



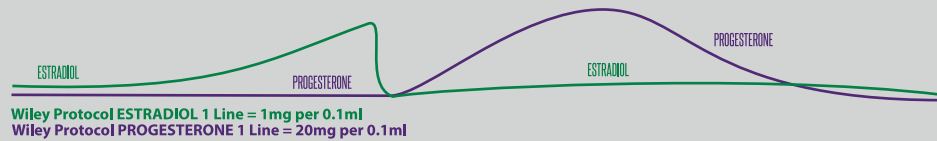
The Wiley Protocol

Variable Dose Schedule

SEPTEMBER 2024 LUNAR

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| 1 E: P: | 2 E: P: | 3 E: P: | 4 E: P: | 5 E: P: | 6 E: P: | 7 E: P: |
| 8 E: P: | 9 E: P: | 10 E: P: | 11 E: P: | 12 E: P: | 13 E: P: | 14 E: P: |
| 15 E: P: | 16 E: P: | 17 E: P: | 18 E: P: | 19 E: P: | 20 E: P: | 21 E: P: |
| 22 E: P: | 23 E: P: | 24 E: P: | 25 E: P: | 26 E: P: | 27 E: P: | 28 E: P: |
| 29 E: P: | 30 E: P: | | | | | |

E - ESTRADIOL
P - PROGESTERONE



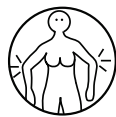
SYMPTOM OBSERVATION CODES



HOT FLASHES
HF



INCONTINENCE
INC



JOINT PAIN
JP



INSOMNIA
INS



FEEL GREAT
GRT



ANXIETY
AN



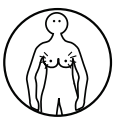
HEADACHE
HD



DEPRESSION
DE



DRY VAGINA
DV



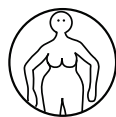
SORE BREASTS
SB



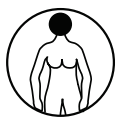
NIGHT SWEATS
NS



HEART PALPITATIONS
HP



BLOATING
BL



BRAIN FOG
BF



CRAMPS
CR



LIBIDO
LI



CONSTIPATION
CO

Baseline dose is your day 1-5 dose. Should you have a uterus and get your period, you are now on the personal calendar.

The first day of your period is Day 1. Test Blood on Days 12 & 21 of your 3rd month.

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