

**Date/Dose FT3/FT4****6/18**

175 36% 110% Lexapro weighed 130 pounds

**11/18**

90 NDT 53% 0% NO anxiety. Off Lexapro felt great but TSH went to 4.32 and they stopped make NT

**1/19**

175/5 43% 110% Next level anxiety and started back on Lexapro

**2/19**

88 12% 78% Still waiting for Lexapro to work

**4/19**

110 16% 89% Lexapro is not working. Weaned off Lexapro May and June per Dr Arja (changed DR)

**6/19**

90 NDT 84% 0% Felt ok but struggling with headaches/lower back pain. Again after 4 months of NDT TSH went to 5.16 and could not increase dose.

**10/19**

75/5 32% 50% Mental health crash and started Celexa and Klonopin (can't tolerate T3)

**12/19**

88/5 47% 60% Still waiting for Celexa to work (can't tolerate T3)

**3/20**

82/5 16% 60% Still have anxiety and increased Celexa and taking more Klonopin (can't tolerate T3)

**6/20**88/5 (TT3 108) 50% 6/2020 and 12/2020 things got better. Taking Celexa and ½ Klonopin daily**12/20**

88/5 47% 40%

**5/21 (Started to doing consistent labs 12+ hours after last dose)**

88/6.25 47% 30% Felt good but still a little hypo with weight gain BUT not anxious. Reduced Celexa to 10 mcgs and very little Klonopin ( 3 X ¼ pill a week)

**10/21**

88/7.5 32% 43% Tried to add .125 of T3 and ended up with H FT4 and anxiety spiked. Dr increased Celexa to 25 mcgs and back to ½ Klonopin per day. Suffered for months with anxiety, despite Klonopin and Celexa. (couldn't tolerate adding T3) Ended up putting Celexa back to 20.

- **From January - November 2022 I could freely add T3**

**1/22**

88/11.25 50% 35% Pushed through with Klonopin and increased T3 until anxiety lessened. Back pain with 11.25 of T3 but should have stayed here longer. Cut back Klonopin to ¼ daily.

**4/22**

100/10 63% 60% NO anxiety but Back pain, short of breath, sweating, heart palps. Still taking Celexa 20 and only ⅛ of Klonopin.

**8/22**

92.5/10 58% 37% Same symptoms as above and still NO anxiety. No change in other meds.

**11/22**

94/6.25 32% 29% Reduced T3 and felt relief. Lowest anxiety ever. But feeling very cold feet and hands and kind of emotional. Taking ½ 88 and ½ 100 (yellow pills) All other combos thus far were made with blue 88's.

\*After the above low labs I changed pills to all 88's to make my 94 dose. Also had huge family stress.

**12/22**

88/6.25 40% 55% HOT MESS Cannot tolerate T3. Anxiety, adrenaline surges, OCD, mood swings, ruminations, headaches etc. Tried changing to Wellbutrin and then more Celexa and Klonopin is failing.

**2/23**

75-82/&lt;5 26% 67% Still a hot mess. Cannot tolerate very much T3. Same symptoms as above. Taking more Klonopin to control anxiety.

**3/23**

88/6.25,8.75,10 42% 67% Variable T3 here. About 7-10 days on each dose but adding T3 despite anxiety. Anxiety has somewhat improved but still there and also taking ½ klonopin most days. Did early morning dosing. Celexa 20