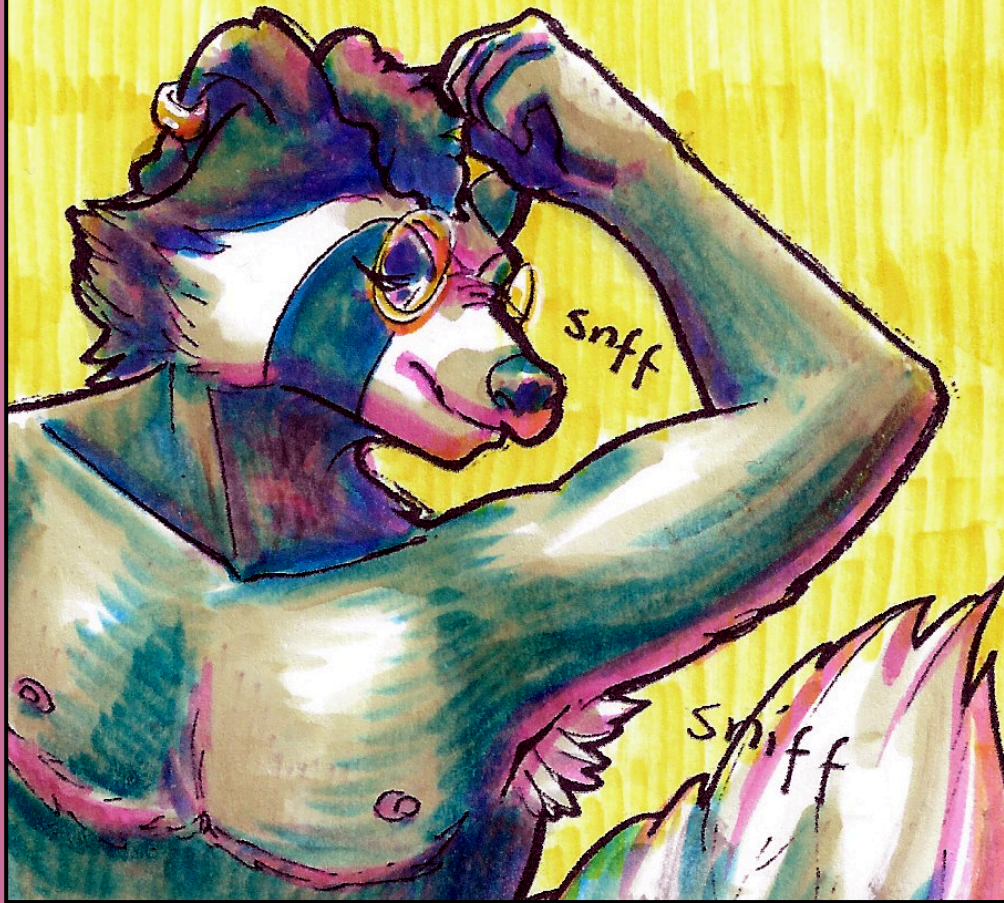


Volume 1 Issue 3 - April 2024

# T!

a zine  
about  
testo  
sterone



**STRENGTH, LOVE & WHIMSY**  
**HORMONAL HEADACHES**  
**APOCALYPTIC VISIONS**  
**BIG QUESTIONS**

**CHANGE & REVERT**  
**THE GIFT OF ANGER**  
**PERSONAL GROWTH**  
**HAIRY LEGS**

**T!** is edited and designed by Bryn Rowan with support from this issue's contributors.

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*the t in my body* by Mona and the back page image are published under a CC0 license.

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cover image: a marker drawing of an anthropomorphic badger with round glasses, an ear piercing and top surgery scars appreciatively sniffing his own armpit. taken from *A New Stage of the Journey*

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## editor's note

In the UK, where I live, trans people and our comrades are still reeling from the release of the Cass Report, a review of puberty blockers and hormone therapy for under-18s that's spelling the end of hormonal treatment for young trans people. It's been described as deeply flawed as a medical review, but it's undoubtedly been wholly successful in its political aims. It was never really about the wellbeing of GNC children. The response from the trans community has been swift and angry.

At the same time, many of the pharmaceutical hormones trans people use are being produced in genocidal settler-colonial states such as Israel and the US. I mention this not to shame us or to suggest we should stop our HRT—a boycott must be organised on a large scale, and a few of us stopping our hormone treatment would have negligible effect on anything except our own wellbeing—but to stress that we need to envision a world where both the production and the distribution of our treatments occurs without exploitation or cruelty—and to work towards that world.

On a lighter note, is anyone else unable to stop thinking about Kristen Stewart saying she'd grow a little moustache and a happy trail if she could? Kristen, if you're reading this, I've got good news.

**Aaron**

I just recently finished watching *These Thems*, which is a queer comedy webseries starring Vico Ortiz from *Our Flag Means Death*! It was very cute. Also wanna shout out the comic *What Happens Next* because it is evilly on point for the weird dynamics of queer communities.

## currently loving...

here's what our contributors  
are enjoying right now

**Felix**

Very much enjoying the book *None of the Above* by Travis Alabanza, music by Tessa Violet, and the cartoon *OK K.O.*

**Mona**

I'm in love with *nirvanna the band the show*. It's a very creative and hilarious comedy show about two best friends trying to book a show that blurs the lines between reality and fiction, while also telling a very moving friendship drama in between all the jokes. There's a lot to love about it, but most importantly, it's a show that really makes you want to express yourself regardless of how silly or ridiculous you may appear to others, and there's something so very queer, neurodivergent and artistic about that.

