

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

175 36% 110% .01 Lexapro weighed 130 pounds

11/18

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

1/19

175/5 43% 110% .16 Next level anxiety and started back on Lexapro

2/19

88 12% 78% .62 Still waiting for Lexapro to work

4/19

110 16% 89% .33 Lexapro is not working. Weaned off Lexapro May and June per Dr Arja (changed DR)

6/19

90 NDT 84% 0% .09 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% 5.16 2.99

12/19

88/5 47% 60% .4 Mental health crash and started Celexa and Klonopin (can't tolerate T3)

3/20

82/5 16% 60% 1.9 Still have anxiety and increased Celexa and taking more Klonopin (can't tolerate T3)

6/2088/5 (TT3 108) 50% .5 6/2020 and 12/2020 things got better. Taking Celexa and ½ Klonopin daily**12/20**

88/5 47% 40% .1

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

88/6.25 47% 30% .08 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% .02 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% .01 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% .02 Same symptoms as above and still NO anxiety. No change in other meds.

11/22

94/6.25 32% 29% .09 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% .05 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/<5 26% 67% .17 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% .04 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

4/23

88/11.25/10/8.75 47% 47% .01 On my way down decreasing T3. Taking $\frac{1}{4}$ sometimes $\frac{1}{8}$ of klonopin. Burning tight chest. Losing weight.

6/23

88/6.25 26% 69% .03 Felt better for a while but anxiety occasionally and still taking $\frac{1}{4}$ or $\frac{1}{8}$ klonopin daily. Still tight bra and zero motivation.