

# If you're depressed, anxious, lazy, low-energy, or low sex-drive, you should go to your doctor and get blood work done

88 upvotes | 12 May, 2019 | by boy\_named\_su

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So many questions on / r / askTRP about being anxious and depressed...

This guy for example, super depressed, I suggest getting Vitamin D level tested. He did, was low, takes supplements now, and is feeling better:

Really late reply, but I had to go back because I remembered this comment. I got my Vitamin D levels checked last month and found out I was deficient. After supplementing it, I feel way better than before. Thank you for recommending me to get my levels checked.

So if you're feeling the above symptoms, go to your doctor, and ask to get ALL your vitamins, minerals, and hormones checked, then go over the results with him, and discuss remedies. **Prefer a better diet,** then supplements over pharmaceutical drugs

Supplements won't fix ALL your problems of course, but they can fix many of them

Not all supplements are created equally, some are pure filler. You can use LabDoor or similar to find ones with quality ingredients, example <https://labdoor.com/rankings/fish-oil>

There is plenty of good quality scientific evidence that chemical deficiencies cause these issues, and that certain supplements in the right dosages can fix them. Examine.com is a good source of this info.

<https://en.wikipedia.org/wiki/Examine.com>

<https://examine.com/stacks/anxiety/>

<https://examine.com/stacks/depression-and-mood/>

Men used to work out in the fields 10 hours a day. That's a lot of Vitamin D. Now most men work indoors. It's not surprising that many are Vitamin D deficient

Most men used to eat fish on a regular basis. Catholics every Friday, for example. Now people eat less fish. Well, your brain needs the Omega 3s from fish. So, eat a lot of fatty fish, or try Omega 3 supplements

Good luck brothers

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Archived from [theredarchive.com](http://theredarchive.com)

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## Comments

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AutoModerator[M] [score hidden] 12 May, 2019 05:34 PM stickied comment

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jekporkins77 • 24 points • 12 May, 2019 07:03 PM

If it's low T then getting prescribed TRT will change your life

mikey7209 1 points 25 May, 2019 02:48 AM **[recovered]**

Can also cause unwanted side effects. Someone with Low T should try to raise their testosterone by natural means. Getting sleep, cut out sugar, energy drinks, lift etc... IMO

jekporkins77 • 1 point • 25 May, 2019 02:56 AM

Yeah I take my lifting pretty seriously, although I drink 2-4 cups of coffee a day

test8712 • 16 points • 16 May, 2019 08:23 AM

Two days ago I get to the lab to check my T levels. It occurs that my T level is low (11 nmol/l).

For my whole life I was suffering from anxiety and depression. My life was constant struggle. Now I finally have a hope that I can get a treatment and make my life happy.

Thank you TRP for giving me awareness of testosterone levels and its connection to ASD.

Earl\_Nightingale • 6 points • 12 May, 2019 06:47 PM

There are lot of videos about vitamins and placebo effect on YT.

I think Vitamins are bullshit, Just Marketing to get more cash.

boy\_named\_su[S] • 29 points • 12 May, 2019 06:50 PM

Okay. Science disagrees with you. Read the summaries of the studies on examine.

LIKE I SAID, prefer fixing deficiencies via your diet first.

fearofgod1 • 11 points • 14 May, 2019 01:00 PM

As a scientist, and someone who has looked in to this extensively let me give my 2 cents on this. I actually agree that most vitamins don't "work" and you SHOULD get them from diet... BUT it is quite difficult to get all nutrients from diet especially if you're in a demanding work environment etc. Also scientifically speaking it is VERY difficult to delineate between an actual effect of the supplement or placebo, and since placebo is SO difficult to control for it is very difficult to say if supplements actually work. BUT even if they work as a placebo certain supplements are definitely worth taking especially vitamin D in countries that have long winters.

GodOfDinosaurs • 1 point • 14 May, 2019 01:57 PM

Question - how is placebo difficult to control for? Can't you just have a placebo group and then check the difference between the control and test groups?

fearofgod1 • 2 points • 15 May, 2019 01:34 AM

Maybe I phrased that incorrectly, I mean the difference here between a placebo control and taking the supplement is very small, typically the case with supplements. So typically patients who are on placebo exhibit similar uplifting moods as those taking the supplement, so it becomes difficult to delineate between the two patient groups.

MachoAlpha • 8 points • 14 May, 2019 03:31 PM

Yeah but you are unaware that vitamin D is actually a hormone and not a "vitamin" like the others. that's just the historical name because they discovered at the same time with other vitamins and didn't understand the role of the substance in our body. Also the purpose of the white skin is to produce more vitamin D by increasing sunlight absorption in the northern regions of Earth so yeah vitamin D is ESSENTIAL for the human body to work properly. I think in the upcoming years we are going to see a revolution in understanding about how modern indoors life and lack of vitamin D affects many aspects of our life

umizumiz • 3 points • 17 May, 2019 11:01 PM

I'll be fucked...

Going to read up on this, I had JUST started taking Vitamin D3 this week after reading about it here.

awsumsauce • 2 points • 23 May, 2019 10:00 PM

Don't forget to research vitamin K2 and why you should always take it with D3 (it makes calcium end up in your bones and teeth where they belong instead of your arteries etc.)

umizumiz • 1 point • 24 May, 2019 04:11 PM

Oh wow, thank you. Very interesting... It's amazing what having a healthy diet alone can do for an individual. Someone living on bagged foods would have serious deficiencies in what seems to be a myriad of vitamins and minerals!

whutyomamado • 5 points • 16 May, 2019 04:41 PM

This is pretty important. I was in normal range for everything. But I felt depress and made little gains in the gym despite destroying myself. So I started trt and I'm wat better off. No more depression. Clear headed.