**Liam**

Currently I can't get enough of playing with my instance of Shaarli. It's a self-hosted bookmark manager and sharing service. As self-hosted webservices go, it's very light and it does everything I could ask something managing bookmarks for me to do, and *nothing else*.

## Swanchime

*jujutsu kaisen* is so important and immense to me it is untranslatable and the official english translation of it does such a grave injustice that i would like to personally spit in the eye of the translator who made the executive decision that a 呪術師 = a sorcerer, as if this is *harry potter and the sorcerer's stone* or a *dungeons and dragons* class. (my personal flavor is "curse [technique] practitioner.") anyway it is probably the story that i treat as a prediction of what will come to pass in my own understanding of my trauma surrounding [childhood] violence and death due to the fact that i internalize and ingest my own trauma like geto suguru ingesting curses in such a similar way as *jjk* with such a hermetically sealed symbolic lexicon i have never seen in anything else. embedded in the narrative inside the narrative of *jjk* is a depiction of such hyperrealistic violence and trauma that is utterly invisible to those with the privilege to look away, or to think of such things as 'a mere fiction.' it is everything to me.

## Tamsin

I'm in love with the *Worlds Beyond Number* podcast: four incredibly wholesome, talented people tell an improvised story involving witches, wizards and a loveable fox. I cherish it. I've also been reading *The Dawn of Everything* by Davids Graeber and Wengrow, and it's completely changed my ability to imagine a future for humankind, for the better.

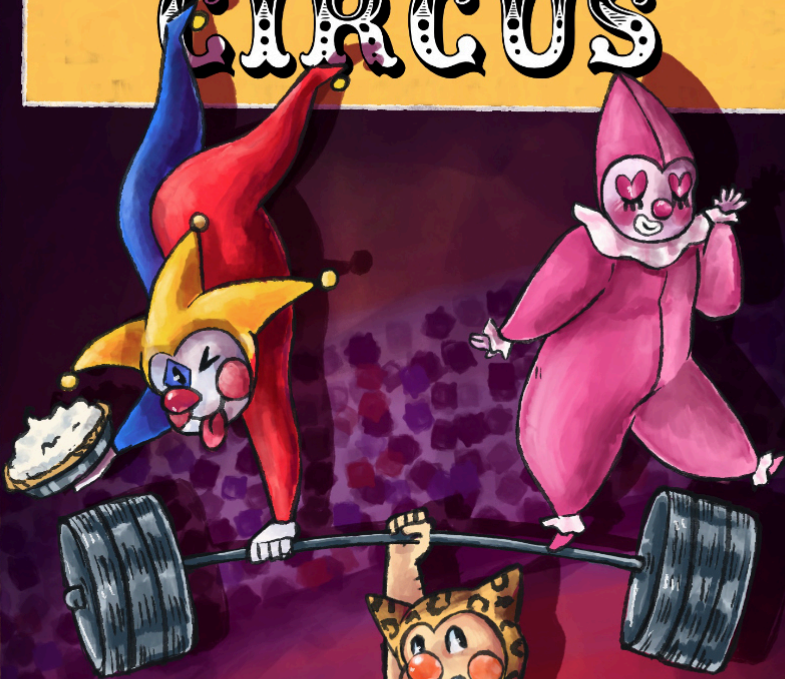
## Lee

Been really enjoying Alexander Avila on YouTube, particularly the video *Did feminism FAIL men?*

An older favorite, but I can't stress enough how much I love the essay *pronouns aren't gender; please get better at looking at birds* by Kirby Conrod. And this one is really solid too: *put a coin in the pronoun jar*. And all of their work, really.

I'm not finished reading it, but *What's Your Pronoun?: Beyond He and She* by Dennis Baron has been really informative. It highlights that pronouns have been politicized before - most notably during fights for women's suffrage - and what we see as "new" really isn't.

# TESTOSTERONE CIRCUS



WITNESS FEATS OF  
**Strength**  
*love &*  
**Whimsy**

Ask how  
you can  
join!

FR

# FELIX SUNFLOWER

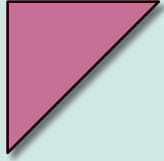
**page 6 image:** a poster for "Testosterone Circus" captioned "Witness feats of strength, love & whimsy. Ask how you can join!" the cartoon illustration shows a smiling performer in a leopard-print leotard holding up a huge barbell with one hand. on one side of the barbell a winking jester does a one-handed handstand and holds a pie in the other hand. at the other end of the barbell a clown all in pink balances daintily.

**author image:** a portrait in acrylic paint. it is a peaceful clown face surrounded by sunflower petals on a blue background.



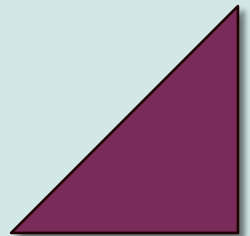
## ABOUT FELIX

Felix Sunflower is an artist, writer, and silly guy. Find him at [felixfiles.com](http://felixfiles.com).



swanchime thien

**t, and  
other  
things  
that  
did not  
like me  
(including  
me)**

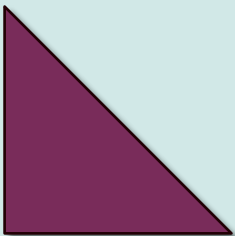


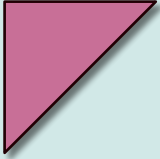
a zine about testosterone

*the following piece  
contains references  
to sexual abuse and  
medical misconduct*



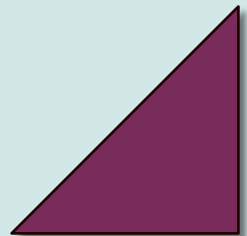
- here is a list of things i am  
and things i am not.

