200	0.0020	0.30%			83.50%	
		0.500	250	0.500	171	79	0.658	13.160	0.0020	0.30%			83.55%	
		0.500	250	0.500	172	78	0.656	13.120	0.0020	0.30%			83.60%	
		0.500	250	0.500	173	77	0.654	13.080	0.0020	0.30%			83.65%	
		0.500	250	0.500	174	76	0.652	13.040	0.0020	0.31%			83.70%	
		0.500	250	0.500	175	75	0.650	13.000	0.0020	0.31%			83.75%	
		0.500	250	0.500	176	74	0.648	12.960	0.0020	0.31%			83.80%	
		0.500	250	0.500	177	73	0.646	12.920	0.0020	0.31%			83.85%	
		0.500	250	0.500	178	72	0.644	12.880	0.0020	0.31%			83.90%	
		0.500	250	0.500	179	71	0.642	12.840	0.0020	0.31%			83.95%	
		0.500	250	0.500	180	70	0.640	12.800	0.0020	0.31%			84.00%	
		0.500	250	0.500	181	69	0.638	12.760	0.0020	0.31%			84.05%	
		0.500	250	0.500	182	68	0.636	12.720	0.0020	0.31%	0.026	4.22%	0.520	84.10%
		0.500	250	0.500	183	67	0.634	12.680	0.0020	0.31%			84.15%	
		0.500	250	0.500	184	66	0.632	12.640	0.0020	0.32%			84.20%	
		0.500	250	0.500	185	65	0.630	12.600	0.0020	0.32%			84.25%	
		0.500	250	0.500	186	64	0.628	12.560	0.0020	0.32%			84.30%	
		0.500	250	0.500	187	63	0.626	12.520	0.0020	0.32%			84.35%	
		0.500	250	0.500	188	62	0.624	12.480	0.0020	0.32%			84.40%	
		0.500	250	0.500	189	61	0.622	12.440	0.0020	0.32%			84.45%	

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	190	60	0.620	12.400	0.0020	0.32%			84.50%	
		0.500	250	0.500	191	59	0.618	12.360	0.0020	0.32%			84.55%	
		0.500	250	0.500	192	58	0.616	12.320	0.0020	0.32%			84.60%	
		0.500	250	0.500	193	57	0.614	12.280	0.0020	0.32%			84.65%	
		0.500	250	0.500	194	56	0.612	12.240	0.0020	0.33%			84.70%	
		0.500	250	0.500	195	55	0.610	12.200	0.0020	0.33%			84.75%	
		0.500	250	0.500	196	54	0.608	12.160	0.0020	0.33%	0.026	4.40%	0.520	84.80%
		0.500	250	0.500	197	53	0.606	12.120	0.0020	0.33%				84.85%
		0.500	250	0.500	198	52	0.604	12.080	0.0020	0.33%				84.90%
		0.500	250	0.500	199	51	0.602	12.040	0.0020	0.33%				84.95%
		0.500	250	0.500	200	50	0.600	12.000	0.0020	0.33%				85.00%
		0.500	250	0.500	201	49	0.598	11.960	0.0020	0.33%				85.05%
		0.500	250	0.500	202	48	0.596	11.920	0.0020	0.33%				85.10%
		0.500	250	0.500	203	47	0.594	11.880	0.0020	0.34%				85.15%
		0.500	250	0.500	204	46	0.592	11.840	0.0020	0.34%				85.20%
		0.500	250	0.500	205	45	0.590	11.800	0.0020	0.34%				85.25%
		0.500	250	0.500	206	44	0.588	11.760	0.0020	0.34%				85.30%
		0.500	250	0.500	207	43	0.586	11.720	0.0020	0.34%				85.35%
		0.500	250	0.500	208	42	0.584	11.680	0.0020	0.34%				85.40%
		0.500	250	0.500	209	41	0.582	11.640	0.0020	0.34%				85.45%
		0.500	250	0.500	210	40	0.580	11.600	0.0020	0.34%	0.026	4.61%	0.520	85.50%
		0.500	250	0.500	211	39	0.578	11.560	0.0020	0.34%				85.55%
