

*The #1 Guide for Natural
Varicocele Treatment*

Totally
Revised
&
Updated

The Complete Guide to
**NATURAL
HEALING**
of VARICOCELE
SECOND EDITION

OVER 100 OF THE MOST EFFECTIVE
NATURAL TREATMENTS FOR VARICOCELE,
IMPROVE FERTILITY AND CURE PAIN

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CONTENTS

FOREWORD

Page 3.

CHAPTER I: INTRO

Page 6.

CHAPTER II: COOLING & PAIN RELIEF

Page 19.

CHAPTER III: LIFESTYLE CHANGES

Page 33.

CHAPTER IV: HEALING

Page 41.

CHAPTER V: FERTILITY & HORMONES

Page 47.

CHAPTER VI: DIET & NUTRITION

Page 55.

CHAPTER VII: FITNESS & EXERCISES

Page 63.

FOREWORD

I noticed I had varicocele in my late teens. By this time, it had already grown to the size of a golf ball. I had no idea what it was, I went to the doctor and she said, “Oh that’s not the biggest varicocele that I’ve seen.” Obviously this made nothing better. What is worse, when I went to see a surgeon to have it removed, he said that he does not recommend surgery, since there is a chance that I may lose my testicle. This was not an option.

I was young, and thought if I would forgot about my varicocele, it would just go away. However, varicocele symptoms tend to worsen with time. It was a few years later that I could not bear the pain anymore. I also noticed that my left testicle had shrunken and become squishy. I was desperate, so I went online to seek help.

After finding generic advice like take this or that herb, I came across Bob Maloney’s guide “Varicocele Natural Treatment”. I didn’t buy into his sales pitch, but I figured, that I could afford to spend \$30 to recover from the constant pain. His guide didn’t have content that differed much from a simple Google search, but I tried the few treatments that seemed good. After a week or two, I actually began to see results! However, his methods were obviously incomplete.

Motivated by early results, I took things into my own hands. I did a massive amount of research and tried many different treatments. I never got surgery, and in less than a year after beginning my treatment regimen, I noticed great results! My giant varicocele was no longer visible normally. I no longer experienced pain. Best of all, my shrunken and squishy left testicle grew and became plump!

You can find my treatment methods in *The Complete Guide to Natural Healing of Varicocele*. With over 100 of the most effective natural treatments, it is the most comprehensive guide that exists on natural varicocele treatment. It is the product of through research and proven results. You will not find most of the material by searching online. In writing the guide, I studied over 150 scientific publications, tested countless treatments, and used insights from my experience and education in anatomy, yoga, personal training, health, and fitness. This guide has worked

for me and many others. It is complete; after reading it, you will not need to review any other material.

This is only a preview of the guide. Get the full-version of The Complete Guide to Natural Healing of Varicocele. Visit www.varicocelehealing.com to get started.

CHAPTER I

INTRO

MESSAGE ME!

Please share your experience and results with me so that I can help make better content for everyone. Contact me at www.varicocelehealing.com.

WHAT IS A VARICOCELE?

Varicocele is an incidence of venous insufficiency. This means that it is the results of the failure of the veins to circulate blood. More specifically, veins have valves that prevent backward blood flow. When these valves do not close properly, blood does not circulate well, and pools. Pooled blood causes excess pressure on the vein walls, forcing them to stretch. These stretched veins are called varicose veins. More specifically, we use the term varicocele to describe the varicose veins that affect the pampiniform plexus located in the spermatic cord of the testis.

HOW DOES VARICOCELE AFFECT YOU? WHAT ARE THE SIDE EFFECTS?

When blood pools in the varicocele, it causes excess heat, hyper-hydration, oxidation, toxin build up, and a lack of nutrition transfer, all resulting in many negative side effects. The major negative side effects are pain, decreased fertility, scrotal sag, testicular shrinkage, and decreased testosterone. Many people experience some of the following symptoms as well: Embarrassment, gynecomastia, erectile dysfunction, weak or quickly lost erections, low sex drive, decreased masculinity, low motivation, decreased muscle tone, infertility, and increased estrogen.