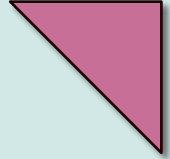




you could consider me the lump sum of all the hormones in my body and all the hormones it has rejected, among which are testosterone, but i equally cannot tolerate insulin due to a severe pancreatic condition likely caused by, ah, my body 'keeping the score' of every trauma it has endured.

testosterone dropped my voice to the richly seductive and deeply androgynous register it is at now and it was one of the only things that let me have any claim whatsoever to my body for however long i was on it.

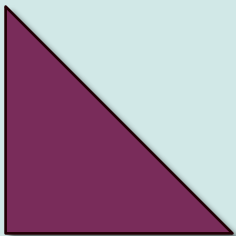


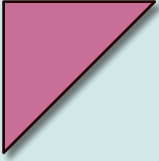


i started t young,  
at 18.

my pancreas ended it  
for me young, too.

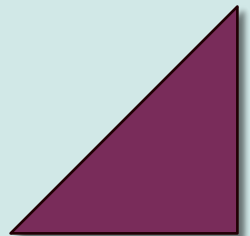
i am still young at 26, but there are  
those who remember me as a  
particular little devil who think i have  
now lived too long.

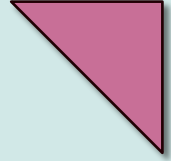




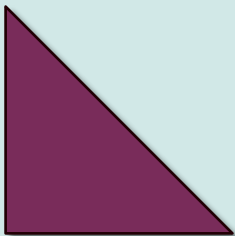
what did testosterone do for me? it changed my body; and then my body reversed, and i changed my body, i still change my body again and again.

tattoos, piercings, hair bleach, hair dye, a jade bracelet i'll have to crack to pieces to get off my wrist, a gold lemniscate serpent i wear on my chest next to quan am.

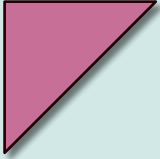




t changed my body during the time i was afforded very little control over who i was or who i wanted to be; the people that helped me get on it in my community i thank greatly for keeping me away from that first t-prescribing endo who showed up in the news, losing his license for 'sexual misconduct'.

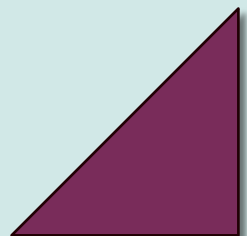


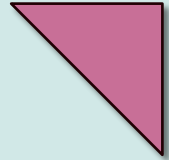
i was vulnerable and young and alone, but i made sure never to be alone with him.



- t for me was a temporary and beloved mechanism that i used to change my body and that granted me a respite and the ability to 'modify my character sprite' during the time i was roleplaying the worst (un)imaginable horrors that to this day it's a SURE; MAYBE if people believe the truth that i say.

- i am grateful for t giving me my voice, and i have no regrets about my pancreas becoming too destroyed and hostile to any exogenous hormone (INCLUDING INSULIN; BIRTH CONTROL) to tolerate HRT anymore.





t gave me my voice that even my violencers could not rip away from me.

for that i am grateful.

i thank t. but i hardly consider it what made myself me.

i made myself me.

**author image:** a selfie of a Vietnamese person with a small roundish face, big eyes, and circular glasses



## ABOUT SWANCHIME

swanchime is a bilingual 日本語/ENG viet ghost, an emperor, a curse, and not just a curse but the worst. your local traumatic/erotic game developer from the peach pits of hell. cute and fucking hilarious as well.

[@swanchime@peoplemaking.games](mailto:@swanchime@peoplemaking.games) on mastodon and [swanchime.itch.io](https://swanchime.itch.io) (though you may know me as [feyxuan.itch.io](https://feyxuan.itch.io)) also always reachable at [pancreas@pancreas.gay](mailto:pancreas@pancreas.gay)

# Ezra Wu

TESTOSTERONE GAVE ME  
MY ANGER  
BACK



**page 16 image:** a watercolor painting. a person cradles a small flame in their hand. its glow and its beams bring color to the gray of their skin, hair, and clothes. their smile is soft and kind.

above, in handwriting, "testosterone gave me my anger back"

**page 17 artist image:** a digital drawing of a person's bust. many glowing white flowers bloom on their head, and among them sprout dark antler-like branches



## ABOUT EZRA

Ezra Wu (they/them) writes stories, makes art, and fights code at [nebulos.space](https://nebulos.space)

# HORMONES AT THE END OF THE WORLD

TAM SIN ISOLDE  
NORTHWOOD

I was 30 when I leapt straight from Narnia out into the real world, skipping the closet almost entirely. I went from naïve, cis-identifying little fool to very-gay and very-trans so quickly you might have thought it was a full moon. I was sporting a prodigious beard at the time, which seemed to be sustaining itself by sucking the life out of my hairline. What I saw in the mirror made me want to mainline oestrogen into my veins.

And yet, I never hated my testosterone. It was doing the best it could for me, before I fired it and hired a newer, sex(ier) hormone. Sex hormones aren't just about boobs vs chest hair,

after all. All of us tend to have a little of both, and they do a lot for us. They support our cognition, our mental health, our bone density, building muscle... but you can read Wikipedia for yourself. I'd always been a gym-goer, a rock climber, and I hoped that in any gender role I would continue to be strong and active.

But you don't need testosterone to be strong and active. I could point you to any number of studies, but it would be more fun to direct you towards the latest season of *Gladiators*. So, what's the problem? The problem, precious reader, is the apocalypse.

