

Day	Date	Start	Reduc	Total day	AM	PM	Actual		mil am	mil pm	level	Notes
m	15-Jun	15	0.05	14.95	7.45	7.5	7.5					3 AM dose diarrhea and small stomach gas etc No anxiety NaCi solution stayed up til 230am watching movie not good need to be stable
t	16-Jun	14.95	0.05	14.9	7.4	7.5	7.5					2 OK better turned light off at 1am hard to fall asleep but once asleep OK
w	17-Jun	14.9	0.05	14.85	7.35	7.5	7.5					1 Felt very good saw Sonnee Costco then nap in backyard feel stable 9
th	18-Jun	14.85	0.05	14.8	7.3	7.5	7.5					2 Felt great am had afternoon lite lite a/x passed
fri	19-Jun	14.8	0.05	14.75	7.25	7.5	7.5					1 fight with Rodger intolerant of negativity jraht be alone then her complaining
sat	20-Jun	14.75	0.05	14.7	7.2	7.5	7.5					1 walked DT to movies alone
sun	21-Jun	14.7	0.05	14.65	7.15	7.5	7.5					0 great
mon	22-Jun	14.65	0.05	14.6	7	7.5	7.5					0 walk to karlas
tues	23-Jun	14.6	0.05	14.55	7	7.5	7.5					0 took renew pro am first thing went to therapist forgot am .05 so forgot it eye twit
wed	24-Jun	14.55	0.05	14.5	7	7.5	7.5					1 eye twitching Ocie broke leg had to go to hospital walked saw lydia
thur	25-Jun	14.5	0.1	14.4	7	7.4	7.4					2 eye twitching some ax and chills minor Ocie had surgery took renew and whey
fri	26-Jun	14.4	0.1	14.3	7	7.3	7.3					0 feel good good energy walked 1 mile took renew whey good sleep
sat	27-Jun	14.3	0.1	14.2	7	7.2	7.2					0 very hot today swam and took walk 1 mile renew pro whey
sun	28-Jun	14.2	0.1	14.1	7	7.1	7.1					0 Hot swam worked in garden renew pro whey nightly 1 mile walk
m	29-Jun	14.1	0.1	14	7	7	7					1 some facial twitching felt not seen walked took supplements ben working hard
t	30-Jun	14	0.1	13.9	6.95	6.95	6.95	6.95				1 tired leg aches but working hard therapy shopping gardening walking
wed	1-Jul	13.9	0.1	13.8	6.9	6.9	6.9	6.9				0 rested today and felt better walked took supplements no twitching
thur	2-Jul	13.8	0.1	13.7	6.85	6.85	6.85	6.85				0 rested again no walking no supplements took Lbeta felt someupset
fri	3-Jul	13.7	0.1	13.6	6.8	6.8	6.8	6.8				0 walked took supplements took am dose late
sat	4-Jul	13.6	0.1	13.5	6.75	6.75	6.75	6.75	15			0 walked took supplements feel good notice some chills under skin almost at dose time
sun	5-Jul	13.5	0.1	13.4	6.7	6.7	6.7	6.7	14			0 no walk took supplements hot tub felt a little sx after hot tub not bad
m	6-Jul	13.4	0.1	13.3	6.65	6.65	6.65	6.65	13			1 felt a little underskin shaky chills at am dose staying up later and sleeping laterwalked felt cold flashes took supplements legs ache
t	7-Jul	13.3	0.1	13.2	6.6	6.6	6.6	6.6	12			1 cranky low energy no anxiety sleeping well went to bed late 2am
wed	8-Jul	13.2	0.1	13.1	6.55	6.55	6.55	6.55	11			2 fatigue cranky hot/coldflashes no walk took supplements
thur	9-Jul	13.1	0.1	13	6.5	6.5	6.5	6.5	10			1 felt better less cranky no walk visitors one cold/hot anxious at 7pm lasted only a few minutes
fri	10-Jul	13	0	13	6.5	6.5	6.5	6.5	10			5 woke at am nauseous and shaky could not sleep. Holding dose
sat	11-Jul	13	0	13	6.5	6.5	6.5	6.4	10			4 nausea weak electrical buzz out of it holding dose making myself eat
sun	12-Jul	13	0	13	6.5	6.5	6.5	6.35	10			3 no nausea appetite returning less shaky and weak
Day	Date	Start	Reduc	Total day	AM	PM	Actual		mil am	mil pm	level	Notes
m	13-Jul	13	0.05	12.95	6.475	6.475	6.5 6.45					2 energy back appetite no nausea tiny flutters called Dr will taper.05 tonight
t	14-Jul	12.95	0.05	12.9	6.45	6.45	6.45 6.45 6.45					1 Had lunch with friends took supplements walked 4 blocks
wed	15-Jul	12.9	0.05	12.85	6.425	6.425	6.4 6.45					1 slept great no twitching nausea jitters
thur	16-Jul	12.85	0.05	12.8	6.4	6.4	6.4					1 slept great no twitching nausea jitters MAJOR UPSET WITH RILEY
fri	17-Jul	12.8	0.05	12.75	6.375	6.375	6.35 6.40					1 slept good constant family talk
sat	18-Jul	12.75	0.05	12.7	6.35	6.35	6.35					1 took meds very late lots of stress over Riley went to movies leg aches tired
sun	19-Jul	12.7	0.05	12.65	6	6.325	6.35 6.30					1 felt good made myself rest from all the family talking etc
m	20-Jul	12.65	0.05	12.6	6.3	6.3	6.30 6.30					1 worked in garden still a bit tired looking forward to therapy
t	21-Jul	12.6	0	12.6	6.25	6.3	6.30 6.30					2 went to take am dose and found 1mg pill must have NOT taken in the pm dose so olding for a day or 2
