

Fwd: Excel Male TRT Forum - Newsletter
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Mon, Jan 23, 2023 at 7:45 AM

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A summary of what has happened since your last digest

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Latest threads

Terrible Nandrolone Experience

UCFguy01 · Jan 20, 2023 at 3:11 PM · Replies: 38

So I've been on 100mg of testosterone a week for a while now. I split my doses into 50mg twice a week. My doc suggested using 50mg of nandrolone to help with joint pain. I took 25mg of nandrolone with my testosterone dose at the beginning of the week and then I took 25mg more of nandrolone on my...

Forum: Testosterone Side Effect Management

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Apply cream under armpit??

eli · Jan 12, 2023 at 5:36 AM · Replies: 36

I'm trying to apply testosterone cream on thinnest areas for best absorption, other than scrotum.

Based on my research, other areas that are also very thin like the scrotum are eyelids, armpit, around lower neck area and behind ears.

Wondering if anyone has tried the different areas?

Under...

Forum: Testosterone Basics & Questions

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The Case Against Antidepressants

FunkOdyssey · Sep 6, 2022 at 5:31 PM · Replies: 147

I decided to create a new thread to compile some of the evidence against the use of antidepressant drugs to treat depression. In my mind, the most compelling reason to avoid them is that they may worsen the condition over time, so we will begin there.

The following paper suggests poor-long...

Forum: Mental Health

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MY TRT STARTED! i would be very greatfull to get opinions and support :)

eddy99 · Jan 22, 2023 at 10:45 AM · Replies: 3

Hi lads, i read some threads here and i hope i post this in the right place if not pls correct me , im very new and would like to learn more from u . first of all english is not my first language so i hope its not pain to read through this long post.

im 33y old , weigh around 100kg height...

Forum: Testosterone Basics & Questions

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TRT bloodwork 1 year on review remotely in USA? is this possible?

surferuk · Jan 22, 2023 at 9:41 PM · Replies: 6

Hi

I am reaching out to this forum as I am in England, UK and seeking alternative advice as I am at a crossroads with my normal "average joe" doctor, who has been kind enough to prescribe me testosterone enanthate every 3 weeks for the last 12 months.

I did initially try testogel but this...

Could it be? Ageing reversed?

BigTex · Jan 21, 2023 at 6:43 PM · Replies: 7

In a recent study published in Cell on Jan. 12, Harvard scientists showed that they could manipulate and reverse the aging process in mice by generating DNA repairs.

The results of a 13-year, international study show for the first time that breakdown in epigenetic information accelerates aging...

Forum: Health & Wellness

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First responder, poor sleep for years, can't find answers.

Rykertest · Jan 20, 2023 at 2:32 AM · Replies: 48

Hello everyone, new guy to the forum here. Painfully long story short(er). 49, 220, no medications or **diagnosed** health issues. First child born with some major health issues so I've been dealing with that stress for 16 years. I am now 35 lbs overweight and working on that (CICO, higher...

Forum: Health & Wellness

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Off TRT 3 months, don't feel much different.

HarryCat2 · Jan 22, 2023 at 3:14 PM · Replies: 4

I was on TRT for about 10 years, spent a lot of time on the forums thinking that if I just kept at it and found the right doctor and the right protocol I would get some of the subjective benefits people talk about. 3 months ago I quit cold turkey, a partial list of my current labs are as...

Forum: Testosterone Basics & Questions

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Erections gone, PDE5i's stopped working, E2 related?

Farmer Bryan · Jan 17, 2023 at 11:33 PM · Replies: 21

Greetings,

I've been trying to sort this out on my own for a while, but I'm at my wits end. Really hoping someone can help me solve this dilemma.

Over the past few months erectile function has gone from being able to get really hard with the help of 12.5-25mg viagra to completely dead dick...

Forum: Testosterone Side Effect Management

[Read more](#)

Dr. Crisler, SQ, and studies?

Spetzal · Jan 20, 2023 at 1:22 PM · Replies: 24

I was watching one of the late Dr. Crisler's videos....i believe he mentioned there or in a blog that SQ injections end up raising T levels about 20% higher than same dose on IM

i.e. 80mg total weekly SQ would get results like 100mg total weekly IM

please someone correct me, as i think im not...

Forum: Testosterone Basics & Questions

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