I thought about the apocalypse from time to time before coming out. It's hard not to, with the news, the weather, and how Elon Musk's power seems to be directly proportional to his absurdity. But transitioning made me really think about it. I mean, how can you not have a constant sense of dread as a queer person in the midst of the culture wars?



See, one person's apocalypse is another's Tuesday. There are so many potential looming disasters that you can just be

blissfully unaware of as a cis person. It wouldn't even have to take active malice—just some misguided attempt to "protect the kids" or whatever by cracking down on unregulated sex hormones and bam, there goes my access. At this point, who knows if I can produce enough testosterone to be healthy anymore? I certainly won't be holding my breath for the NHS to help me out.

And then there's the actual apocalypses. Climate breakdown, nuclear Armageddon, fascism 2.0... Mad Max may be a utopian vision of a queer paradise for some (I mean, look at those outfits) but they all look

image: the Doomsday Clock, the stylised upper left quarter of a clock ticking towards midnight

a bit busy to be synthesising sex hormones for my benefit.

I love oestrogen. I love all it's done, and is doing, for me. Being able to cry a lot is the win for 2023 I didn't know I needed. But there's some things it won't do. It won't form naturally (in large quantities) in my body. It won't stick around if global supply chains collapse. It won't ever alleviate my anxiety that my transition, and possibly my bodily health, rely on a precarious system of interlocking technologies and complex social arrangements that is unprecedented in history—and who knows if it's here to stay.

B u t  
testosterone  
can. My body's  
testosterone.  
Looking back, there was  
no way I wasn't going on  
hormone replacement  
therapy, but I'd be lying if I said  
I didn't hesitate. I'm a vegan—  
everything else I put in my  
body literally grows on trees  
(or bushes or... you get it), so  
voluntarily becoming forever  
dependent on something that  
has to be made in a lab was a  
big moment—a moment for  
reflection.

Maybe this precarity is an intrinsic part of the trans experience. And maybe it's not all a bad thing. I know it's a cliché to say it makes you appreciate the things you do have but... yeah, it does. I do appreciate that, even if I was on the "wrong" sex hormone growing up, it at least kept me healthy until now. That can't

be all that wrong, can it? It patiently kept me alive to the point I could figure this gender stuff out, and it's still there, in smaller quantities, still doing its thing.

I'm not going to finish this by saying something as platitudinous as that we should all be grateful for the hormones we got. Gratefulness is important, but so is empathy, and rage. Queer rage. Hell, I don't even have it that bad—synthetic testosterone is actually illegal in this country without a prescription; many of those things I worry about are a living reality for others. That makes me angry.

Nor do I have a neat way to tie this up. Sometimes injustices don't have obvious solutions. It's hard to imagine a world where I didn't feel this precarity, but it would have to involve a whole lot less war and a whole lot more socialism. Giving up my testosterone has made me more reliant on other people, in ways that are impossible to ignore. It has made me more conscious of how we all rely on each other, and more empathetic to those who depend on others in different ways. Thinking about it, you know what? I'll take that trade.

**author image:** a photograph of the author in a denim shirt, grinning at the camera, against a blue background



## ABOUT TAMSIN

Tamsin Northwood (she/they) is a gay transfemme, vegan, DIYer, ADHD-haver, PhD dropout, liability, and enemy of the state (in theory). She enjoys tabletop role-playing games, mountains and sincere people. A proud late-bloomer, she is taking time to ponder new directions. She can be sent memes and all else at [tamofthenorth.inilo@8shield.net](mailto:tamofthenorth.inilo@8shield.net).

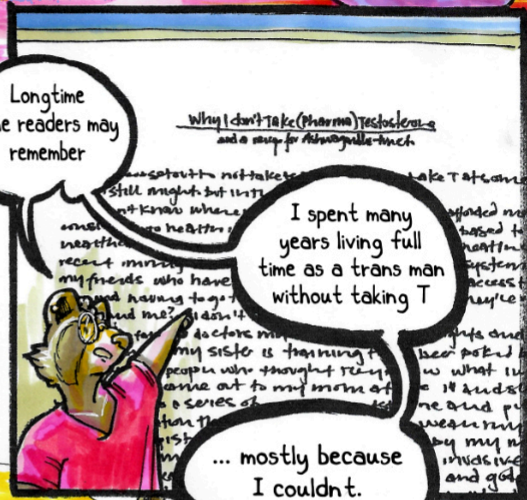
# A NEW STAGE OF THE JOURNEY

by Aaron El Sabrout

CW: depictions of needles and discussion throughout



I started taking testosterone recently ...



Longtime zine readers may remember

Why I don't take (Pharm) testosterone and a recipe for Abnormality-Inch

I spent many years living full time as a trans man without taking T

... mostly because I couldn't.



But as I grew up and my life changed ...



... so did my access.

Its been a bit of an adjustment,



but I've got my own routines and rituals going now.



I'm grateful to my community



for showing me the way ...

and to my online friends



for being punk



DIY as hell

and thriving!







That's what I love about herbal medicine.



The immediacy,



the relationship,



the closeness.