wed	22-Jul	12.6	0.05	12.55	6.3	6.275	6.30 6.25					2 worked in bed and took it easy due to concern that I underdosed...somechills
thur	23-Jul	12.55	0.05	12.5	6.25	6.25	6.25 6.25 6.25					2 Some anxious rodger sick feel a little sx before dose time
fri	24-Jul	12.5	0.05	12.45	6.225	6.225	6.25 6.20					2 nervous about rodger took im to dr worried anxiety but no real w/d
sat	25-Jul	12.45	0.1	12.35	6.175	6.175	6.20 6.15					2 fatigue but went to Sonnee workshop RB sick no supplements
sun	26-Jul	12.35	0.05	12.3	6.15	6.15	6.15 6.15					1 Tired but no sx and was able to clean. R seems better
Day	Date	Start	Reduc	Total day	AM	PM	Actual		mil am	mil pm	level	Notes
m	27-Jul	12.3	0.1	12.2	6.1	6.1	6.1 6.1					1 feel good
t	28-Jul	12.2	0.05	12.15	6.075	6.075	6.1 6.05					2 woke up nausea and weak will go back to .05
wed	29-Jul	12.15	0.05	12.1	6.05	6.05	6.05 6.05					2 sweaty irritable diarrhea
thur	30-Jul	12.1	0.1	12	6	6	6					2 woke feeling better but still off
fri	31-Jul	12	0	12	6	6	6					3 irritated and tired but cleaned the entire living room and washed slipcovers etc
sat	1-Aug	12	0	12	6	6	6					4 had to work hard with garden and by evening felt bad
sun	2-Aug	12	0.05	11.95	5.975	5.975	6.0 5.95					5 stayed in bed and rested no appetite chills/hot anxiety waking up with anxiety
m	3-Aug	11.95	0	11.95	5.975	5.975	6.0 5.95					4 better but still have sx small tinnitus sensitive to smells noise electrical zappy feelings
t	4-Aug	11.95	0.05	11.9	5.95	5.95	5.95 5.95				5_6	emotional anxious was able to shower and go to store cried a lot no appetite

wed	5-Aug	11.9	0.05	11.85	5.925	5.925	5.95	5.90				3	woke up with anxious jitters from sleep but no nausea and was able to eat		
thur	6-Aug	11.85	0.05	11.8	5.9	5.9			180	180		2	See Dr. better no anxiety nausea still tired and some twitching		
fri	7-Aug	11.8	0.05	11.75	5.875	5.875	5.85	5.9	175	180		2	Better		
sat	8-Aug	11.75	0.05	11.7	5.85	5.85			180	180		1	Sleeping well no waking with anxiety feeling more positive no twitching		
sun	9-Aug	11.7	0.05	11.65	5.825	5.825	5.80	5.85	185	175		1	Feel good and slept well wake up and stay awake for an hour about 4-5am but go back and sleep til 930		
Day	Date	Start	Reduc	Total day	AM	PM	Actual		mil am	mil pm	level				
m	10-Aug	11.65	0.05	11.6	5.8	5.8			175	170		1	saw sonnee about PTSD effects on brain and the need to change behaviors feel ok		
t	11-Aug	11.6	0.05	11.55	5.775	5.775	5.80	5.75	170	165		0	feel great no sx probably because of not reducing much bymistake		
wed	12-Aug	11.55	0.05	11.5	5.75	5.75			160	155		1	woke up with a tiny tiny feeling of quivery but otherwise good walked hair done		
thur	13-Aug	11.5	0.05	11.45	5.725	5.725	5.75	5.70	155	150		1	woke up alltlequiver have been taking omegas for5 days no gluten also		
fri	14-Aug	11.45	0.05	11.4	5.7	5.7			140	140		2	Could no recall if I took am 5mg pill freaked out but felt ok all day ringing in ears		
sat	15-Aug	11.4	0.05	11.35	5.675	5.675	5.70	5.65	135	135		1	Felt good did lots of laundry visited with kids and then rested need quiet and rest		
sun	16-Aug	11.35	0.05	11.3	5.65	5.65			130	130		2	Wake up time I feel depression but disapates after 1hr general fatigue Aubyn/kids		
m	17-Aug	11.3	0.05	11.25	5.625	5.625	5.65	5.60	130	120		2	Wake up time I feel dp gone after 1hr general fatigue went costco a lot of work		
t	18-Aug	11.25	0.05	11.2	5.6	5.6			120	120		2_3	tired to day I think from too much done yesterday		
wed	19-Aug	11.2	0	11.2	5.6	5.6			120	120		4	tinnitus nausea holding to see if I feel better went for a walk really bad night		
thur	20-Aug	11.2	0	11.2	5.6	5.6			120	120		3	felt better in the am less nausea and panic some ringing in ears about 1pm		
fri	21-Aug	11.2	0	11.2	5.6	5.6	5.55	5.50	120	120		8	Worst night since starting taper. SICK woke every hr in panic sweat etc must have missed pill		
sat	22-Aug	11.2	0	11.2	5.6	5.6			115	115		5	Bad in am but better toward evening called dr gone for week holding		
sun	23-Aug	11.2	0	11.2	5.6	5.6			110	110		3	Slept til 5am with no sx weak but no sx holding again to make sure I am stable		
Day	Date	Start	Reduc	Total day	AM	PM	Dry Pill	wet	mil am	mil pm	level				
m	24-Aug	11.2	0.05	11.15	5.575	5.575	5.0	5.0	1.15	115	115		2	Mixed new dilution some ringing but no other sx slept well.	
