

Thursday 3rd February 2005

Drug	Cap	Volume	Notes	
<input type="checkbox"/> 7:00 Temodal	100mg	1 tab	Must be on an empty stomach	
<input type="checkbox"/> 8:00 Chinese Medicine		1 scoop		TIME / EPISODE
Glutamine		20g	In warm water	Headache
Mushroom (Reishi)	1x 2g	Satchel	Boiling Water	Nausea
Mushroom (Yellow Tabs)		3 tabs		Toilet
Thymus Extract		4 sprays		
Water		1 Glass		
Take Blood Pressure				
<input type="checkbox"/> 8:30 Bromelain		2 tabs		
			Food	
<input type="checkbox"/> 9:00 Accutane	20mg	4 tabs	Must have a full glass of water	(Start on 11-02-2005 for two weeks)
Berberine Sulfate		2 tabs		Time / Workout / Length
Boswellia		2 tabs		Bike Mins
Celebrex	200mg	2 tabs		Treadmill Mins
Chlorella		10 tabs		Bike Mins
Fish Oil	1000mg	2 tabs		Treadmill Mins
Green Tea		1 Cup		
Mushroom (Green Tabs)		2 tabs	In boiling water	
Nutrient 950		1 tab		
Shark Liver Oil		1 tab		
Zantac	150mg	1 tab		
Breakfast				
<input type="checkbox"/> 10:00 Green Tea Extract		1 tab		
Maitake D-fraction		20 drops		
Mushroom (Yellow Tabs)		3 tabs		
Procarbazine	50mg	1 tab		
Tamoxifen	20mg	5 tabs		
Water		1 Glass		
<input type="checkbox"/> 11:30 Chinese Medicine		1 scoop	In warm water	
Missing Link		20mg	with BonSoy	
Water		1 Glass		
<input type="checkbox"/> 12:00 Bromelain		1 tab		
			Food	
<input type="checkbox"/> 12:30 Berberine Sulfate		2 tabs		
Boswellia		1 tab		
Fish Oil	1000mg	2 tabs		
Green Tea		1 cup		
Green Tea Extract		1 tab		
Mushroom (Green Tabs)		2 tabs	In boiling water	
Nutrient 950		1 tab		
Shark Liver Oil		1 tab		
Zantac	150mg	1 tab		
Water		1 Glass		
Take Blood Pressure				
Lunch				
<input type="checkbox"/> 15:00 Chlorella		10 tabs		
Maitake D-fraction		20 drops		
Green Tea		1 cup		
Mushroom (Yellow Tabs)		3 tabs		
Water		1 Glass		
<input type="checkbox"/> 17:00 Chinese Medicine		1 scoop		
Glutamine		20g	In warm water	
Missing Link		20mg	with BonSoy	
Mushroom (Green Tabs)		2 tabs	In boiling water	
Thymus Extract		4 sprays		
Water		1 Glass		
<input type="checkbox"/> 17:30 Bromelain		2 tabs		
			Food	
<input type="checkbox"/> 18:00 Accutane	20mg	4 tabs	Must have a full glass of water	(Start on 11-02-2005 for two weeks)
Berberine Sulfate		2 tabs		
Boswellia		2 tabs		
Celebrex	200mg	2 tabs		
Fish Oil	1000mg	2 tabs		
Nutrient 950		1 tab		
Shark Liver Oil		1 tab		
Zantac	150mg	1 tab		
Water		1 Glass		
Dinner				
<input type="checkbox"/> 19:00 Green Tea Extract		1 tab		
Procarbazine	50mg	1 tab		
Tamoxifen	20mg	5 tabs		
Verapamil	240mg	4 tabs	Stopped until Blood Pressure effect of Clomipramine ascertained	
Water		1 Glass		
Take Blood Pressure				
<input type="checkbox"/> 21:00 Clomipramine	25mg	1 tab		
Melatonin	20mg	1 tab		
Thalidomide	50mg	3 tabs		
Water		1 Glass		
Take Glucose Reading				