		0.500	250	0.500	212	38	0.576	11.520	0.0020	0.35%				85.60%
		0.500	250	0.500	213	37	0.574	11.480	0.0020	0.35%				85.65%
		0.500	250	0.500	214	36	0.572	11.440	0.0020	0.35%				85.70%
		0.500	250	0.500	215	35	0.570	11.400	0.0020	0.35%				85.75%
		0.500	250	0.500	216	34	0.568	11.360	0.0020	0.35%				85.80%
		0.500	250	0.500	217	33	0.566	11.320	0.0020	0.35%				85.85%
		0.500	250	0.500	218	32	0.564	11.280	0.0020	0.35%				85.90%
		0.500	250	0.500	219	31	0.562	11.240	0.0020	0.35%				85.95%
		0.500	250	0.500	220	30	0.560	11.200	0.0020	0.36%				86.00%
		0.500	250	0.500	221	29	0.558	11.160	0.0020	0.36%				86.05%
		0.500	250	0.500	222	28	0.556	11.120	0.0020	0.36%				86.10%
		0.500	250	0.500	223	27	0.554	11.080	0.0020	0.36%				86.15%
		0.500	250	0.500	224	26	0.552	11.040	0.0020	0.36%	0.026	4.83%	0.520	86.20%
		0.500	250	0.500	225	25	0.550	11.000	0.0020	0.36%				86.25%
		0.500	250	0.500	226	24	0.548	10.960	0.0020	0.36%				86.30%
		0.500	250	0.500	227	23	0.546	10.920	0.0020	0.36%				86.35%
		0.500	250	0.500	228	22	0.544	10.880	0.0020	0.37%				86.40%
		0.500	250	0.500	229	21	0.542	10.840	0.0020	0.37%				86.45%

Medication Xanax
 Valium Multiplier 20
 Original Dose 4
 Current Dose 0.500
 Start Date October 17, 2010
 Dry Dose 0.000
 Dissolve Dose 0.500
 Water in ML 250
 ML Increments 1
 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	1	249	0.498	9.960	0.0020	0.40%			87.55%	
		0.000	250	0.500	2	248	0.496	9.920	0.0020	0.40%			87.60%	
		0.000	250	0.500	3	247	0.494	9.880	0.0020	0.40%			87.65%	
		0.000	250	0.500	4	246	0.492	9.840	0.0020	0.40%			87.70%	
		0.000	250	0.500	5	245	0.490	9.800	0.0020	0.41%			87.75%	
		0.000	250	0.500	6	244	0.488	9.760	0.0020	0.41%			87.80%	
		0.000	250	0.500	7	243	0.486	9.720	0.0020	0.41%			87.85%	
		0.000	250	0.500	8	242	0.484	9.680	0.0020	0.41%			87.90%	
		0.000	250	0.500	9	241	0.482	9.640	0.0020	0.41%			87.95%	
		0.000	250	0.500	10	240	0.480	9.600	0.0020	0.41%			88.00%	
		0.000	250	0.500	11	239	0.478	9.560	0.0020	0.42%			88.05%	
		0.000	250	0.500	12	238	0.476	9.520	0.0020	0.42%			88.10%	
		0.000	250	0.500	13	237	0.474	9.480	0.0020	0.42%			88.15%	
		0.000	250	0.500	14	236	0.472	9.440	0.0020	0.42%	0.026	5.22%	0.520	88.20%
		0.000	250	0.500	15	235	0.470	9.400	0.0020	0.42%			88.25%	
		0.000	250	0.500	16	234	0.468	9.360	0.0020	0.43%			88.30%	
		0.000	250	0.500	17	233	0.466	9.320	0.0020	0.43%			88.35%	
		0.000	250	0.500	18	232	0.464	9.280	0.0020	0.43%			88.40%	
		0.000	250	0.500	19	231	0.462	9.240	0.0020	0.43%			88.45%	
		0.000	250	0.500	20	230	0.460	9.200	0.0020	0.43%			88.50%	
		0.000	250	0.500	21	229	0.458	9.160	0.0020	0.43%			88.55%	