WHAT IS THE CAUSE OF VARICOCELE?

Likely Not Genetics or Faulty Valves

The popular belief is that faulty valves disrupt normal blood flow and pool blood in the pampiniform plexus veins, stretching them and causing varicocele to develop. However, this is a very old and out dated theory. Scientific advancement has found many other explanations. These explanations mainly involve increased blood pressure and impairment of blood flow. Contrary to the popular belief, varicocele is a complex and multidimensional disorder, and there are many risk-increasing factors.

Do not buy in to the belief that the varicocele is a genetic disorder! You are not born with malfunctioning valves. Rather, when normal blood flow does not occur, valves malfunction and blood pools within the veins. The pooled blood burdens the veins, weakening the vein walls. This leads to bodily responses that increase the vein's diameter. Furthermore, impairment of blood flow means stagnant blood. Stagnant blood contains toxins and oxidizing agents that damage the valves. Over a period of months to years, this damage causes valve malfunction and degenerate. For most people, this is a reversible process.

Even though we find faulty valves in about 70% of those with varicocele, we must note that this merely implies correlation and not causation. A genetic disorder is not likely to be the cause of faulty valves. Faulty valves are more a symptom of, than the cause of varicocele development.

Furthermore, scientific evidence suggests that grade and bilaterality are not heritable. The implication is that nurture factors are critical for development of the varicocele.

The Major Contributors to Varicocele Development

As mentioned earlier, varicocele is a complex and multidimensional disorder. There are many contributing factors to its development.

One major contributing factor is due to the entry angle of the left spermatic vein into the renal vein. There is a large discrepancy between the incidence of left and right-sided varicocele because the left spermatic vein drains into the renal vein at a right angle, while the right spermatic vein drains into the inferior vena cava obliquely. The right angle entry puts excess pressure on the left spermatic vein, which in turn increases pressure on the left testicular pampiniform plexus. As well, the insertion of the left spermatic vein is 8-10 cm higher than that of the right spermatic vein, resulting in 8-10 cm greater pressure on the veins as the blood flows up through them. Increased blood pressure is the cause of varicocele development here, not faulty valves.

Another major reason for varicocele development is the “nutcracker” effect. The term nutcracker refers to how the aorta and the superior mesenteric artery compress the spermatic vein between them. This compression restricts blood flow and increases fluid pressure. Notably, the nutcracker effect is only present on the left side. It also explains why those who have experienced bowel problems are more likely to develop varicocele and typically experience more severe symptoms—because many bowel disorders increase inter-abdominal pressure, and physically push the aorta and superior mesenteric artery together, exacerbating the nutcracker effect.

Studies have found many risk factors for why varicocele develops, and what increases symptom severity. These factors include but are not limited to: Obesity, over-weight, height (taller is worse), high Nitrous Oxide expression in the spermatic cord, scrotal sag, chronic cough, constipation, bowel problems (e.g., irritable bowel syndrome and inflammatory bowel disease), abdominal bloating, stress, improper lymph drainage, improper nutrition, lack of exercise, prolonged sitting, long distance running and biking, high exertion during exercise, postural imbalances, and prolonged standing. Notice how most of these factors either impair blood flow or increase blood pressure in the pampiniform plexus.

Some rare medical conditions may also cause the development of a varicocele, I recommend consulting a qualified medical practitioner just in case. These conditions include renal cell carcinoma (tumour), retroperitoneal tumour, retroperitoneal fibrosis, and liver cirrhosis (cause by portal hypertension). These are rare cases, but do not rule them out without professional medical advice.

HOW IS VARICOCELE DIAGNOSED?

Due to advances in diagnostic techniques, the current belief is that varicocele may affect as much as 25% of men. The diagnostic criteria fall under the four categories of subclinical, grade I, grade II, and grade III.

Subclinical

Ultrasound analysis but not physical exam detects presence of varicocele.

Note that, though very rare, subclinical varicocele can still cause severe symptoms. Normally, symptoms worsen with higher grades.

Grade I

The varicocele is only palpable during or after Valsalva maneuver.

Grade II

The varicocele is palpable without Valsava maneuver.