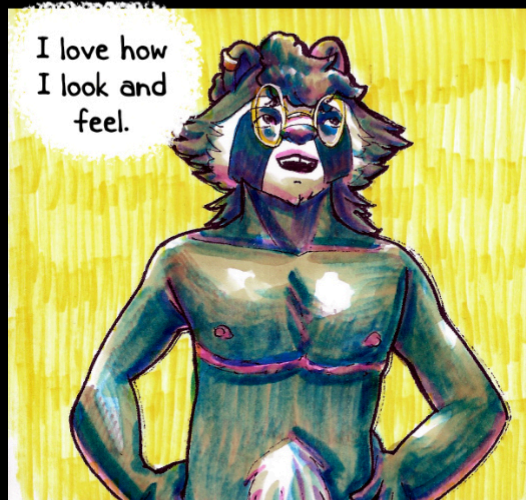
I'm grateful for what ashwagandha gave me.



I still recommend it all the time for folks who can't or don't want to take HRT.



And it's still a huge part of my life ...



**comic description:**

Page 1

Title: **A New Stage of the Journey**

Subtitle: **by Aaron El Sabrout**

CW: depictions of needles and discussion throughout

Background image: a mountain range in the desert.

*Panel 1:* Harun, an anthro badger boy, stands in front of a mirror, showing you a bandaid on his belly.

Narration: "I started taking testosterone recently..."

*Panel 2:* Harun points to an article entitled "Why I don't take (pharma) testosterone", which was published in **T!** issue one.

Narration: "Longtime zine readers may remember I spent many years living full time as a trans man without taking T... mostly because I couldn't."

*Panel 3:* A series of depictions of Harun at different stages of growth climbing the mountain range from the title graphic. The young versions have disembodied violet hands holding them back from out of frame.

*Panel 4:* Exterior scene of a community health center, framed from across the street.

Narration: "But as I grew up and my life changed... so did my access."

Page 2

*Panel 1:* A bathroom sink with injection supplies laid out on a napkin.

Narration: "It's been a bit of an adjustment, but I've got my own routines and rituals going now."

*Panel 2:* Harun is singing holding a needle and a vial of medicine.

*Panel 3:* interior of a community center type space with a bunch of queer anthro animals sitting around a table. Harun is in the center, with the injection supplies laid out on the table. One friend is giving instructions, another is taking video.

Narration: "I'm grateful to my community for showing me the way..."

**comic description continued:**

*Panels 4-6* are a series of portraits of other creatures taking HRT! One is a dog with T gel on his shoulder, another is a bat with a bandaid on their belly, and the third is a rat who has decorated their injection scar with a drawing of a heartless from Kingdom Hearts.

Narration: "... and to my online friends for being punk, DIY as hell, and thriving!"

*Panel 5:* decorative border of injection supplies: a syringe, a bandaid, a vial of testosterone, and two needles.

**Page 3**

*Panel 1:* This panel takes up most of the page. It depicts Harun looking in a mirror, while painting a self portrait, viewed from behind. The only gaze we can see is his eyes in the mirror.

Narration: "I've also been thinking about what this means... Why do I want to do this? Would I still if transphobia wasn't a thing? Is this what makes me really trans? Do I have to do this forever now? Where does this stuff even come from?"

*Panel 2:* Harun sighs ("phwoooo").

**Page 4**

*Panel 1:* Close-up of Harun's hands harvesting self-heal (prunella vulgaris).

Narration: "That's what I love about herbal medicine."

*Panels 2-5:* Harun makes tea, drinks tea with a bunny friend. Harun gives them a bottle of boy juice, and the two hug.

Narration: "The immediacy, the relationship, the closeness."

*Panel 6:* Harun is doing press-ups in the park.

Narration: "I'm grateful for what ashwagandha gave me."

*Panel 7:* He's singing in the car.

Narration: "I still recommend it all the time for folks who can't or don't want to take HRT."

*Panel 8:* Harun is in the bathroom holding a bottle of boy juice.

Narration: "And it's still a huge part of my life ..."

**comic description continued:**

Page 5

*Panels 1-2:* Harun is in a wrestling ring, pushing himself off the top rope over the head of a donkey dude. SFX: "Ka-whoosh!"

Narration: "...but I can't deny what T has given me already."

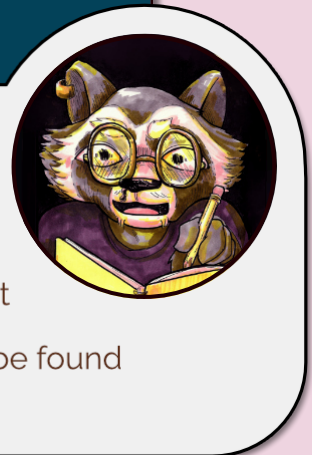
*Panels 3-4:* Harun stands shirtless. He smiles and sniffs his armpit. SFX: snff sniff

Narration: "I love how I look and feel. So for now I'm really grateful that I get to have this experience."

*Panel 5:* close up of Harun's palm holding a vial labeled Taro Testosterone Cypionate 100 mg/ml. The colors are all glowy and iridescent.

Narration: "Who would have known something so small... could change everything?"

**artist image:** a drawing of an anthropomorphic badger in glasses writing in a notebook



## ABOUT AARON

Aaron El Sabroust is an Egyptian trans man currently living on Stz'uminus Nation territory (Hulq'uminum Treaty Group). He is a writer and artist, an abolitionist lawyer, and a student of plants and herbal medicine. His website is [aaronelsabroust.myportfolio.com](http://aaronelsabroust.myportfolio.com), and he can be found @toreachpoise on most social media.



WILLIAM "LIAM"  
WOODARD

I remember when I was very young, hearing about a treatment for migraine headaches on the television and asking my mom, "How do you know if you are having a migraine, or just a headache?" She replied, "If you ever have one, you'll know."

