

THE COMPLETE
GUIDE TO

NATURAL
HEALING
OF VARICOCELE



CURE PAIN, RESTORE FERTILITY,
& HEAL VARICOCELE

TOTALLY REVISED & UPDATED

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TERMS

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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’s even 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. Surgery was not an option.

I was young, and thought if I would forget about my varicocele, it would just go away. However, varicocele symptoms tend to worsen with age. 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 risk \$30 for a chance to recover from the constant pain and discomfort. His guide didn’t have much content that differed from a simple Google search, but a few treatments seemed good. After a week or two, I actually began to see some results! However, his methods were obviously incomplete.

Motivated by early results, I took matters 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 here, in *The Complete Guide to Natural Healing of Varicocele*. With over 100 of the most effective natural treatments,

this 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. Now, in writing this guide, I studied over 600 scientific publications, tested countless treatments, and used insights from my experience and education in anatomy, yoga, personal training, health, and fitness. Most importantly, this guide has worked for hundreds of others, and it is complete. After reading it, you will not need to review any other material.

Just a note on results and what to expect: This guide works. The treatments, lifestyle changes, and exercises work. I do however understand that results vary, because, everyone is different and every varicocele is caused by different factors. Some may follow only a few treatments and notice great results. Others may need to follow many of the treatments, over a long period, to notice some results. Everyone has a different set of conditions they need to address. If you have very good overall health and have been taking good care of yourself, you will probably notice results more quickly. However, if for example, you have poor bowel health, poor posture, and high stress, you will have to work on correcting those to notice good results.

So, if you get results quickly that's great. On the other hand, if you are not noticing results, you probably have to be more patient and change the focus of your treatment. If you feel stuck or confused, message me, I can advise you on how to move forward.

info@varicoceletreatment.com

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CHAPTER 1

INTRO

SURGERY OR NATURAL TREATMENT

Look, the fact is that natural treatments and surgery are the only treatment options available for varicocele. There are no other alternatives or effective medications for varicocele treatment. And, since you are reading this book, chances are that you are either are not opting for surgery or are looking to enhance your surgical results.

Luckily for you, with over 100 of the best natural treatments for varicocele, The Complete Guide to Natural Healing of Varicocele is the best and most comprehensive natural treatment plan for varicocele. This guide is based on thorough research and proven results. It is more effective than and safer than varicocele surgery. Follow the recommendations in this guide and I promise you that you will notice great and risk-free results.

HOW DO NATURAL TREATMENTS WORK?

The treatments in this guide are based on two simple premises:

- 1) Lifestyle factors have a major impact on varicocele development and severity.
- 2) Lifestyle changes and corrective therapy can cure varicocele symptoms and heal the swollen veins to a large degree.

Notice that both lifestyle changes and corrective therapy are important. So, if you don't make major lifestyle changes, you simply will not get results. Similarly, if you do not perform the corrective therapy, you simply will not get good results.

Be patient and persistent. Don't complain about the lack of results if you don't

follow what's in the guide. And most importantly, don't judge the treatments before you give them a shot. Be patient, read through the whole guide, make the lifestyle changes, and follow the corrective therapy. Be persistent, sometimes it takes a bit longer to get results. From there, if you still don't get good results, still don't give up—let me know and I will personally guide you. I really am here to help get you results. Don't give up, message me (info@varicocelehealing.com).

MESSAGE ME!

Please share your experience and results with me so that I can continue to make the content better for everyone. Your feedback is important. Message me info@varicocelehealing.com.

OTHER TREATMENT PROGRAMS

I also offer other treatments to help aid your varicocele treatment. I specialize in both varicocele and fitness, so offer unique services that can help enhance your treatment results. You can email me anytime with inquires about my treatment programs.

VARICOCELE PAIN RELIEF GUIDE

The Varicocele Pain Relief Guide is for you if you want an easy to follow & effective 30 day pain treatment plan.

PACKAGE DETAILS

- + Over 70 easy varicocele pain treatments
- + 30 day varicocele pain treatment plan
- + Effective, easy, & safe

varicocelehealing.com/pain-relief-guide

PERSONALIZED TREATMENT PLAN (PTP)

Have me write you a 1 month varicocele personal treatment plan. For your personal treatment plan (PTP) you first have to fill out a thorough Varicocele Risk Assessment Survey. I will then look over your survey, identify your risk

factors, and develop a customized 1 month treatment plan that is most effective for you.

PACKAGE DETAILS

- + Thorough risk assessment survey
- + Monthly personalized treatments
- + Unlimited Q & A
- + 1 on 1 support

varicocelehealing.com/personalized-treatment

VARICOCELE YOGA VIDEO SERIES

Yoga is a great supplement for varicocele treatment. Whether you're active or inactive, yoga brings balance to your lifestyle, helps alleviate stress, create a healing environment, improve blood circulation, and stimulate healing.