Grade III

The varicocele is normally visible through skin to the eyes (seen as a “bag of worms”).

WHY THIS GUIDE?

This is The Complete Guide to Natural Healing of Varicocele. No guide like it exists. This guide is the result of thorough research and proven results. It has information from over 150 recent scientific publications. There are over 70 exercises in this guide. Every exercise comes with detail on its anatomical significance. Furthermore, there are in detail instructions on how to perform every exercise effectively. This is the most comprehensive guide on natural varicocele healing. You will not find most of this material by searching online and some of the material you will not find anywhere else. After reading this guide, you will not need to review any other material; it is complete.

I highly recommend reading the whole guide to get a full understanding of the multidimensionality of the varicocele, and aid you in better understand how to apply the various treatments to your own individual case. To heal your varicocele and to prevent its reoccurrence, you must make lifestyle changes. The great news is that these lifestyle changes are mainly easy and accompany with them many other positive life-changing benefits.

THIS IS THE RIGHT GUIDE FOR YOU IF YOU WANT TO:

- ✓ Induce Healing of Varicose Veins
- ✓ Undo Testicular Shrinkage
- ✓ Relieve Pain
- ✓ Reduce Scrotal Sag
- ✓ Improve Fertility
- ✓ Increase Testosterone & Normalize Hormones
- ✓ Enhance Sexual Performance
- ✓ Post-Surgery Enhancement

[Induce Healing of Varicose Veins](#)

Healing your varicocele involves reducing venous pressure, stimulating the growth of normal tissue, creating an ideal healing environment, and providing proper nutrients that will stimulate the strengthening of your veins.

Ever ask yourself why so many people only develop varicose veins next to their testicles? Well, there are several anatomical reasons why. Caring for these will do wonders for the healing of your varicocele.

The healing process requires removal of stress factors, and the provision of a more nurturing environment for the veins. Healing is the point of this guide, and actually all treatment methods presented are relevant to it—read the whole guide!

Undo Testicular Shrinkage

Blood pooling causes damage to the testicle on the affected side. It deprives the testis of nutrients, exposes it to excess toxins, and causes heat stress. Overtime, it causes damage, and testicular shrinkage follows. However, testicular shrinkage usually occurs on both the varicose side as well as the non-varicose side. Shrinkage is seen on both sides because damage to one testicle disrupts normal testosterone production. In healthy individuals, testosterone is responsible for growth and development of both testicles.

Decreased testicular volumes of 43%, 53%, and 73% occur in individuals with varicocele grades I, II, and III, respectively.

Most of the exercises in this book aim at minimizing blood pooling, and stimulating both testicular healing and growth.

Relieve Pain

Pain sensation arises from the testicles and/or the varicose veins, relative to the causal stressor. Furthermore, both short and long-term stressors can cause pain.

Short-term pain is short-lasting (hours to days) and may be caused by:

- 1) Heavy blood pooling and little drainage for prolonged periods
 - 2) Prolonged heat stress
 - 3) Masturbation or biking (physical stress)
 - 4) Penis enlargement exercises
- Etc.

Long-term pain can be felt for up to weeks and is typically caused by:

- 1) Years of bad habits (life style changes are required)
 - 2) Unhealthy testicles (e.g. due to genital heat stress or toxin build up)
 - 3) Excess body weight
 - 4) Chronic constipation or improper digestion/bowel movements
- Etc.

This guide has specific remedies for both short and long-term pain, though all remedies will help in alleviating pain.

Reduce Scrotal Sag

The testicles need to be 1-3°C below normal body temperature to function properly. That is why they are located on the outside of the body in the scrotum, which effectively regulates their temperature. The scrotum sags away from the body to cool the testicles and tightens against the body to warm them.

However contrary to popular belief, it is not the mere pooling of warm blood that is the major contributor to overheating. The major contributor is the varicocele itself. The varicocele effectively destroys the cooling mechanism of the pampiniform plexus. The pampiniform plexus is a meshwork of veins that run counter to arteries which bring warm blood from the heart. This meshwork absorbs heat from the arteries and releases them when the testicles sag. A varicocele is defined by pooling of blood in the pampiniform plexus. This abolishes the counter current cooling mechanism. Therefore, the scrotum constantly hangs low since it cannot alleviate the heat.