t	25-Aug	11.15	0.05	11.1	5.55	5.55	5.0	5.0	1.00	110	110		0	feel normal tiny ringing before dose but no other sx good sleep	
wed	26-Aug	11.1	0.05	11.05	5.525	5.525	5.0	5.0	0.05	105	105		0	feel normal tiny ringing before dose but no other sx good sleep	
thur	27-Aug	11.05	0.05	11	5.5	5.5	5.0	5.0	0.00	100	100		0	feel normal tiny ringing before dose but no other sx good sleep	
fri	28-Aug	11	0.05	10.95	5.475	5.475	5.0	5.0	0.95	95	95		1	feel normal tiny ringing before dose but no other sx good sleep but fight with Rodger	
sat	29-Aug	10.95	0.05	10.9	5.45	5.45	5.0	5.0	0.90	90	90		1	feel good some legs aches at night but a lot of work on Jparty etc	
sun	30-Aug	10.9	0.1	10.8	5.4	5.4	5.0	5.0	0.80	80	80		1	feel good some legs aches at night but a lot of work on Jparty etc	
m	31-Aug	10.8	0.1	10.7	5.35	5.35	5.0	5.0	0.70	70	70		1	Feel fine slept well cleaning house. A little cranky but think from doing too much	
t	1-Sep	10.7	0.1	10.6	5.3	5.3	5.0	5.0	0.60	60	60		1	Feel normal then leg at night. Realized at 11pm I did NOT take am pill took all at 11pm	
wed	2-Sep	10.6	0.1	10.5	5.25	5.25	5.0	5.0	0.50	50	50		2	fatigue and leg feet aches a tiny bit of anxious soaked in hot tub rested	
thur	3-Sep	10.5	0.1	10.4	5.2	5.2	5.0	5.0	0.40	40	40		0	See Dr at 130pm Felt normal and slept well	
fri	4-Sep	10.4	0.1	10.3	5.15	5.15	5.0	5.0	0.30	30	30		1	ringing ears at 4-6 pm halfway through doses	
sat	5-Sep	10.3	0.1	10.2	5.1	5.1	5.0	5.0					1	sweaty and diarrhea no anxiety tiny ringing in ears	
sun	6-Sep	10.2	0.1	10.1	5.05	5.05	5.0	5.0					2	sweaty some diarrhea little anxiety tiny ringing	
m	7-Sep	10.1	0.1	10			5.0	5.0		0	0		1	sweaty some diarrhea little anxiety tiny ringing am pm no sx at all walked mile	
t	8-Sep	10	0.1	9.9			4.0	4.0		190	190		0		
wed	9-Sep	9.9	0.1	9.8			4.0	4.0		180	180		0	hair 100pm	
thur	10-Sep	9.8	0	9.8			4.0	4.0		180	180		3	After vitamin drink at 830pm sick all night	
fri	11-Sep	9.8	0	9.8			4.0	4.0		180	175		3	florencia holding nausea better a little anxious during night	
sat	12-Sep	9.8	0.05	9.75			4.0	4.0		175	175		2	Slept better no nausea or anxiety some fatigue	
sun	13-Sep	9.75	0.05	9.7			4.0	4.0		170	170		1	Mixed new dilution slept well showered washed hair etc tiny ringing beforepm dose	
m	14-Sep	9.7	0.05	9.65			4.0	4.0		165	165		1	some ringing took am liq dose at 130	
t	15-Sep	9.65	0.05	9.6			4.0	4.0		160	160		1		
wed	16-Sep	9.6	0.05	9.55			4.0	4.0		160	155		2	Sonnee 130pm Eye twitching leg cramps at night	
thur	17-Sep	9.55	0.05	9.5			4.0	4.0		150	150		2	eyes twitching leg cramps	
fri	18-Sep	9.5	0	9.5			4.0	4.0		150	150		1	HOLDING	
sat	19-Sep	9.5	0	9.5			4.0	4.0		150	150		1	wedding-Holding for 3 days as I want to enjoy wedding and help with	
sun	20-Sep	9.5	0	9.5			4.0	4.0		150	150		1	cake and activities and visiting etc. and not be worn out	
m	21-Sep	9.5	0.1	9.4			4.0	4.0		140	140		1	Feel ok some fatigue	
t	22-Sep	9.4	0.1	9.3			4.0	4.0		130	130		1	Feel ok some fatigue	
wed	23-Sep	9.3	0.1	9.2			4.0	4.0		120	120		2	Starting to feel the bigger cut sleeping lighter and feeling more "edgy"	
thur	24-Sep	9.2	0.1	9.1			4.0	4.0		110	110		1	some ringing in ears went for walk and cleaning closets legs ache atnite	

fri	25-Sep	9.1	0.1	9	4.0	4.0	100	100	1	fatigue but walked and cleaned closet taking vitamin smoothie again		
sat	26-Sep	9	0.05	8.95	4.0	4.0	90	90	1	some ringing in ears and anxiety in early am legs feet ache at pm		
sun	27-Sep	8.95	0.05	8.9	4.0	4.0	90	80	1	some ringing in ears and anxiety in early am legs feet ache at pm		
mon	28-Sep	8.9	0.05	8.85	4.0	4.0	80	80	1	some ringing in ears and anxiety in early am legs feet ache at pm		
t	29-Sep	8.85	0.05	8.8	4.0	4.0	75	75	0	Sonnee 130 No sx		
wed	30-Sep	8.8	0.05	8.75	4.0	4.0	70	70	0	No real sx some adrenaline rushes at early am but goes away and good sleep		
thur	1-Oct	8.75	0.05	8.7	4.0	4.0		65	0	See Dr 130pm		
fri	2-Oct	8.7	0.05	8.65	4.0	4.0		60	0	No sx feel good walked evening		
sat	3-Oct	8.65	0.05	8.6	4.0	4.0		55	55	1 Worked hard cleaning felt really tired at night I think I everworked as I am feeling better		
sun	4-Oct	8.6	0.05	8.55	4.0	4.0		50	50	2 fatigue but walked and cleaned closet taking vitamin smoothie again		
