Levothyroxine 137mcg once a day (morning) - I've taken some form of T4 since 2008

Cytomel 25mcg once a day (morning) - Since 2008 Clomiphene 50mg once a day (morning) - since 2018

Niaspan 1000mg twice a day - Since 2004

Benicar 40mg once a day (morning) - since 2020 (but started in 2008)

Amlodipine 20mg once a day (morning) - since 2020

Paxil 60mg once a day (morning) - Since 2001
Buspirone 40mg once a day (evening) - since 2003
Nuvigil 250mg once a day (morning) - since 2015

Risperidal 1mg (bedtime) - since ~2018
Wellbutrin XR 300mg (morning) - since 2015
Wellbutrin 75mg (early afternoon) - since 2023

Abilify 2mg (bedtime)- since 2020

Soma 350mg three times a day - started 2022, but first started 2008

Celebrex 200mg twice a day - started 2014
Oxycodone 5mg three times a day - started 2014
Morphine ER 15mg three times a day - started 2019
Gabapentin 600mg four times a day - started 2021
Spravato (esketamine) 84mg once a week (usually Monday's

Hydroxychloroaquine 200mg twice a day (evening) - started 2022 (Lupus and Babesia infection)

Vitamin D 15000 IU once a day (morning)

Omega Fish Oil 1800mg twice a day

Arginine 5000mg a day (two doses)

Serrapeptase 2 tablets once a day (morning)

Acetyl L-Carnatine 750mg twice a day B-50 (minus folic acid) Twice a day

THC 40mg a night (sometimes more/sometimes less)

## **Health Issues**

Sleep Apnea (BiPap 25 mm H20 /17 mm H20)

Lyme Disease (past?)

Hypertension Bartonella
Hypothyroidism Hyperlipidemia
Central serous retinopathy (right eye) Gluten Sensitivity
Lupus

Growth Hormone deficiency