

Dear Dr. [name of doctor],

I have decided that I would like to discontinue my use of [name of drug] and will schedule an appointment with you to begin the process. Since [name of drug] is a benzodiazepine drug, I understand that I will need to taper off of it over a period of time. I have looked into this subject extensively and have determined that the tapering method best supported by both clinical studies and practical results is the one developed by Prof. C.H. Ashton, Emeritus Professor of Clinical Psychopharmacology at the University of Newcastle in England. The techniques of her method are presented in her book, "Benzodiazepines: How They Work and How To Withdraw". I have included a copy of the book for you to review before my appointment with you, should you feel it necessary.

Because of its longer half-life, diazepam is the benzodiazepine used for the tapering period. Prof. Ashton's rationale for this is summarized in her paper, "Reasons for a Diazepam (Valium) Taper", a copy of which accompanies this letter.

If you have an alternative method, I will be glad to look over any peer-reviewed papers or studies, or other material you have that pertains to it.

Thank you,  
[your name]