In later years I'd regret asking, as it felt like the universe had decided to answer my question as vividly as possible. Light and sound sensitivity and a level of pain that would nearly numb out

my ability to feel it. I'd find myself hiding in my bedroom with the lights off and a pillow over my ears. I was lucky that it didn't happen all that often, every other month or so, more when things were stressful. They'd typically last a few hours, though sometimes would make a trade-off: less intensity, but lasting for days.

Decades into regular migraines, I realized that I'm a transgender man. I was lucky and managed to get onto testosterone within months of my "egg crack" moment. I'd done a lot of research on the effects of testosterone, and knew what I was getting into. I was surprised though, when I realized three

**image:** "Me on T = Migraine Free" written in multicoloured chalk on a pavement

months in that I hadn't had a migraine in some time. I was astonished when I hit six months with no migraines. I've been on testosterone for over a year as of the time of writing this and have had exactly one migraine during that time... the one week where due to logistical hang-ups I didn't have access to my testosterone (which I take weekly). Two days past my normal injection day, I was back to hiding in my bedroom.

Now, I'm not a doctor. I also know that the amount of background stress in my life decreased dramatically when I started my transition, and that stress is a known migraine trigger. But I'm the type of person who loves to find out the whys of things, so I started talking to people about it, asking for their experiences.

It turns out that I know several people who have taken testosterone as part of their transition who had migraines before taking it, and not after.

I've met people who weren't taking testosterone that had migraines decrease in severity when on androgen boosters.

I've talked with at least one person who, as part of her transition, took HRT to suppress her testosterone and had her migraines stop.

“ I was astonished when I hit six months on testosterone with no migraines.

Fascinating answers, but that's all anecdotes, not science.

So I took to PubMed.

I found a bit of research here and there, it was difficult to get a real view of the scope of research that has or hasn't been done. Then I found one particularly good meta-analysis that laid out the state of research on the connections between sex hormones and migraines as it currently stands.<sup>1</sup> I was particularly glad to see that it acknowledged that gender minorities had been largely overlooked in the research and that the evidence we have to work with has mostly been categorized into two datasets labeled "Men" and "Women". It highlighted that these studies hadn't separated the societal constructs of gender from biological factors, and points out that this practice limits what we can learn from the studies. It

doesn't say that we're mostly left guessing that they were most likely sets of cis people, or at least those willing to categorize themselves into those binaries when presented with no other option, excepting the few studies specifically looking at trans people, but that's what I drew from it.

Here's a quick run down of what scientific study seems to have revealed:

We know that people in the category "Women" report having migraines more than those in the category "Men", by a lot. We know that many, possibly most cis women that have migraines suffer from menstrual-related migraines, either as the only migraines they suffer or among other migraines as well. We have some evidence that estrogen withdrawal as part of the menstrual cycle seems to place those people into a state where they're more prone to migraines, but it doesn't seem to be a direct migraine trigger.

There have been a few studies looking into treating cis women who have migraines with androgens, which while small and with enough uncontrolled variables to leave things inconclusive, did show improvement in symptoms.

We've seen a study or two indicate that cis men who suffer

from migraines tend to have lower-than-average testosterone levels.

It's fairly clear at this point that going on transitional HRT, whether to increase androgens or estrogens, impacts migraines. How... we don't really know yet. The studies are so small that they're not really any more than the anecdotes I collected, but doctors collected that set of anecdotes from patients, wrote them down and published them as a formal, scientific paper. In either direction there are reports of people starting to have migraines where they hadn't had them before, and reports of people having their migraines decrease in frequency, severity, both, or stop altogether like mine did.

Using sex hormones to treat migraines has been fairly heavily discouraged. One factor that was mentioned in the paper I found is

“ How transitional HRT impacts migraines... we don't really know yet.

“ There’s a real societal reluctance to experiment with “cross-hormone” treatments.

that taking estrogen was found to be linked to certain kinds of strokes, ones that migraine sufferers are already statistically more likely to have. According to this paper, the connection between strokes and estrogen has since been found only to occur in cases where the dosage is over a certain amount, and there's really no reason not to look into treatment with it in dosages closer to the levels frequently prescribed now as part of birth control.

I'd hazard a guess that, while fears of increasing stroke risk are an incredibly valid reason to avoid further research on estrogen as a treatment for migraines, there are other, more societal reasons at play for why there is still no specific, approved treatment for menstrual migraines, and why there's so little research into other hormonal migraine factors.

For one, science has a long history of downplaying "women's issues" and just... not addressing them. This is a known phenomenon, and I'm not going to dive into it further than to acknowledge that, given the disparity of symptoms between sexes in the general population, it's almost certainly in play.

Additionally, I think that there's a real societal reluctance to experiment with "cross-hormone" treatments. Testosterone has been so equated with aggression, dominance, and violence that there is an obsession with "warning" others about anyone presenting as a woman who has evidence of testosterone-induced secondary sex characteristics. This happens despite the fact that all healthy endocrine systems have both androgens and estrogens, and that the levels to which those traits appear in people vary widely, even within cis populations. The existence of the trope of the circus sideshow "Bearded Lady" as a "Freak" is a reason in and of itself that cis women may be averse to the prospect of taking testosterone. Beyond the risk of societal alienation, I think that in a world where for so many gender is irrevocably linked to hormonally-induced sex characteristics, it may be impossible to research "cross-hormone" approaches to

treating migraines on a large scale. Potential research candidates may be just too likely to find the risk of acquiring traits that may be gender dysphoria-inducing too large.