Scrotal sagging also occurs because the varicose veins weigh down the scrotum. Over years, the varicocele causes the muscles that keep the scrotum tight against the body to loosen, and the skin and connective tissue to stretch. Thus, one testicle usually hangs lower.

This guide has exercises for improving scrotal muscle tone, and blood circulation, and cooling testicles—without damaging them.

Improve Fertility

About one fourth to one third of men diagnosed with varicocele experience fertility problems. That is about 5-8% of men. Parameters used to assess male fertility including sperm count, volume, morphology, and motility, as well as sperm DNA damage and testicular volume. Those with varicocele who have fertility issues typically experience several of these factors.

It is not abnormal for varicocele severity and fertility worsen as the affected person ages. Therefore, it is important to stop the disease or mitigate its side effects as early as possible.

You can do many things to improve fertility. However, the exercises provided in this guide are mainly varicocele specific. These exercises include ways to minimize negative symptoms, stop further oxidative damage (which is a major way thorough which varicocele damages your DNA), and other exercises specific to varicocele.

Increase Testosterone & Normalize Hormones

Varicocele disrupts normal testosterone production. This causes a whole array of symptoms, including gynecomastia (enlargement of male breast tissue), erectile dysfunction, lower sex drive, decreased masculinity, low motivation, testicular shrinkage, lower muscle tone, and excess fat, just to name a few.

Luckily, normalizing hormone levels, as long as your varicocele has not progressed too far is relatively easy and the negative symptoms (with partial exception to gynecomastia) are reversible by restoring normal hormone balance.

Normalizing hormone levels is a bi-product of most exercises in this book. However, for completeness purposes, I have provided specific exercises for it as well.

Enhance Sexual Performance

Erectile dysfunction, weak or quickly lost erections, and poor sexual performance are all associated with varicocele.

Again, luckily correcting this is relatively easy (similar to normalizing hormones) and will come while you follow the process of the guide. A few exercises targeting sexual performance are also provided, for completeness purposes.

Post-Surgery Enhancement

Surgery, though effective at treating varicocele, comes with several risks. Aside from the possibility of losing a testicle and the scarring from the incision, varicocele can re-develop (up to 30% of cases), in many cases there is no testicular hypertrophy (size regain) and at much of the time, normal fertility does not resume. That is not to mention that surgery involves killing your veins.

Do you want to understand varicocele better? Do you want to know what to do to reduce the chances of redeveloping a varicocele post-surgery? Do you want to stimulate testicular growth and normalize fertility? This guide is the best place to go for a complete guide for what to do and not to do when it comes to caring for your testicles and vein health.

BENEFITS OF THIS GUIDE

This book is a complete guide on how to reverse the negative side effects of your varicocele. There are six sections in this book. They are not presented in any particular order. Here is a list these sections and their focus.

Cooling & Pain Relief

Keeping your testicles cool is the first step in the healing process. You cannot induce healing when your testicles are suffering from genital heat stress. There are right and wrong ways of cooling, I address both in this section.

Lifestyle Changes

There are many lifestyle changes you can make that will make a significant positive impact on the state of your varicocele as well as your fertility. This section contains the many things you should do and should avoid doing during the healing process.

Healing

Healing is possible. This section contains exercises that are specifically effective for healing varicocele.

Fertility & Hormones

Do you want plump testicles, rock hard erections, high testosterone levels, and to increase your sperm count, and ejaculate volume? The exercises in this section are designed to improve all these, and at the same time aid in the healing process.

Diet & Nutrition

There are many dietary changes and supplements that will make a significant impact on improving the status of your varicocele.

Fitness & Exercises

This section is very important because it teaches the specific exercises needed for reducing the excess pressure that causes varicocele. It also contains the top yoga and tai-chi exercises I have specifically select for their effectiveness of reducing venous stress and improving digestive health.

To Continue Reading, Buy The Complete Guide to Natural Healing of Varicocele. Visit www.varicocelehealing.com to get started on your treatment process now!