



**Leonard Clinton Williams III [REDACTED]@gmail.com>**

Mar 26th, 2023, 12:26 AM

**Re: Email for mon mar 20 2023**

**To:** "Division, Criminal (CRM)" <Criminal.Division@usdoj.gov>, civil.feedback@usdoj.gov

The hell is abating. I will be up all night. I need my adderall upped to 60 mg. I've needed this since I started having this ptsd. My new provider would probably do it. He has helped me a lot and he likes to keep things at a minimum. That's why I decided to not ask him to up from 30 mg to 40 mg, which was what we were possibly going to do. He was more than willing, but I decided to go with his goals and make due with 30 mg. I wanted to be cooperative and to help him. I feel a good bit better on 30 mg than on 20 mg. It is a massive improvement. I've consistently been able to get work done on 60 mg though.

And in retrospect, it is clear to me why it doesn't have anything to do with my heart problems. My vitals come back good and have for years, while on adderall. The main risk factor is high blood pressure. That can make your heart problems worse.

There is a doctor who says that you can reverse heart disease by going on a vegetarian diet and exercising. There are a few more qualifiers about the diet, if I remember right. This doctor claims to have many success stories. I can't remember the details about this diet, except that it sounded like torture. I would do it though.

But that's why my cardiologist didn't think a thing about adderall. He made that one comment and his focus immediately went elsewhere. It was not a concern to him.

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Warmest Regards,

Clint Williams

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