		0.000	250	0.500	22	228	0.456	9.120	0.0020	0.44%			88.60%	
		0.000	250	0.500	23	227	0.454	9.080	0.0020	0.44%			88.65%	
		0.000	250	0.500	24	226	0.452	9.040	0.0020	0.44%			88.70%	
		0.000	250	0.500	25	225	0.450	9.000	0.0020	0.44%			88.75%	
		0.000	250	0.500	26	224	0.448	8.960	0.0020	0.44%			88.80%	
		0.000	250	0.500	27	223	0.446	8.920	0.0020	0.45%			88.85%	
		0.000	250	0.500	28	222	0.444	8.880	0.0020	0.45%	0.026	5.93%	0.520	88.90%
		0.000	250	0.500	29	221	0.442	8.840	0.0020	0.45%			88.95%	

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	30	220	0.440	8.800	0.0020	0.45%				89.00%
	0.000	250	0.500	31	219	0.438	8.760	0.0020	0.45%				89.05%
	0.000	250	0.500	32	218	0.436	8.720	0.0020	0.46%				89.10%
	0.000	250	0.500	33	217	0.434	8.680	0.0020	0.46%				89.15%
	0.000	250	0.500	34	216	0.432	8.640	0.0020	0.46%				89.20%
	0.000	250	0.500	35	215	0.430	8.600	0.0020	0.46%				89.25%
	0.000	250	0.500	36	214	0.428	8.560	0.0020	0.47%				89.30%
	0.000	250	0.500	37	213	0.426	8.520	0.0020	0.47%				89.35%
	0.000	250	0.500	38	212	0.424	8.480	0.0020	0.47%				89.40%
	0.000	250	0.500	39	211	0.422	8.440	0.0020	0.47%				89.45%
	0.000	250	0.500	40	210	0.420	8.400	0.0020	0.47%				89.50%
	0.000	250	0.500	41	209	0.418	8.360	0.0020	0.48%				89.55%
	0.000	250	0.500	42	208	0.416	8.320	0.0020	0.48%	0.026	6.31%	0.520	89.60%
	0.000	250	0.500	43	207	0.414	8.280	0.0020	0.48%				89.65%
	0.000	250	0.500	44	206	0.412	8.240	0.0020	0.48%				89.70%
	0.000	250	0.500	45	205	0.410	8.200	0.0020	0.49%				89.75%
	0.000	250	0.500	46	204	0.408	8.160	0.0020	0.49%				89.80%
	0.000	250	0.500	47	203	0.406	8.120	0.0020	0.49%				89.85%
	0.000	250	0.500	48	202	0.404	8.080	0.0020	0.49%				89.90%
	0.000	250	0.500	49	201	0.402	8.040	0.0020	0.50%				89.95%
	0.000	250	0.500	50	200	0.400	8.000	0.0020	0.50%				90.00%
	0.000	250	0.500	51	199	0.398	7.960	0.0020	0.50%				90.05%
	0.000	250	0.500	52	198	0.396	7.920	0.0020	0.50%				90.10%
	0.000	250	0.500	53	197	0.394	7.880	0.0020	0.51%				90.15%
	0.000	250	0.500	54	196	0.392	7.840	0.0020	0.51%				90.20%
	0.000	250	0.500	55	195	0.390	7.800	0.0020	0.51%				90.25%
	0.000	250	0.500	56	194	0.388	7.760	0.0020	0.51%	0.026	6.73%	0.520	90.30%
	0.000	250	0.500	57	193	0.386	7.720	0.0020	0.52%				90.35%
	0.000	250	0.500	58	192	0.384	7.680	0.0020	0.52%				90.40%
	0.000	250	0.500	59	191	0.382	7.640	0.0020	0.52%				90.45%
	0.000	250	0.500	60	190	0.380	7.600	0.0020	0.52%				90.50%
	0.000	250	0.500	61	189	0.378	7.560	0.0020	0.53%				90.55%
	0.000	250	0.500	62	188	0.376	7.520	0.0020	0.53%				90.60%
	0.000	250	0.500	63	187	0.374	7.480	0.0020	0.53%				90.65%