m	5-Oct	8.55	0.05	8.5	4.0	4.0			1	worked some but was still tired from all the clean up		
t	6-Oct	8.5	0.05	8.45	4.0	4.0			1	some ear ringng and sweats dealing with mom surgery family crap		
wed	7-Oct	8.45	0.05	8.4	4.0	4.0			1	hot flashes but minor sx		
thur	8-Oct	8.4	0.05	8.35	4.0	4.0			1	hot flashes but minor sx		
fri	9-Oct	8.35	0.05	8.3	4.0	4.0			1	hot flashes but minor sx		
sat	10-Oct	8.3	0.05	8.25	4.0	4.0			1	hot flashes but minor sx		
sun	11-Oct	8.25	0.1	8.15	4.0	4.0			0	Went to see Bob Dylan he was great and I felt great		
mon	12-Oct	8.15	0.1	8.05	4.0	4.0			1	Tired and having a hard tme FALLING asleep but once I do I sleep great		
t	13-Oct	8.05	0.05	8	4.0	4.0			1_2	Ok in am then fading in pm lots of night sweats and nausea fatigue on waking		
wed	14-Oct	8	0	8	4.0	4.0			2	Hair 1:00pm nausea and fatigue think I have been doing TOO much		
thur	15-Oct	8	0.05	7.95	3.0	3.0	200	190	3	Sick-cancelled facial and went to liquid to see if that would make me feel better		
fri	16-Oct	7.95	0.05	7.9	3.0	3.0	190	190	2	Better stayed in bed and rested yesterday and slept better		
sat	17-Oct	7.9	0.05	7.85	3.0	3.0	185	185	2	Rubys birthday		
sun	18-Oct	7.85	0.05	7.8	3.0	3.0	180	180	1	Slept much better and no anxiety sweating		
m	19-Oct	7.8	0.05	7.75	3.0	3.0	175	175	0	Sonnee 130pm		
t	20-Oct	7.75	0.05	7.7	3.0	3.0	170	170	0	Slept great no sx		
wed	21-Oct	7.7	0.05	7.65	3.0	3.0	165	165	0			
thur	22-Oct	7.65	0.05	7.6	3.0	3.0	160	160	0	facial 300pm		
fri	23-Oct	7.6	0	7.6	3.0	3.0	160	160	0	did not reduce by accident. Went to Womens conference		
sat	24-Oct	7.6	0.1	7.5	3.0	3.0	155	155	0			
sun	25-Oct	7.5	0	7.5	3.0	3.0	150	150	0	ran out of NaCi so had to stick with pills and hold for Dr to open on Tuesday		
mon	26-Oct	7.5	0	7.5	3.0	3.0	150	150	0	ran out of NaCi so had to stick with pills and hold for Dr to open on Tuesday		
t	27-Oct	7.5	0.05	7.45	3.0	3.0	145	145	0	feel ok		
wed	28-Oct	7.45	0.05	7.4	3.0	3.0	140	140	0	tiny bit of fatigue and irritable in afternoon		
thur	29-Oct	7.4	0.05	7.35	3.0	3.0	135	135	1	nausea and tired i think tired from conference and work over weekend		
fri	30-Oct	7.35	0.05	7.3	3.0	3.0	130	130	0			
sat	31-Oct	7.3	0.05	7.25	3.0	3.0	125	125	0			
sun	1-Nov	7.25	0.05	7.2	3.0	3.0	120	120	0			
m	2-Nov	7.2	0.1	7.1	3.0	3.0	110	110	0			
t	3-Nov	7.1	0.05	7.05	3.0	3.0	105	105	1	Fatigue low energy		
wed	4-Nov	7.05	0.05	7	3.0	3.0	100	100	1	some sweatng and ad rushes in sleep.		
thur	5-Nov	7	0.05	6.95	3.0	3.0	95	95	2_3	Felt really crappy tired anxious/ Adrenaline rushes in sleep holding for 1 day		
fri	6-Nov	6.95	0	6.95	3.0	3.0	95	95	2	better		
sat	7-Nov	6.95	0.05	6.9	3.0	3.0	90	90	0	Slept great back to feeling normal walked 1 mile		
sun	8-Nov	6.9	0.05	6.85	3.0	3.0	85	85	0	Feel good		
mon	9-Nov	6.85	0.05	6.8	3.0	3.0	80	80	0	Better Lots of dreams and funky for a few minutes in am then OK		
t	10-Nov	6.8	0.05	6.75	3.0	3.0	75	75	0	Better		
wed	11-Nov	6.75	0.05	6.7	3.0	3.0	70	70	0			
thur	12-Nov	6.7	0.05	6.65	3.0	3.0	65	65	0	See DR at 130pm		
fri	13-Nov	6.65	0.05	6.6	3.0	3.0	60	60	0			
sat	14-Nov	6.6	0.05	6.55	3.0	3.0	55	55	0	trouble falling asleep and waking a lot so sleeping longer		
sun	15-Nov	6.55	0.05	6.5	3.0	3.0	50	50		trying to old off taking melatonin or Benadryl PM		

m	16-Nov	6.5	0.05	6.45	3.0	3.0	45	45	0	Sonnee 330pm Melatonin for sleep
t	17-Nov	6.45	0.05	6.4	3.0	3.0	40	40	0	.25 benadril for sleep
wed	18-Nov	6.4	0.05	6.35	3.0	3.0	35	35	0	Carla 1:00pm Zenbev at bedtime and woke at 500am took 1/2 melatonin
thur	19-Nov	6.35	0.05	6.3	3.0	3.0	30	30	0	No Sxx other than trouble falling asleep took benadryl and Zenbev
fri	20-Nov	6.3	0.05	6.25	3.0	3.0	25	25	0	Switched to 1-2mg pill am/pm and rest in liquid
sat	21-Nov	6.25	0.05	6.2	3.0	3.0	20	20	0	Slept all night with nothing. Woke up at 730 and took a piece of V slept til 10.
sun	22-Nov	6.2	0.05	6.15	3.0	3.0	15	15	1	dog went missing in middle of night took unisome Stressed went to movies afternoon had anxiety
mon	23-Nov	6.15	0	6.15	3.0	3.0			2	woke up feeling sick anxiety ears ringing holding dose
t	24-Nov	6.15	0	6.15	3.0	3.0			2	Face 200pm slept with no help but had anxiety/adren rushes when waking and nausea
wed	25-Nov	6.15	0	6.15	3.0	3.0			9	Horrible night wanted to go to the ER!