I'm happy to read that there's the possibility of more research in the near future into treating migraines with whichever primary sex hormone a patient's body has more of, and I wouldn't be surprised if it turns out that further research into how trans care impacts migraines results in a better understanding of how sex hormones impact migraines generally, with resulting improvement to cis migraine care as well.

My curiosity has not been sated, so I will be looking forward to seeing more data as the research happens.<sup>2</sup>

It may be a stretch to believe it's possible, but I also hope that one day we may separate our cultural understanding of gender and of hormonal effects enough that we can expand our range of options for treatments for all sorts of conditions wherein those hormones play a role.

### Footnotes

1. Ahmad, S.R., Rosendale, N. *Sex and Gender Considerations in Episodic Migraine*. *Curr Pain Headache Rep* 26, 505–516 (2022). <https://doi.org/10.1007/s11916-022-01052-8>.

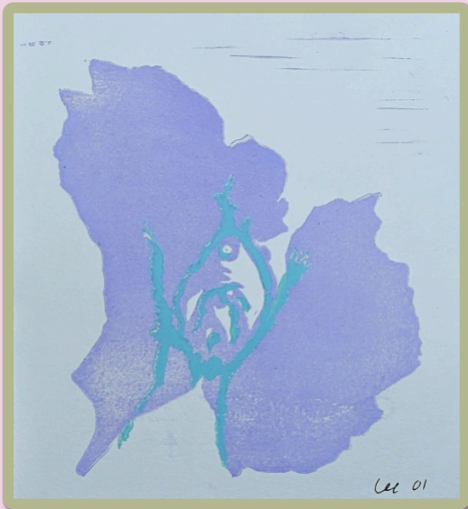
2. To keep up with what I find useful on the subject, you can subscribe to the RSS feed of my link aggregator's "migraine" tag. <https://where-is.whirling.top/index.php/?searchterm=&searchtag=s=migraines+#bwhMzQ>.

**author image:** a man in a button down shirt and an N95 mask. his arms are outstretched against a blue sky. he is held in the air above his acrobatics partner's head.



## ABOUT LIAM

William (Liam) Woodard is a queer trans man living in Pittsburgh, PA. He is a clown currently working on building a school for that multidisiplinary art. Videos and photographs of his work performing with the Circus Freaks, as well as the podcast he co-hosts, can be found at [circusfreaks.org](http://circusfreaks.org). For updates on his shenanigans, he can be found in the fediverse under the handle [@socialgaff](https://socialgaff.com) both on [cathode.church](https://cathode.church) (Mastodon) and [diode.zone](https://diode.zone) (Peertube).



# LEE CATTARIN

**page 35 images:** four copies of the same print in various color schemes. the print shows testosterone-driven bottom growth of a clitoris. the color schemes are, clockwise from top right: brown on turquoise, red on cornsilk (muted yellow), violet on magenta, and mint green on lilac.

**page 36 image:** a photo of the two blocks the prints were printed from, carving tools, a tube of ink and a printing press

**artist image:** a white person with curly hair, big glasses, piercings and a collar, smiling in a gray quilted jacket, carrying a red chicken in hir left arm and with hir right arm held up at roughly shoulder level so a black chicken can stay balanced on it.



## ABOUT LEE

Lee is a software developer and artist who has been on testosterone for almost 8 years. Ze can be found at hir website, [leecat.art](http://leecat.art).

# THE *t* IN MY BODY M O N A

I don't have testosterone in my body  
But I have testosterone in my body

Every strand of hair that grows  
Across every inch of my body  
My armpits, my groin, my fingers and toes  
My stomach and the small gap between my breasts  
The trail above my upper lip and the little bits  
that pop up on my chin and my tits  
But especially my legs

From thin and behaved  
To dense, messy and wild  
Curly, straight, ingrown  
One single limb's got a lot to show  
Never just hair, never just one way  
Different patterns that never stay in a single way

Não é o bastante, mas basta  
(It's not enough but it'll be enough)

I may glue my arms to my body  
Because I'm embarrassed by what they'll say  
If I'm too far away from the typical display  
But my legs, I display proudly

Hairy girl with hairy legs  
Not a girl, but you get the idea  
I won't shave, "I like them that way."

**author image:** blurry photo of a white person in profile with short curly black hair wearing glasses and a dark blue shirt. their head is turned to face the camera. they have a blank and confused expression, like a cryptid caught on camera.

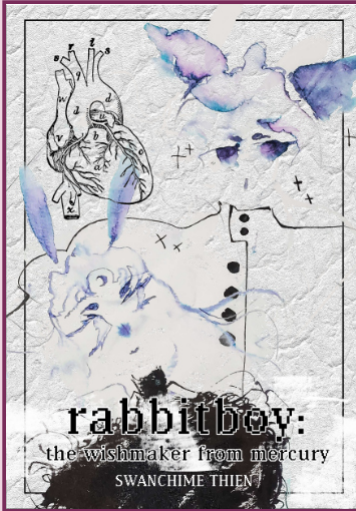


## ABOUT MONA

Mona is a Brazilian person that spends way too much time thinking about things. They strongly believe everyone should make art and engage with others' art (yes, including you! Throw your art at your friends' faces!). Recently they have decided to start creating and sharing creative works in the form of zines, from original writing to essays about the things they love. Their works (when they get around to finishing them) can be found on [monazone.itch.io](https://monazone.itch.io) and you can follow them on Mastodon at [@monaant@toot.garden](https://monaant@toot.garden).

# more you might like...

other projects to check out



images: above, the cover of *rabbitboy, the wishmaker from mercury* by swanchime thien,

featuring a line drawing of a heart and an ink blot and line drawing of a person with wolf ears. below, a line drawing of a heart-shaped clown face with a big grin and big, starry eyes.