	0.000	250	0.500	64	186	0.372	7.440	0.0020	0.53%				90.70%
	0.000	250	0.500	65	185	0.370	7.400	0.0020	0.54%				90.75%
	0.000	250	0.500	66	184	0.368	7.360	0.0020	0.54%				90.80%
	0.000	250	0.500	67	183	0.366	7.320	0.0020	0.54%				90.85%
	0.000	250	0.500	68	182	0.364	7.280	0.0020	0.55%				90.90%
	0.000	250	0.500	69	181	0.362	7.240	0.0020	0.55%				90.95%

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	70	180	0.360	7.200	0.0020	0.55%	0.026	7.22%	0.520	91.00%
		0.000	250	0.500	71	179	0.358	7.160	0.0020	0.56%				91.05%
		0.000	250	0.500	72	178	0.356	7.120	0.0020	0.56%				91.10%
		0.000	250	0.500	73	177	0.354	7.080	0.0020	0.56%				91.15%
		0.000	250	0.500	74	176	0.352	7.040	0.0020	0.56%				91.20%
		0.000	250	0.500	75	175	0.350	7.000	0.0020	0.57%				91.25%
		0.000	250	0.500	76	174	0.348	6.960	0.0020	0.57%				91.30%
		0.000	250	0.500	77	173	0.346	6.920	0.0020	0.57%				91.35%
		0.000	250	0.500	78	172	0.344	6.880	0.0020	0.58%				91.40%
		0.000	250	0.500	79	171	0.342	6.840	0.0020	0.58%				91.45%
		0.000	250	0.500	80	170	0.340	6.800	0.0020	0.58%				91.50%
		0.000	250	0.500	81	169	0.338	6.760	0.0020	0.59%				91.55%
		0.000	250	0.500	82	168	0.336	6.720	0.0020	0.59%				91.60%
		0.000	250	0.500	83	167	0.334	6.680	0.0020	0.60%				91.65%
		0.000	250	0.500	84	166	0.332	6.640	0.0020	0.60%	0.026	7.78%	0.520	91.70%
		0.000	250	0.500	85	165	0.330	6.600	0.0020	0.60%				91.75%
		0.000	250	0.500	86	164	0.328	6.560	0.0020	0.61%				91.80%
		0.000	250	0.500	87	163	0.326	6.520	0.0020	0.61%				91.85%
		0.000	250	0.500	88	162	0.324	6.480	0.0020	0.61%				91.90%
		0.000	250	0.500	89	161	0.322	6.440	0.0020	0.62%				91.95%
		0.000	250	0.500	90	160	0.320	6.400	0.0020	0.62%				92.00%
		0.000	250	0.500	91	159	0.318	6.360	0.0020	0.63%				92.05%
		0.000	250	0.500	92	158	0.316	6.320	0.0020	0.63%				92.10%
		0.000	250	0.500	93	157	0.314	6.280	0.0020	0.63%				92.15%
		0.000	250	0.500	94	156	0.312	6.240	0.0020	0.64%				92.20%
		0.000	250	0.500	95	155	0.310	6.200	0.0020	0.64%				92.25%
		0.000	250	0.500	96	154	0.308	6.160	0.0020	0.65%				92.30%
		0.000	250	0.500	97	153	0.306	6.120	0.0020	0.65%				92.35%
		0.000	250	0.500	98	152	0.304	6.080	0.0020	0.65%	0.026	8.43%	0.520	92.40%
		0.000	250	0.500	99	151	0.302	6.040	0.0020	0.66%				92.45%
		0.000	250	0.500	100	150	0.300	6.000	0.0020	0.66%				92.50%
		0.000	250	0.500	101	149	0.298	5.960	0.0020	0.67%				92.55%
		0.000	250	0.500	102	148	0.296	5.920	0.0020	0.67%				92.60%
		0.000	250	0.500	103	147	0.294	5.880	0.0020	0.68%				92.65%
		0.000	250	0.500	104	146	0.292	5.840	0.0020	0.68%				92.70%
		0.000	250	0.500	105	145	0.290	5.800	0.0020	0.68%				92.75%