thur	26-Nov	6.15	0	6.15	3.0	3.0			7	Thanksgiving ate and stayed in bed nausea and anxious
fri	27-Nov	6.15	0	6.15	3.0	3.0			2	Felt calm stayed in bed May have missed .65 liquid am dose
sat	28-Nov	6.15	0	6.15	3.0	3.0			1	Rested again
sun	29-Nov	6.15	0.05	6.1	3.0	3.0			1	Walked and decided to try and taper again want to switch to all liquid
m	30-Nov	6.1	0.05	6.05	3.0	3.0			1	Woke at 630am took a .50mg to get back to sleep. Fearful that I need to taper slower
t	1-Dec	6.05	0.05	6					1	Better sleep did not need to take early dose and no adren rush
wed	2-Dec	6	0.05	5.95					1	New dilution slept good no adren rush forgot to reduce am so took cut at nite.ome ear ringing
thur	3-Dec	5.95	0.05	5.9					1	Better sleep did not need to take early dose and no adren rush
fri	4-Dec	5.9	0.05	5.85					1	Better sleep did not need to take early dose and no adren rush
sat	5-Dec	5.85	0.05	5.8					1	Better sleep did not need to take early dose and no adren rush
sun	6-Dec	5.8	0.05	5.75					1	Some jittery feelings holding tomorrow
mon	7-Dec	5.75	0	5.75					1	
t	8-Dec	5.75	0	5.75					1	Sonnee 130pm
wed	9-Dec	5.75	0.05	5.7					1	OK Went shopping at Macys really tired after
thur	10-Dec	5.7	0.05	5.65					1	OK rested
fri	11-Dec	5.65	0.05	5.6					1	OK resting and wrappig presents went up to see kids and play in pm
sat	12-Dec	5.6	0.05	5.55					3	shaky and tired and eye twitching woke at 530am and took a little pill to get back to sleep
sun	13-Dec	5.55	0.025	5.525			155	150	3	slept badly slowing down taper to .025
							am	pm		
m	14-Dec	5.525	0	5.525			155	150	7	woke felt sick nauseous anxious stayed in bed felt better towards evening
t	15-Dec	5.525	0	5.525			155	150	5	sick in am took small bite of pill at 600am to sleep better in evening
wed	16-Dec	5.525	0.025	5.5			150	150	2	Better sleep and no adren rushes no anxiety
thur	17-Dec	5.5	0	5.5			150	150	2	Better sleep and no adren rushes no anxiety
fri	18-Dec	5.5	0.025	5.475			150	145	2	2 hours before I could sleep had to take a small dose at 6am to get back to sleep
sat	19-Dec	5.475	0	5.475			150	145	4	anxious and tired maybe from mall yesterday and too much to do holding
sun	20-Dec	5.475	0	5.475			150	145	2	had some adren rush with sleep but was able to sleep all night better
mon	21-Dec	5.475	0	5.475			145	145	2	
t	22-Dec	5.475	0.025	5.45			145	145	2	
wed	23-Dec	5.45	0	5.45			145	145	2	DR 130
thur	24-Dec	5.45	0	5.45			145	145	2	
fri	25-Dec	5.45	0	5.45			145	146	1	Christmas
sat	26-Dec	5.45	0.05	5.4			140	140	1	
sun	27-Dec	5.4	0.05	5.35			135	135	0	
m	28-Dec	5.35	0.025	5.325					0	
t	29-Dec	5.325	0.025	5.3					1	some ear ringng sweats feel funky when waking up but goes away
wed	30-Dec	5.3	0.025	5.275					1	
thur	31-Dec	5.275	0.025	5.25					0	New Years Had some Champagne with Guava juice. Slept great
fri	1-Jan	5.25	0.05	5.2					0	Stayed in bed and rested felt good
sat	2-Jan	5.2	0.05	5.15					0	walked and feel normal it is wonderful to feel noemal for a day!
sun	3-Jan	5.15	0.025	5.125					2	woke up at 6 could not sleep a little anxiety
mon	4-Jan	5.125	0.025	5.1					3_4	sick again
t	5-Jan	5.1	0.025	5.075					1	Better think handwriting is on the wall...I will have to taper at slower rate

wed	6-Jan	5.075	0.025	5.05	2	Could not fall to sleep woke at 600am took atiny piece of pill to sleep
thur	7-Jan	5.05	0.025	5.025	1	Feeling better and good sleep
fri	8-Jan	5.025	0.025	5	1	Woke at 600am and took a small dose of 11am and went back to sleep more tinnitus
sat	9-Jan	5	0.025	4.975	1	Trouble dropping off and feel bad waking up low energy but OK most time
sun	10-Jan	4.975	0.025	4.95	1	Same as above
m	11-Jan	4.95	0.025	4.925	1_2	More ringing in ears. Sleep but feel awake. No Anxiety so far
t	12-Jan	4.925	0.025	4.9	1_2	same waking at 600am and cannot go back to sleep
wed	13-Jan	4.9	0.025	4.875	1_2	same
thur	14-Jan	4.875	0.025	4.85	1_2	same going to try 3 doses daily
fri	15-Jan	4.85	0.025	4.825	1	decided to mix mew solution and go with more liquid to see if any change
sat	16-Jan	4.825	0.025	4.8	0	felt almost normal went to ikea then had a fight with jackie so stressed
sun	17-Jan	4.8	0.025	4.775	1_2	think I felt bad about fight was depressed
mon	18-Jan	4.775	0.025	4.75	1	better sleeping well Legs ache I think from walking
t	19-Jan	4.75	0.025	4.725	1	better sleeping well
wed	20-Jan	4.725	0.025	4.7	1_2	Felt tired and ears ringing again. Almost down another 1mg must be feeling cuts
thur	21-Jan	4.7	0.025	4.675	1_2	better sleeping well
fri	22-Jan	4.675	0.025	4.65	0_1	better sleeping well cleaned house cooked almost normal
sat	23-Jan	4.65	0.025	4.625	1	rested from doing so much yeaterday appetite back
sun	24-Jan	4.625	0.025	4.6	3_4	went to event could not sleep had to take melatonin leg foot aching
m	25-Jan	4.6	0.025	4.575	4_5	really depressed crying hopeless maybe from melatonin? Lower dose? Event?