## *rabbitboy*

[rabbitboy.love](http://rabbitboy.love)

> is the illustrated 月海夢一郎 (TSUGUMI YUUICHIROU) time travel novel orchestrated by (future) yuui and (future) hotaru in the heavens who set themselves up as temporarily ignorant game pieces on the stage of their dreams to see if they can create a future where they are 1. both alive, 2. in love. the stage is their imperial university on neptune where they both study to become mecha pilots. whether or not they will get in the way of their own happiness is yet to be foreseen by either of them, two hares boxing on a goban playing god.

## *coloring book* [felixfiles.com](http://felixfiles.com)

A mini clown coloring book featuring Felix's fabulous illustrations will be available from his website very soon to buy or for zine trade!



## kimono

[swanchime.itch.io/kimono](http://swanchime.itch.io/kimono)

> is a jujutsu kaisen organized crime au that i used to house the souls of the dead during my own time "in the world below." it is a game about gang violence. it is a game about how there are certain degrees of trauma, where there are some denizens of the world below that are so fucked up they make fucked up people look well adjusted. and, you know, comparatively, as in "with the ability to live and function as a part of a society that is not defined by the parameters of violence," it is true that some traumatized people end up being able to form or comprehend something resembling healthy boundaries and others never will; or the 'healthiest' boundaries for them are contextual, and measuring them by normative societal standards is worse than useless, it is actively harmful.

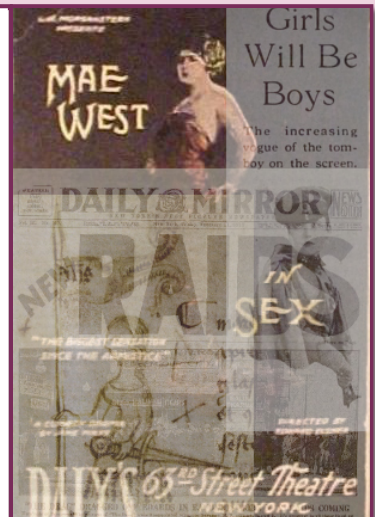


images: left, the cover of *kimono*, featuring the title and a line drawing suggesting mountains or a person in flowing clothes. below, a collage of Mae West theatre bills and articles about on-stage crossdressing and theatre raids.

## 1927: The Drag and the Padlock

[handoutzine.com](http://handoutzine.com)

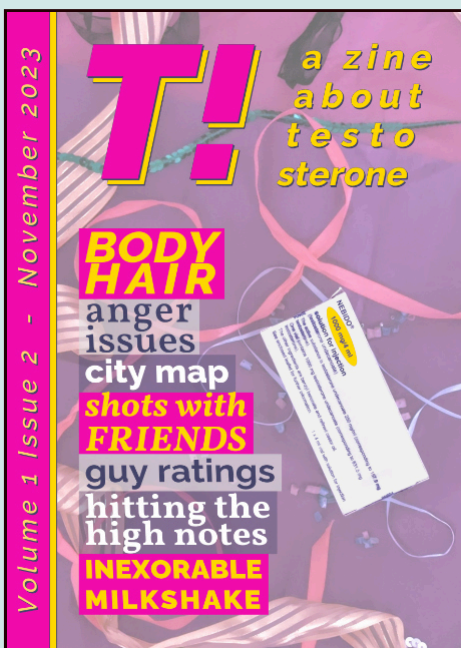
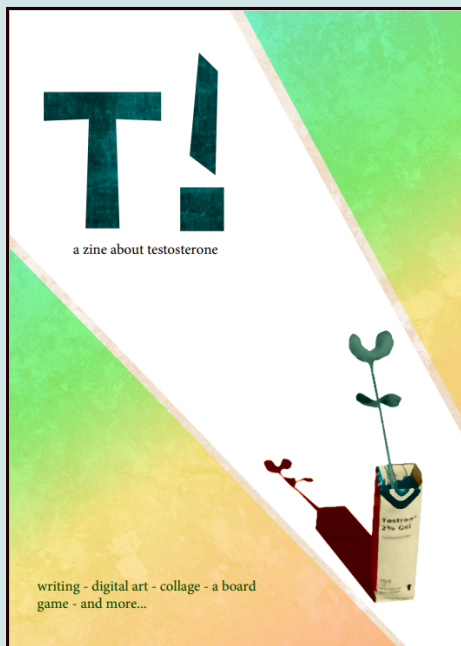
From *Handout*: this short film tells the story of Mae West's suppressed 1927 play, and the descent from advances made in the 1920s for LGBTQ+ rights and representation in the U.S. and Europe, with New York State's "Padlock Law" against theaters being used to suppress queer representation; and the beginning of the 1930s fascist regimes and vicious backlash.



thank you for reading!

if you enjoyed this issue, you can also check out issues 1 and 2 for free (or pay-what-you-want) at [tthezine.itch.io](http://tthezine.itch.io).

we'd love to hear your thoughts about **T!** - get in touch via email or socials!



images: above, the cover of **T!** issue 1, which reads "T! a zine about testosterone. writing - digital art - collage - a board game - and more..." and features a posterised photo of a seedling growing out of a Tostran T gel box. left, the cover of **T!** issue 2 which reads "T! a zine about testosterone. Volume 1 Issue 2 - November 2023." with descriptions of the contents and a photo of a box of Nebido injectable T lying among ribbons and beads in a colour scheme of pink, purple, white and yellow.

back cover image: a photo of a globule of clear gel on hairy skin