		0.000	250	0.500	106	144	0.288	5.760	0.0020	0.69%				92.80%
		0.000	250	0.500	107	143	0.286	5.720	0.0020	0.69%				92.85%
		0.000	250	0.500	108	142	0.284	5.680	0.0020	0.70%				92.90%
		0.000	250	0.500	109	141	0.282	5.640	0.0020	0.70%				92.95%

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	110	140	0.280	5.600	0.0020	0.71%			93.00%	
		0.000	250	0.500	111	139	0.278	5.560	0.0020	0.71%			93.05%	
		0.000	250	0.500	112	138	0.276	5.520	0.0020	0.72%	0.026	9.21%	0.520	93.10%
		0.000	250	0.500	113	137	0.274	5.480	0.0020	0.72%				93.15%
		0.000	250	0.500	114	136	0.272	5.440	0.0020	0.73%				93.20%
		0.000	250	0.500	115	135	0.270	5.400	0.0020	0.74%				93.25%
		0.000	250	0.500	116	134	0.268	5.360	0.0020	0.74%				93.30%
		0.000	250	0.500	117	133	0.266	5.320	0.0020	0.75%				93.35%
		0.000	250	0.500	118	132	0.264	5.280	0.0020	0.75%				93.40%
		0.000	250	0.500	119	131	0.262	5.240	0.0020	0.76%				93.45%
		0.000	250	0.500	120	130	0.260	5.200	0.0020	0.76%				93.50%
		0.000	250	0.500	121	129	0.258	5.160	0.0020	0.77%				93.55%
		0.000	250	0.500	122	128	0.256	5.120	0.0020	0.78%				93.60%
		0.000	250	0.500	123	127	0.254	5.080	0.0020	0.78%				93.65%
		0.000	250	0.500	124	126	0.252	5.040	0.0020	0.79%				93.70%
		0.000	250	0.500	125	125	0.250	5.000	0.0020	0.79%				93.75%
		0.000	250	0.500	126	124	0.248	4.960	0.0020	0.80%	0.026	10.14%	0.520	93.80%
		0.000	250	0.500	127	123	0.246	4.920	0.0020	0.81%				93.85%
		0.000	250	0.500	128	122	0.244	4.880	0.0020	0.81%				93.90%
		0.000	250	0.500	129	121	0.242	4.840	0.0020	0.82%				93.95%
		0.000	250	0.500	130	120	0.240	4.800	0.0020	0.83%				94.00%
		0.000	250	0.500	131	119	0.238	4.760	0.0020	0.83%				94.05%
		0.000	250	0.500	132	118	0.236	4.720	0.0020	0.84%				94.10%
		0.000	250	0.500	133	117	0.234	4.680	0.0020	0.85%				94.15%
		0.000	250	0.500	134	116	0.232	4.640	0.0020	0.85%				94.20%
		0.000	250	0.500	135	115	0.230	4.600	0.0020	0.86%				94.25%
		0.000	250	0.500	136	114	0.228	4.560	0.0020	0.87%				94.30%
		0.000	250	0.500	137	113	0.226	4.520	0.0020	0.88%				94.35%
		0.000	250	0.500	138	112	0.224	4.480	0.0020	0.88%				94.40%
		0.000	250	0.500	139	111	0.222	4.440	0.0020	0.89%				94.45%
		0.000	250	0.500	140	110	0.220	4.400	0.0020	0.90%	0.026	11.29%	0.520	94.50%
		0.000	250	0.500	141	109	0.218	4.360	0.0020	0.91%				94.55%
		0.000	250	0.500	142	108	0.216	4.320	0.0020	0.92%				94.60%
		0.000	250	0.500	143	107	0.214	4.280	0.0020	0.93%				94.65%
		0.000	250	0.500	144	106	0.212	4.240	0.0020	0.93%				94.70%
		0.000	250	0.500	145	105	0.210	4.200	0.0020	0.94%				94.75%
		0.000	250	0.500	146	104	0.208	4.160	0.0020	0.95%				94.80%