t	26-Jan	4.575	0.025	4.55	3_4	tiny bit better but a little nauseous and depressed. Some anxiousness
wed	27-Jan	4.55	0	4.55	5	Slept horrible and really sick in am DAMN Holding eye twitching ears ringing
thur	28-Jan	4.55	0	4.55	4	Slept horrible and really sick in am DAMN Holding eye twitching ears ringing
fri	29-Jan	4.55	0	4.55	4	Slept horrible and really sick in am DAMN Holding eye twitching ears ringing
sat	30-Jan	4.55	0.025	4.525	3	emotional and lethargic mixed new solution and will take 1.52mg in eveing in liquid
sun	31-Jan	4.525	0.025	4.5	1_2	Better walked one mile and slept better
mon	1-Feb	4.5	0.025	4.475	1	Slept better appetite is back eye twitching
t	2-Feb	4.475	0.025	4.45	1	Slept better appetite is back eye twitching See Sonnee at 230
wed	3-Feb	4.45	0.025	4.425	1	DR 130
thur	4-Feb	4.425	0.025	4.4	1	woke at 630am and had to take a small dose to sleep
fri	5-Feb	4.4	0.025	4.375	1	Did not wake at 630. Think addng more liquid less pill maybe helping
sat	6-Feb	4.375	0.025	4.35	1	feel ok
sun	7-Feb	4.35	0.05	4.3		
m	8-Feb	4.3	0.025	4.275	1	Did not wake at 630. Think addng more liquid less pill maybe helping
t	9-Feb	4.275	0.025	4.25	1	Did not wake at 630. Think addng more liquid less pill maybe helping
wed	10-Feb	4.25	0.025	4.225	1	Did not wake at 630. Think addng more liquid less pill maybe helping
thur	11-Feb	4.225	0.025	4.2	1	walked today and feel better some fatigue sleeping better moments of feeling normal
fri	12-Feb	4.2	0.025	4.175	1	walked today and feel better some fatigue sleeping better moments of feeling normal
sat	13-Feb	4.175	0.025	4.15	1	walked today and feel better some fatigue sleeping better moments of feeling normal
sun	14-Feb	4.15	0.025	4.125	1	walked today and feel better some fatigue sleeping better moments of feeling normal
mon	15-Feb	4.125	0.025	4.1	1	walked today and feel better some fatigue sleeping better moments of feeling normal
t	16-Feb	4.1	0.025	4.075	2	walked starting to feel a little anxious may hold
wed	17-Feb	4.075	0	4.075	4	walked but by evening felt ill. Slept horrible nauseous anxious emotional flulike holding
thur	18-Feb	4.075	0.025	4.05	3	Stayed in bed and felt better not sure what set me off??? Maybe all the walking?
fri	19-Feb	4.05	0.05	4	2	Better still resting mixed new solution...maybe solution gets weak?
sat	20-Feb	4	0	4	1	Holding since I took .05 cut went to hair salon pot office bank was tired after
sun	21-Feb	4	0.025	3.975	1	All liquid V woke at 730am from phone took .50 slept til 11am kinda tired all day
m	22-Feb	3.975	0.025	3.95	0	Feel normal
t	23-Feb	3.95	0.025	3.925	0	Drove to Fresno in storm feel normal.
wed	24-Feb	3.925	0.025	3.9	0	took care of Jay went shoppng Normal
thur	25-Feb	3.9	0.025	3.875	0	drove home a little tired but feel good

fri	26-Feb	3.875	0.025	3.85						0 rested and felt tired but good
sat	27-Feb	3.85	0.025	3.825						1 a little tired and edgy around 600pm felt funky on awaking some fatigue resting
sun	28-Feb	3.825	0.025	3.8						2 sleeping light waking up have a sore throat and tired holding
mon	1-Mar	3.8	0	3.8						Bad cold holding
t	2-Mar	3.8	0	3.8						Sonnee mar 2 230pm
wed	3-Mar	3.8	0	3.8						bad cold holding
thur	4-Mar	3.8	0.025	3.775						a little anxiety but lots of drama -cold is better so tapering again
fri	5-Mar	3.775	0.025	3.75						woke up feeling funky thirsty. Anxiety wanting to break though tinnitus heart palps
sat	6-Mar	3.75	0.025	3.725						have laryngitis ears ringing but slept ok
sun	7-Mar	3.725	0.025	3.7						feeling better sx reducing
m	8-Mar	3.7	0.025	3.675						feeling better sx reducing
t	9-Mar	3.675	0.025	3.65						feeling better sx reducing still couging some heart palps but less
wed	10-Mar	3.65	0.025	3.625						feeling better sx reducing still couging some heart palps but less
thur	11-Mar	3.625	0.025	3.6						feeling better sx reducing still couging some heart palps but less
fri	12-Mar	3.6	0.025	3.575						feeling better sx reducing still couging some heart palps but less
sat	13-Mar	3.575	0.025	3.55						feeling better sx reducing still couging some heart palps but less
sun	14-Mar	3.55	0.025	3.525						Trouble falling to sleep OK once I get there. Still coughing a lot eyes crusty
mon	15-Mar	3.525	0.025	3.5						Trouble falling to sleep OK once I get there. Still coughing a lot eyes crusty
t	16-Mar	3.5	0	3.5						Holding for a few days because trouble falling asleep is sx right before crash
wed	17-Mar	3.5	0	3.5						DR 200pm
thur	18-Mar	3.5	0	3.5						holding to see if I get over cold.
fri	19-Mar	3.5	0	3.5						holding
sat	20-Mar	3.5	0.025	3.475						feeling good
sun	21-Mar	3.475	0.025	3.45						feeling good
m	22-Mar	3.45	0.025	3.425						1 feeling good
t	23-Mar	3.425	0.025	3.4						0 sonnee 230pm
wed	24-Mar	3.4	0.025	3.375						0 feel good
thur	25-Mar	3.375	0.025	3.35						0 feel good
fri	26-Mar	3.35	0.025	3.325						0 feel good
sat	27-Mar	3.325	0.025	3.3						0 feel good
sun	28-Mar	3.3	0.025	3.275						0 feeling almost normal. Probably from holding
mon	29-Mar	3.275	0.025	3.25						0 feeling almost normal.