With a little viagra (I get nervous when I have sex, and it helps) I went for 5 hours last weekend. I've only had sex ~10 times. And 4 of them was during those 5 hours. I mean we were going at it like animals but I only nut 4 times. After that I couldn't climax but fucking her felt amazing. I kept going until she was begging me to stop cause she couldnt stop cumming.

Not trying to toot my own horn.

Tldr; trt is great. But it's a lifetime commitment.

Comebackstronger • 1 point • 28 May, 2019 04:36 PM

My testo was 3,11 ng/ml 3 years ago, was on Levothyroxine 50 mcg back then, now Im on 125 mcg, but I dont think my testosterone has climbed a lot. I have almost 0 libido and Im not even interested in girls anymore. Like pretty girls do nothing for me. And still tired all the time.. The thing is, no doctor would

prescribe me TRT.. Im too young and its probably not low enough..

whutyomamado • 1 point • 29 May, 2019 04:01 PM

Try visiting endocrinologists or go with defy medical. They have a great team.

[deleted] • 8 points • 14 May, 2019 12:30 PM

I feel the same way eating junk food for months as I do eating "healthy" placebo tbh

TheConditionedMale • 2 points • 17 May, 2019 01:27 PM

I feel mostly the same too, but a year or two down the road I start to notice a somewhat big difference in my health. I'm in my early 20s, and I would imagine that the difference would be greater the older you are along with genetics, and habits probably also play a large role in this.

thedrray • 2 points • 17 May, 2019 04:03 AM

Sometimes it might be your diet. Fix that shit.

TheConditionedMale • 3 points • 16 May, 2019 07:34 PM\*

Vitamin D is really underrated. First off it's not even a vitamin it's a fucking hormone.

We should all know/have an idea how big of an impact hormones have on our bodies.

It has had amazing effects on me. Eating healthier helps to prevent you from getting sick, but Vitamin D does a lot to stop yourself from getting sick [Personal experience results may vary]. It has also almost cured me of asthma [Note: this is personal experience and others may find different results].

I originally started taking it due to having acne long story short it does seem to make my skin better, but wasn't an acne cure for me.

Best part about this is that Vitamin D supplements are only \$15-\$25 for a year YES 365 day supply from Amazon. You could even get it for free by going outside with no shirt on when it's sunny out.

So Vitamin D is really cost effective.

Now the dosage is when things get tricky. I did some research and would encourage you to do the same. The recommended dose is usually around 800-1200 IU (sometimes less 200-600 IU) and some recommend 3,000-5,000 IU.

Me personally when I first started I used 25,000-50,000 IU and only saw benefits. Also when I fell like I'm about to get sick I will use up to 100,000 IU now of days I use 10,000-30,000 IU every now and then, and when I feel sick/about to get sick I will hit 100,000 IU. - I'm actually considering using 10,000-30,000 IU every day again.

I would suggest to do research I came to this conclusion from reading a book on Amazon and doing a Google search on how much Vitamin D we get during the day (I believe it said 40,000 IU, or more for an 8 hour day). Since I'm inside all day and when I go out I'm wearing clothes I figured I needed more (since I'm was assuming I had a vitamin D deficiency) . Also there are studies in which people use high doses (100,000 IU and even saw one for 300,000 IU I believe).

Either way you can get 5,000 IU and 10,000 IU pills from Amazon in year supplies. I would highly recommend trying it. Also during the summer time if I'm outside enough I don't even use it the sun is plenty for me.

Edit: Had to put the D after vitamin - Also added in a few things.

TheGweatandTewwible • 1 point • 17 May, 2019 05:30 AM

Do you have a recommended brand?

Something I started to realize was that whenever I started to feel sick or anxious, a walk on a sunny day will almost always get me feeling better. I also used the supplements when I was about to get sick and got a lot of benefit from that.

Just as a side note, a good thing to do when your about to get sick is to eat a big onion, garlic, carrot, kale and lettuce salad. Add pepper and spicy mustard and I promise you that shit will make you feel better. Go crazy with the ingredients (except the mustard). Ginger helps, too.

TheConditionedMale • 1 point • 17 May, 2019 01:10 PM

For the most part they are all the same. Read the label and make sure it's Olive oil, or coconut oil instead of soy.

I've used a few brands currently using Healthy Origins (10,000 IU) it's good, but the pills are bigger than they should be. I started with Nature Wise 5,000 IU. Either way they are all around the same price from Amazon.

nodepostgres • 1 point • 14 May, 2019 05:02 PM

I'd highly recommend anyone with these symptoms to also do blood work for Free T, Total T, SHBG, and E2. If you have issues here addressing them can change your life.

volvostupidshit • 1 point • 19 May, 2019 08:24 AM

Is this a specific bloodwork or just a normal bloodwork will do?

bluepillcarl • 1 point • 6 June, 2019 05:38 PM

My free t level was 32 pg/ml and I'm 35 years old. I'm wondering if I should go on trt or go with some kind of diet change first.

mgtowcope 1 points 12 May, 2019 06:31 PM **[recovered]**

I saw a doctor for all of these symptoms, they said its low b12. I took b12 for about a month with no results. So i stopped and nothing has changed since. Supplements/vitamins are bullshit.

boy\_named\_su[S] • 5 points • 12 May, 2019 06:49 PM

Sorry that didn't work for you. I had a b12 deficiency, take supplements, and have no deficiency in latest blood test

Try to fix your deficiency via diet first. Clams, mackerel, crab and organ meat are high in B12