		0.000	250	0.500	147	103	0.206	4.120	0.0020	0.96%				94.85%
		0.000	250	0.500	148	102	0.204	4.080	0.0020	0.97%				94.90%
		0.000	250	0.500	149	101	0.202	4.040	0.0020	0.98%				94.95%

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	150	100	0.200	4.000	0.0020	0.99%			95.00%	
		0.000	250	0.500	151	99	0.198	3.960	0.0020	1.00%			95.05%	
		0.000	250	0.500	152	98	0.196	3.920	0.0020	1.01%			95.10%	
		0.000	250	0.500	153	97	0.194	3.880	0.0020	1.02%			95.15%	
		0.000	250	0.500	154	96	0.192	3.840	0.0020	1.03%	0.026	12.73%	0.520	95.20%
		0.000	250	0.500	155	95	0.190	3.800	0.0020	1.04%			95.25%	
		0.000	250	0.500	156	94	0.188	3.760	0.0020	1.05%			95.30%	
		0.000	250	0.500	157	93	0.186	3.720	0.0020	1.06%			95.35%	
		0.000	250	0.500	158	92	0.184	3.680	0.0020	1.08%			95.40%	
		0.000	250	0.500	159	91	0.182	3.640	0.0020	1.09%			95.45%	
		0.000	250	0.500	160	90	0.180	3.600	0.0020	1.10%			95.50%	
		0.000	250	0.500	161	89	0.178	3.560	0.0020	1.11%			95.55%	
		0.000	250	0.500	162	88	0.176	3.520	0.0020	1.12%			95.60%	
		0.000	250	0.500	163	87	0.174	3.480	0.0020	1.14%			95.65%	
		0.000	250	0.500	164	86	0.172	3.440	0.0020	1.15%			95.70%	
		0.000	250	0.500	165	85	0.170	3.400	0.0020	1.16%			95.75%	
		0.000	250	0.500	166	84	0.168	3.360	0.0020	1.18%			95.80%	
		0.000	250	0.500	167	83	0.166	3.320	0.0020	1.19%			95.85%	
		0.000	250	0.500	168	82	0.164	3.280	0.0020	1.20%	0.026	14.58%	0.520	95.90%
		0.000	250	0.500	169	81	0.162	3.240	0.0020	1.22%			95.95%	
		0.000	250	0.500	170	80	0.160	3.200	0.0020	1.23%			96.00%	
		0.000	250	0.500	171	79	0.158	3.160	0.0020	1.25%			96.05%	
		0.000	250	0.500	172	78	0.156	3.120	0.0020	1.27%			96.10%	
		0.000	250	0.500	173	77	0.154	3.080	0.0020	1.28%			96.15%	
		0.000	250	0.500	174	76	0.152	3.040	0.0020	1.30%			96.20%	
		0.000	250	0.500	175	75	0.150	3.000	0.0020	1.32%			96.25%	
		0.000	250	0.500	176	74	0.148	2.960	0.0020	1.33%			96.30%	
		0.000	250	0.500	177	73	0.146	2.920	0.0020	1.35%			96.35%	
		0.000	250	0.500	178	72	0.144	2.880	0.0020	1.37%			96.40%	
		0.000	250	0.500	179	71	0.142	2.840	0.0020	1.39%			96.45%	
		0.000	250	0.500	180	70	0.140	2.800	0.0020	1.41%			96.50%	
		0.000	250	0.500	181	69	0.138	2.760	0.0020	1.43%			96.55%	
		0.000	250	0.500	182	68	0.136	2.720	0.0020	1.45%	0.026	17.07%	0.520	96.60%
		0.000	250	0.500	183	67	0.134	2.680	0.0020	1.47%			96.65%	
		0.000	250	0.500	184	66	0.132	2.640	0.0020	1.49%			96.70%	
		0.000	250	0.500	185	65	0.130	2.600	0.0020	1.52%			96.75%	
		0.000	250	0.500	186	64	0.128	2.560	0.0020	1.54%			96.80%	
		0.000	250	0.500	187	63	0.126	2.520	0.0020	1.56%			96.85%	