t	30-Mar	3.25	0.025	3.225						0 feeling almost normal.
wed	31-Mar	3.225	0.025	3.2						1 Some sx in am
thur	1-Apr	3.2	0.025	3.175						1
fri	2-Apr	3.175	0.025	3.15						0
sat	3-Apr	3.15	0.025	3.125						0
sun	4-Apr	3.125	0.025	3.1						0
m	5-Apr	3.1	0.025	3.075						2
t	6-Apr	3.075	0.025	3.05						2
wed	7-Apr	3.05	0.025	3.025						2
thur	8-Apr	3.025	0.025	3						3 Feel lousy am and pm
fri	9-Apr	3	0	3						4 Starting to feel lousy
sat	10-Apr	3	0	3						4 thirsty again and some adrenaline rush. Doing a lot so probably feeling it
sun	11-Apr	3	0.025	2.975						5 feeling some sx but not as intense as a month ago. Still sleeping well.
mon	12-Apr	2.975	0.025	2.95						5 Wondering if I should hold? Feel lousy but not as bad as month ago
t	13-Apr	2.95	0	2.95						5 Sweating and feeling bad so holding for a few days
wed	14-Apr	2.95	0	2.95						5 Feel a tiny bit better but holding for stability sleeping well
thur	15-Apr	2.95	0	2.95						5 Depression hopeless crying some sweats holding sleeping well tired
fri	16-Apr	2.95	0	2.95						5 Feeling better will taper again tomorrow
sat	17-Apr	2.95	0.025	2.925						3 Went to convention in SF. Walked a lot Probably did too much
sun	18-Apr	2.925	0.025	2.9						5 Woke up with nightmares feel lousy. Damn

fri	30-Jul	0.95	0.025	0.925															
sat	31-Jul	0.925	0.025	0.9															
sun	1-Aug	0.9	0	0.9															
mon	2-Aug	0.9	0	0.9															
t	3-Aug	0.9	0	0.9															
wed	4-Aug	0.9	0	0.9															
thur	5-Aug	0.9	0	0.9															
fri	6-Aug	0.9	0	0.9															
sat	7-Aug	0.9	0	0.9															
sun	8-Aug	0.9	0	0.9															
mon	9-Aug	0.9	0	0.9															
t	10-Aug	0.9	0	0.9															
wed	11-Aug	0.9	0	0.9															
thur	12-Aug	0.9	0.02	0.88															
fri	13-Aug	0.88	0.02	0.86															
sat	14-Aug	0.86	0.02	0.84															
sun	15-Aug	0.84	0.02	0.82															
mon	16-Aug	0.82	0.02	0.8															
t	17-Aug	0.8	0	0.8															
wed	18-Aug	0.8	0	0.8															
thur	19-Aug	0.8	0.02	0.78															
fri	20-Aug	0.78	0.02	0.76															
sat	21-Aug	0.76	0.02	0.74															
sun	22-Aug	0.74	0.02	0.72															
mon	23-Aug	0.72	0.02	0.7															
t	24-Aug	0.7	0	0.7															
wed	25-Aug	0.7	0	0.7															
thur	26-Aug	0.7	0.02	0.68															
fri	27-Aug	0.68	0.02	0.66															
sat	28-Aug	0.66	0.02	0.64															
sun	29-Aug	0.64	0.02	0.62															
mon	30-Aug	0.62	0.02	0.6															
t	31-Aug	0.6	0	0.6															
wed	1-Sep	0.6	0	0.6															
thur	2-Sep	0.6	0	0.6															
fri	3-Sep	0.6	0	0.6															
sat	4-Sep	0.6	0	0.6															
sun	5-Sep	0.6	0.02	0.58															
mon	6-Sep	0.58	0	0.58															
t	7-Sep	0.58	0	0.58															
wed	8-Sep	0.58	0	0.58															
thur	9-Sep	0.58	0	0.58															
fri	10-Sep	0.58	0.01	0.57															
sat	11-Sep	0.57	0.01	0.56															
sun	12-Sep	0.56	0.01	0.55															
mon	13-Sep	0.55	0	0.55															
t	14-Sep	0.55	0	0.55															
wed	15-Sep	0.55	0	0.55															
thur	16-Sep	0.55	0	0.55															
fri	17-Sep	0.55	0.01	0.54															
sat	18-Sep	0.54	0	0.54															
sun	17-Sep	0.54	0.01	0.53															

mon	17-Sep	0.53	0.01	0.52							feel good less adrenaline walked 1 mile evening
t	17-Sep	0.52	0.01	0.51							OK a little edgy
wed	22-Sep	0.51	0.01	0.5							Slept well but edgy on the verge of tears.simple tasks overwhelming
thur	23-Sep	0.5	0	0.5							HOLD feel too funky
fri	24-Sep	0.5	0	0.5							Adrenaline all night
sat	25-Sep	0.5	0	0.5							Adrenaline all night bad then better towards the evening
sun	26-Sep	0.5	0	0.5							Slept like baby last night midnight to 1030am
mon	27-Sep	0.5	0	0.5							Jittery and could not fall asleep took a bite of a unisome
t	28-Sep	0.5	0	0.5							9 Really bad night cried and could not sleep maybe unisome made me sick
wed	29-Sep	0.5	0	0.5							slept much better -I spit dose 4 times every 6 hours....
thur	30-Sep	0.5	0	0.5							adrenaline Gall bladder pain
fri	1-Oct	0.5	0	0.5							
sat	2-Oct	0.5	0	0.5							7 adrenaline all night
sun	3-Oct	0.5	0	0.5							split dose to 4 slept better no adrenaline Chichi died
mon	4-Oct	0.5	0	0.5							Sick can't eat Only lettuce apples bananas oatmeal
t	5-Oct	0.5	0	0.5							bad night called my mom...
