

TRT Reddit Stories 2025

Top TRT Subreddits

r/TRT, r/Testosterone, and r/moreplatesmoredates are the main hubs where users openly discuss testosterone therapy.

First-Time Experiences

"Started TRT 3 weeks ago... energy up, morning wood back, no more zombie mode."

- u/JustTryingToFixMyself

"Had a weird high after 2nd shot, then a crash. Still adjusting."

- u/hormonehacker

Before & After Results

"Lost 22 lbs in 6 months just from having energy to move again."

- u/FitAt40

"No more brain fog, I smile more."

- u/mindbodysync

Side Effects Reported

"Acne like a teen. Switched to 2x/week injections."

- u/skintoproblems

"Mood swings early on. Estrogen blockers helped."

- u/EstroControl

Top Reddit Tips

- Bloodwork before starting and every 8-12 weeks

TRT Reddit Stories 2025

- Symptoms > numbers
- Inject every 3.5 days for fewer swings
- Don't chase high T, chase stability

Reddit-Recommended Clinics

- Defy Medical
- Matrix Hormones
- PeakTRT
- Evolve Telemed

"Defy reviewed all labs, found thyroid issue."

- u/BiohackBro

"Matrix gave custom protocol."

- u/HormoneNerd