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Email for May 18th, 2023

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

My blood pressure is going down. I've been exercising every day. All I do is take a walk 2 or 3x a day. The road leading up to this apt is very steep. It will have me out of breath just walking up it one time. After I walk up it, I walk on the level ground that is up at the building or I come inside for a few minute, then I walk back down the road and up again. It is intense exercise, at least for me. I've got to get my diastolic blood pressure down, and I'm doing it. I have been taking propranolol for EPS, but for the longest time I didn't take my second dose in the evening. It is one of many things that I have trouble doing because of my impairment. My provider says that he can increase my Adderall if I get my blood pressure down. My Diastolic was at 89 last I got it checked in his facility. That number was artificially high, because I damn near had a heart attack 50x on the drive there. It is my startle response and my hypervigilance. It had me amped up. I just measured it and my diastolic is down in the low 70s. I think it is possible that I had an error with the arm band position, but if I didn't, this is a very good thing.--

Warmest Regards,

Clint Williams

(980)-[REDACTED]