wed	6-Oct	0.5	0	0.5							Better this afternoon see if it holds was able to eat egg and salmon need protein
thur	7-Oct	0.5	0	0.5							Lots of anxiety can't fall asleep adrenaline on dropping off
fri	8-Oct	0.5	0	0.5							Better sleep
sat	9-Oct	0.5	0	0.5							bad sleep Lots of anxiety can't fall asleep adrenaline on dropping off
sun	10-Oct	0.5	0	0.5							Diluting to get smaller cut to start new taper
mon	11-Oct	0.5	0	0.5							Slept better some morning adren. Felt normal as day moves on
t	12-Oct	0.5	0	0.5							
wed	13-Oct	0.5	0	0.5							Met with Sonnee Slept great last night tiny bit adrenaline at 5am but good
thur	14-Oct	0.5	0.005	0.495							More adrenaline but still better than before lack of appetite
fri	15-Oct	0.495	0.005	0.49							feel better
sat	16-Oct	0.49	0.005	0.485							feel better
sun	17-Oct	0.485	0.005	0.48							feel better
mon	18-Oct	0.48	0.005	0.475							
t	19-Oct	0.475	0.005	0.47							
wed	20-Oct	0.47	0.01	0.46							
thur	21-Oct	0.46	0.01	0.45							
fri	22-Oct	0.45	0	0.45							
sat	23-Oct	0.45	0.005	0.445							
sun	24-Oct	0.445	0.005	0.44							
mon	25-Oct	0.44	0.005	0.435							
t	26-Oct	0.435	0.005	0.43							feel adrenaline in am. Not as bad as before
wed	27-Oct	0.43	0.005	0.425							had to take a small crumb of vico for ear pain GB is sore
thur	28-Oct	0.425	0.005	0.42							taking Vico for ear. Ear and gb getting beter trouble falling asleep
fri	29-Oct	0.42	0.005	0.415							waking and light sleep. Daytime feel normal want to mop floors!
sat	30-Oct	0.415	0.005	0.41							Feel good
sun	31-Oct	0.41	0.005	0.405							Feel good
mon	1-Nov	0.405	0.005	0.4							feel a bit funky
t	2-Nov	0.4	0.005	0.395							feel a bit funky
wed	3-Nov	0.395	0.005	0.39							
thur	4-Nov	0.39	0.005	0.385							
fri	5-Nov	0.385	0.005	0.38							
sat	6-Nov	0.38	0.005	0.375							Feel funky morning adrenaline at about 10pm felt great
sun	7-Nov	0.375	0.005	0.37							Slept great feel normal!!
mon	8-Nov	0.37	0.005	0.365							Great
t	9-Nov	0.365	0.005	0.36							Great

wed	10-Nov	0.36	0.005	0.355														Great					
thur	11-Nov	0.355	0.005	0.35															Last 3 days have felt normal some minor eye twitches ears ring etc but great				
fri	12-Nov	0.35	0.005	0.345															Great				
sat	13-Nov	0.345	0.005	0.34															Great				
sun	14-Nov	0.34	0.01	0.33															Great				
mon	15-Nov	0.33	0.005	0.325															Great				
t	16-Nov	0.325	0.005	0.32															Great				
wed	17-Nov	0.32	0.005	0.315															Great				
thur	18-Nov	0.315	0.005	0.31																			
fri	19-Nov	0.31	0.005	0.305																			
sat	20-Nov	0.305	0.005	0.3																			
sun	21-Nov	0.3	0.005	0.295															still sleep well. Some fatigue but doing more feel pretty normal				
mon	22-Nov	0.295	0.005	0.29																			
t	23-Nov	0.29	0.005	0.285																			
wed	24-Nov	0.285	0.005	0.28																			
thur	25-Nov	0.28	0.005	0.275																			
fri	26-Nov	0.275	0.005	0.27																			
sat	27-Nov	0.27	0.005	0.265																			
sun	28-Nov	0.265	0.005	0.26																			
mon	29-Nov	0.26	0.005	0.255																			
t	30-Nov	0.255	0.005	0.25																			
wed	1-Dec	0.25	0.005	0.245																			
thur	2-Dec	0.245	0.005	0.24																			
fri	3-Dec	0.24	0.005	0.235																			
sat	4-Dec	0.235	0.005	0.23																			
sun	5-Dec	0.23	0.005	0.225																			
mon	6-Dec	0.225	0.005	0.22																			
t	7-Dec	0.22	0.005	0.215																			
wed	8-Dec	0.215	0.005	0.21																			
thur	9-Dec	0.21	0.005	0.205																			
fri	10-Dec	0.205	0.005	0.2																			
sat	11-Dec	0.2	0.005	0.195																			
sun	12-Dec	0.195	0.005	0.19																			
mon	13-Dec	0.19	0.005	0.185																			
t	14-Dec	0.185	0.005	0.18																			
wed	15-Dec	0.18	0.005	0.175																			
thur	16-Dec	0.175	0.005	0.17																			
fri	17-Dec	0.17	0.005	0.165																			
sat	18-Dec	0.165	0.005	0.16															FELT NORMAL SO NO NOTES!!!!				
sun	19-Dec	0.16	0.005	0.155																			
mon	20-Dec	0.155	0.005	0.15																			
t	21-Dec	0.15	0.005	0.145																			
wed	22-Dec	0.145	0.005	0.14																			
thur	23-Dec	0.14	0.005	0.135																			
fri	24-Dec	0.135	0.005	0.13																			
sat	25-Dec	0.13	0.005	0.125																			
sun	26-Dec	0.125	0.005	0.12																			
mon	27-Dec	0.12	0.005	0.115																			
t	28-Dec	0.115	0.005	0.11																			
wed	29-Dec	0.11	0.005	0.105																			
thur	30-Dec	0.105	0.005	0.1																			

fri	31-Dec	0.1	0.005	0.095														
sat	1-Jan	0.095	0.005	0.09														
sun	2-Jan	0.09	0.005	0.085														
mon	3-Jan	0.085	0.005	0.08														
t	4-Jan	0.08	0.005	0.075														
wed	5-Jan	0.075	0.005	0.07														
thur	6-Jan	0.07	0.005	0.065														
fri	7-Jan	0.065	0.005	0.06														
sat	8-Jan	0.06	0.005	0.055														
sun	9-Jan	0.055	0.005	0.05														