		0.000	250	0.500	188	62	0.124	2.480	0.0020	1.59%			96.90%	
		0.000	250	0.500	189	61	0.122	2.440	0.0020	1.61%			96.95%	

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	190	60	0.120	2.400	0.0020	1.64%			97.00%	
		0.000	250	0.500	191	59	0.118	2.360	0.0020	1.67%			97.05%	
		0.000	250	0.500	192	58	0.116	2.320	0.0020	1.69%			97.10%	
		0.000	250	0.500	193	57	0.114	2.280	0.0020	1.72%			97.15%	
		0.000	250	0.500	194	56	0.112	2.240	0.0020	1.75%			97.20%	
		0.000	250	0.500	195	55	0.110	2.200	0.0020	1.79%			97.25%	
		0.000	250	0.500	196	54	0.108	2.160	0.0020	1.82%	0.026	20.59%	0.520	97.30%
		0.000	250	0.500	197	53	0.106	2.120	0.0020	1.85%				97.35%
		0.000	250	0.500	198	52	0.104	2.080	0.0020	1.89%				97.40%
		0.000	250	0.500	199	51	0.102	2.040	0.0020	1.92%				97.45%
		0.000	250	0.500	200	50	0.100	2.000	0.0020	1.96%				97.50%
		0.000	250	0.500	201	49	0.098	1.960	0.0020	2.00%				97.55%
		0.000	250	0.500	202	48	0.096	1.920	0.0020	2.04%				97.60%
		0.000	250	0.500	203	47	0.094	1.880	0.0020	2.08%				97.65%
		0.000	250	0.500	204	46	0.092	1.840	0.0020	2.13%				97.70%
		0.000	250	0.500	205	45	0.090	1.800	0.0020	2.17%				97.75%
		0.000	250	0.500	206	44	0.088	1.760	0.0020	2.22%				97.80%
		0.000	250	0.500	207	43	0.086	1.720	0.0020	2.27%				97.85%
		0.000	250	0.500	208	42	0.084	1.680	0.0020	2.33%				97.90%
		0.000	250	0.500	209	41	0.082	1.640	0.0020	2.38%				97.95%
		0.000	250	0.500	210	40	0.080	1.600	0.0020	2.44%	0.026	25.93%	0.520	98.00%
		0.000	250	0.500	211	39	0.078	1.560	0.0020	2.50%				98.05%
		0.000	250	0.500	212	38	0.076	1.520	0.0020	2.56%				98.10%
		0.000	250	0.500	213	37	0.074	1.480	0.0020	2.63%				98.15%
		0.000	250	0.500	214	36	0.072	1.440	0.0020	2.70%				98.20%
		0.000	250	0.500	215	35	0.070	1.400	0.0020	2.78%				98.25%
		0.000	250	0.500	216	34	0.068	1.360	0.0020	2.86%				98.30%
		0.000	250	0.500	217	33	0.066	1.320	0.0020	2.94%				98.35%
		0.000	250	0.500	218	32	0.064	1.280	0.0020	3.03%				98.40%
		0.000	250	0.500	219	31	0.062	1.240	0.0020	3.13%				98.45%
		0.000	250	0.500	220	30	0.060	1.200	0.0020	3.23%				98.50%
		0.000	250	0.500	221	29	0.058	1.160	0.0020	3.33%				98.55%
		0.000	250	0.500	222	28	0.056	1.120	0.0020	3.45%				98.60%
		0.000	250	0.500	223	27	0.054	1.080	0.0020	3.57%				98.65%
		0.000	250	0.500	224	26	0.052	1.040	0.0020	3.70%	0.026	35.00%	0.520	98.70%
		0.000	250	0.500	225	25	0.050	1.000	0.0020	3.85%				98.75%
		0.000	250	0.500	226	24	0.048	0.960	0.0020	4.00%				98.80%
		0.000	250	0.500	227	23	0.046	0.920	0.0020	4.17%				98.85%
		0.000	250	0.500	228	22	0.044	0.880	0.0020	4.35%				98.90%
		0.000	250	0.500	229	21	0.042	0.840	0.0020	4.55%				98.95%

