

# TRT Survival Guide for Men

## How to Boost T, Feel Stronger, and Take Control of Your Health



**Joe Miller**  
Founder of  
1st Optimal

1st  optimal

### TRT Injection Methods Made Simple

#### Subcutaneous (SubQ) Injections

- Goes into the fat layer under your skin, usually in your belly or thigh
- Uses a small needle (less painful)
- You can do it at home with a little practice

#### ✓ Pros:

- Easier and more comfortable than big muscle shots
- Keeps testosterone levels more stable
- Fewer mood swings

#### ⚠ Cons:

- May cause mild itching or irritation under the skin

#### Intramuscular (IM) Injections

- Goes deep into the muscle, like your glute (butt) or thigh
- Uses a bigger needle
- Often given at a clinic (but you can learn to do it yourself)

#### ✓ Pros:

- Time-tested and effective
- Works well for bigger doses

#### ⚠ Cons:

- Can be painful
- Harder to do on your own
- Slightly more risk of hitting a nerve or blood vessel

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## Frequency & Examples

**Example:** You're using 200mg/mL testosterone

- 0.4 mL twice a week = 80 mg per shot → 160 mg total/week
- 0.5 mL once a week = 100 mg total/week

👉 *More frequent = more stable*

Most men feel better with 2 small doses per week instead of one big one

## ✅ Natural Testosterone Boosting Habits

Even with TRT, your body works better when you treat it right. These habits can improve your results or boost T naturally if you're not on TRT yet.

### 🔥 1. Sleep Like It Matters

- Aim for 7–9 hours every night
- Go to bed and wake up at the same time daily
- Avoid screens and bright lights before bed

💡 *Bad sleep = lower T. One bad week can drop your levels by 10–15%.*

### ☀️ 2. Get Morning Sunlight

- Step outside within 30–60 minutes of waking
- No sunglasses
- Just 10–15 minutes helps your brain boost testosterone signals

💡 *Sunlight sets your internal clock and helps testosterone rhythm.*

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### 3. Lift Heavy Weights

- Do full-body training with big movements: squats, deadlifts, push-ups
- 3–4 times a week
- Keep it under 1 hour

 *More muscle = more testosterone.*

### 4. Eat for Power, Not Pleasure

- Eat lots of protein (chicken, beef, eggs, fish)
- Add green veggies (broccoli, spinach)
- Cut down sugar, seed oils, soda, and ultra-processed junk

 *Belly fat turns testosterone into estrogen. Lose the fat to raise your T.*

### 5. Chill the Hell Out

- Take cold showers (2–3 minutes)
- Do deep breathing: 2 short inhales, long slow exhale
- Go for daily walks or hit the sauna

 *Less stress = more testosterone. Cortisol kills your T.*

### Bonus Tips

#### Watch Out for Testosterone Killers:

- Plastic bottles (use glass or stainless steel)
- Non-stick pans
- Scented sprays, air fresheners
- Too much alcohol or marijuana

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### **Final Word**

TRT isn't a magic shot — it's a tool.

The real power comes when you combine it with smart habits:

- ✓ Pick the injection method that works for you
- ✓ Split up your doses for better results
- ✓ Sleep, train, eat, and recover like a man on a mission

**Want expert help with TRT, lab testing, or performance coaching?**

👉 Book your free call at [1stOptimal.com](https://1stOptimal.com)