

DIY HRT: Everything I Can Legally Tell You

SOURCES

*(best starting points are in **bold**)*

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[Michael McGrady Jr., "Censoring Online Pornography Is A 2024 US Presidential Election Issue", Tech Policy Press](#)

[Project 2025's "Mandate for Leadership"](#) (relevant stuff is on page 5)

J. H. Henriksen, O. B. Schaffalitzk, "Secretin, its discovery, and the introduction of the hormone concept", Scandinavian Journal of Clinical and Laboratory Investigation

Paul Chrystal, "In Bed with the Romans"

[The History of Estrogen](#)

Elizabeth Siegel Watkins, "The Estrogen Elixir: A History of Hormone Replacement Therapy in America"

[Jules Gill-Peterson, "Doctors Who?", The Baffler](#)

[Ruby Lott-Lavigna, "A Gender Identity Clinic Saw Just Two New Patients in the Whole of 2020", Vice](#)

[Kim Harrisberg, "Facing hormone shortages, South Africa's trans men try black market", Reuters](#)

Caitlin E. Kennedy et al, "Self-administration of gender-affirming hormones: a systematic review of effectiveness, cost, and values and preferences of end-users and health workers", Sexual and Reproductive Health Matters

[Tyler Santora, "Ignored by Doctors, Transgender People Turn to DIY Treatments", Undark](#)

["Growing threat from counterfeit medicines", Bulletin of the World Health Organization](#)

["Does Wild Yam Root Have Any Benefits?", Healthline](#)

[**Chloe Xiang, "A Sketchy Website Advertised Fake Hormone Pills to Trans People. Then, It Disappeared.", Vice**](#)

Sakditat Ittiphisit et al, "The Real-World Characteristics of Gender-Affirming Hormonal Use Among Transgender People in Thailand", Sexual Medicine

[**Beng Emmanuel Kum, "No legal prescription": How trans women in Cameroon are accessing hormones", Minority Africa**](#)

["Prescription drug offences", legalline.ca](#)

["Buying drugs online", Canada.ca](#)

["Federal Alcohol and Drug Penalties", Standard College of Nursing](#)

"List of Drugs Prohibited from Selling Online", National Medical Products Administration

[**Katie McCreedy et al, "State Policies Regulating Law Enforcement Access to Prescription Drug Monitoring Program Testosterone Prescription Data", JAMA**](#)

["Anabolic Steroids Are Easily Purchased Without a Prescription and Present Significant Challenges to Law Enforcement Officials", Government Accountability Office](#)

[Giuliana Grossi, "Suicide Risk Reduces 73% in Transgender, Nonbinary Youths with Gender-Affirming Care", HCPLive](#)

The ongoing Dutch study I mentioned, [Addition of progesterone to feminizing gender-affirming hormone therapy in transgender individuals for breast development: a randomized controlled trial](#)