PACKAGE DETAILS

- + 15 minute morning sequence
- + 15 minute night sequence
- + 45 minute morning sequence
- + 45 minute night sequence

varicocelehealing.com/yoga-for-varicocele

FOCUS ON POSTURE

Poor posture pressurizes and swells the varicocele, and aggravates the Nutcracker effect. Those who have postural problems can find it difficult to even alleviate their varicocele pain. Focus on Posture is an easy & convenient 4 minute daily workout program. This program helps strengthen the posterior chain & alleviate tightness to create a body with natural alignment & mobility. Focus on Posture is especially important for you if you spend a large portion of your day sitting or in commute.

PACKAGE DETAILS

- + Easy & convenient 4 minute daily routines
- + Detailed instructions

- + Improve posture
 - + Strengthen posterior chain
 - + Minimize the Nutcracker Effect
- varicocelehealing.com/posture

PERSONAL TRAINING

Get 1 on 1 online coaching over Skype.

PACKAGE DETAILS

- + Varicocele specific personal training
 - + Improve posture & abdominal tone
 - + High stress activity risk management strategies
 - + Incorporate therapeutic activities into normal workouts
 - + Learn advanced training techniques
- varicocelehealing.com/our-specialists

LEARN MORE

Visit my blog or the resource page to get access to a lot of high quality content and varicocele treatment updates.

varicocelehealing.com/blog

varicocelehealing.com/learn-more

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 testicles.

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

Pooled blood in the varicocele damages the veins and testicle by causing vein swelling and hypersensitivity, heat stress, hyper-hydration, oxidation, toxin build-up, and lack of nutrient exchange. The major side effects of varicocele are pain, decrease fertility, scrotal sag, testicular shrinkage, and decreased testosterone. Many people also experience some of the following symptoms: Embarrassment, gynecomastia, stress and anxiety, erectile dysfunction, weak or quickly lost erections, low sex drive, decreased masculinity, low motivation, decreased muscle tone, infertility, increased estrogen, and an enlarged prostate.

WHAT CAUSES VARICOCELE?

Likely Not Genetically 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 outdated theory. Since then, many advancements have been made to varicocele theory; scientists have found many other explanations for varicocele development. These explanations mainly involve increase in blood pressure, impairment of blood flow, and impaired healing. Therefore, contrary to the popular belief, varicocele is a complex and multidimensional disorder, and there are many risk-increasing factors for its development.

Do not buy into the idea that the varicocele is a genetic disorder! You are not born with malfunctioning valves. Rather, your valves function fine, however, when they are put under excessive stress, they begin to “malfunction”. That sounds like lifestyle factors to me.

Lifestyle factors cause excess stress on the testicular veins. Some lifestyle factors force blood to reflux and pool in the varicocele. Pooled blood brings with it testosterone reflux and burdens the vein walls with excess pressure and toxicity. This leads to bodily responses that increase the vein’s diameter. Furthermore, blood pooling 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 65% 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 varicocele grade and bilaterality are not heritable. The implication is that nurture factors play a critical role in the 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 left renal vein. There is a large discrepancy between the incidence of left and right-sided varicocele because the left spermatic vein drains into the left 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. The nutcracker effect is only present on the left side. It explains why those who have experienced bowel problems are more likely to have 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 other risk factors for varicocele development and

symptom severity. These factors include but are not limited to: Obesity, overweight, stress, physical trauma, height (taller is worse), testicular dysfunction, high Nitrous Oxide expression in the spermatic cord, posterior nutcracker syndrome, scrotal sag, chronic cough, constipation, bowel problems (e.g. irritable bowel syndrome and inflammatory bowel disease), abdominal bloating, weak or hyperactive pelvic floor muscle, stress, improper lymph drainage, improper nutrition, lack of exercise, prolonged sitting, long-distance running and biking, high exertion during exercise, jumping activities (e.g. basketball and volleyball), 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 (tumor), retroperitoneal tumor, retroperitoneal fibrosis, and liver cirrhosis (caused by portal hypertension). These are rare cases, but do not rule them out without professional medical clearance.

HOW IS VARICOCELE DIAGNOSED?

Due to advances in diagnostic techniques, the current belief is that varicocele may affect as much as 20% of men. The diagnostic criteria fall under four categories: Subclinical, grade I, grade II, and grade III.

Subclinical: Ultrasound analysis but not physical exam detects the presence of a varicocele.

Note that, though rare, a subclinical varicocele can still cause severe symptoms (normally, higher grades have more severe symptoms). This is because blood reflux can be present without the presence of swelling.

Grade I: The varicocele is only palpable during or after Valsalva maneuver.

Grade II: The varicocele is palpable without Valsalva 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 now has information from over 600 scientific publications. There are over 100 different treatments in this guide. Every treatment comes with details on its anatomical significance, and detailed instructions on how to perform it effectively. This is the most comprehensive guide on natural varicocele treatment. You will not find most of this material by searching online and some of the material you will not find anywhere else. By reading this guide, you will know more about varicocele and varicocele treatment than nearly all physicians. 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 varicocele, and aid you in better understanding how to select the treatments that are most effect and relevant to your individual case. To heal your varicocele and to prevent its reoccurrence, you must perform some corrective therapy, and make lifestyle changes. The good news is that the lifestyle changes are mostly easy and accompany with them many other positive life-changing benefits.

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

- ✓ Reduce Varicocele Size
- ✓ Undo Testicular Shrinkage
- ✓ Alleviate Pain
- ✓ Reduce Scrotal Sag
- ✓ Improve Fertility
- ✓ Increase Testosterone & Normalize Hormones
- ✓ Enhance Sexual Performance
- ✓ Attain Pre- or Post-Surgery Enhancement

Reduce Varicocele Size

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

Ever ask yourself why so many people only develop varicose veins next to their testicles? Well, there are several anatomical reasons why. Caring for them 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 your veins. Healing is the point of this guide, and actually, all treatment methods presented are relevant to it. Read the whole guide! You never know, one treatment may make all the difference for you.

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. In time, 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 treatments in this book aim to minimize blood pooling, and stimulating both testicular healing and growth.

Alleviate Pain

Pain sensation arises from the testicles and/or the varicose veins (varicocele). 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) Physical stress (e.g. from penis enlargement exercises or biking)
- 4) Blood toxicity
- 5) Etc.

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

- 1) Years of bad habits (lifestyle changes are required)
- 2) Unhealthy testicles (e.g. due to genital heat stress or toxicity)

- 3) Excess body weight
- 4) Chronic constipation or improper digestion/bowel movements
- 5) Etc.

This guide has specific remedies for curing both short and long-term pain, though all of the remedies should help alleviate pain to some degree.

Reduce Scrotal Sag

The testicles need to be 1-3°C/2-5°F below normal body temperature to function properly. That is why they are located 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 up 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-s. 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. Varicocele is enlargement of the pampiniform plexus and therefore abolishes the counter-current cooling mechanism of the testicles. 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 tissue 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 treatments for improving scrotal muscle tone and blood circulation, and cooling the 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 include sperm count, volume, morphology, and motility, as well as sperm DNA damage and testicular volume. Typically several of these parameters are negatively affected in those with varicocele who also have reduced fertility.

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 treatments provided in this guide are mainly varicocele specific. These treatments include ways to minimize negative symptoms, stop further oxidative damage (which is a major way through which varicocele damages your sperm), and other treatments 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, etc.

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 some) are reversible by restoring normal hormone balance.

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

Enhance Sexual Performance

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

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

Pre- & Post-Surgery Enhancement

Surgery, though effective at treating varicocele, comes with several risks. Aside from the possibility of losing a testicle, the fact that you are cutting out or blocking off veins (impairing testicular blood flow), and the scar tissue from the incision, a varicocele can re-develop in up to 30% of cases, in many cases there is no testicular hypertrophy (regaining of testicular size) and normal fertility does

not resume 76% of the time. As well, varicocele surgery is not effective nor recommended for the treatment of pain. Again, think about it: Varicocele surgery involves killing/cutting out/blocking the varicose veins. How could that possibly improve testicular blood flow?

And yes, embolization does pretty much the exact same thing as other forms of varicocele surgery. It blocks off the testicular veins. But, it also comes with the risk of coil migration—for the rest of your life.

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 book 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 eight chapters in this book. They are not presented in any particular order. The following is a quick glimpse of the following chapters.

Chapter 2: 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.

When it comes to pain relief, think: Cool, circulate, and stimulate healing.

Chapter 3: Lifestyle Changes

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

Chapter 4: Fertility & Sexual Health

Do you want plump testicles, rock hard erections, high testosterone levels, and to increase your sperm count, and ejaculate volume? The treatments in this section

are select to improve all these, and at the same time aid in the healing process.

Chapter 5: Diet & Nutrition

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

Chapter 6: 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 at reducing venous stress and improving digestive health.

Chapter 7: Healing

This section contains treatments that are especially effective for healing varicocele. Note, do not neglect the other chapters, as they will also greatly contribute to varicocele healing.

Chapter 8: The Fundamentals

A simple set of very effective varicocele treatments that you should follow—all in addition to treatments that are most relevant to your specific case.

HOW LONG DOES HEALING TAKE?

How long will healing take? Well, that depends on which variable you are considering. Just keep in mind that the best results come with time. You cannot build Michelangelo's David in one day, nor can you fix years of bad habits in a month. However, you can be well on your way to greatness in a month. Take your time. There is no rush. View Table 1 to see how long you should expect healing to take if you follow this guide.

THE COMPLETE GUIDE TO
NATURAL HEALING
OF VARICOCELE



Henry Ifeh - " I'm glad to let you know that my wife is already pregnant. "

Jess (California) - " I no longer consider varicocele pain a problem. "

NJ (Texas) - " I haven't seen / heard, anything as holistic as your advice was. Brilliant, thank you. "

Lloyd Ankapong - " I can honestly say for the last 3 months my Varioccele is not visible and all pain is gone. "

OVER 10,000 COPIES SOLD
ALL NEW TREATMENTS!

WITH OVER 100 OF THE BEST NATURAL
TREATMENTS FOR VARICOCELE, THIS IS THE
MOST COMPREHENSIVE GUIDE
ON VARICOCELE NATURAL TREATMENT.

START TODAY,
YOU DON'T HAVE TO LIVE
WITH PAIN OR INFERTILITY