

VARICOCELE PAIN
WHEN SITTING
& NATURAL TREATMENTS

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VARICOCELE PAIN WHEN SITTING **& NATURAL TREATMENTS**

Hey guys, I'm here to tell you that you do have options for varicocele treatment! Don't just get stuck on surgery. If you have pain, and you think that sitting too much may be the cause, I've provided you a great way to treat it. Cheer up! I'm here to help.

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WHAT CAUSES VARICOCELE PAIN?

Varicocele is blood pooling in the veins of the testicle. Pooled blood is toxic blood, and is responsible for varicocele pain.

Varicocele pain is an indication that the testicle(s) are either under stress or are being damaged by toxic varicocele blood pooling.

Toxic blood pooling causes pain in the following ways:

- Oxidative (ROS) damage to the veins, vein valves, testicles, and sperm, and sperm DNA
- Hyperhydration (too much water), and cellular waste buildup
- Breaks the main cooling mechanism of the testicles (leads to testicular hyperthermia)

So, varicocele pain is simply caused by toxic blood pooling, nothing else.

VARICOCELE PAIN WHEN SITTING

Yes, it's true! I can confirm it myself, and many many of my clients have reported it too! Varicocele pain, aching, and symptoms typically worsen when sitting, especially when sitting for long periods of time.

Sitting is a major risk factor for varicocele. Sitting the wrong way can really damage your testicles and can greatly contribute to both varicocele pain and symptoms.

WHY DOES VARICOCELE HURT WHEN SITTING?

Sitting in itself is not bad for varicocele, however, sitting for very long periods can make it a big risk factor.

Here is how sitting contributes to varicocele pain:

1. **Testicular Hyperthermia:** Sitting is proven to elevate scrotal temperatures (means your testicles can't function as well)
2. **Postural & Muscular Imbalances:** Sitting causes postural & muscular imbalances (including hip-flexor/psoas tightness, slouched back, forward head, and improper pelvic tilt are all risk factors)
3. **Sitting, Masturbation & Pain:** Many people masturbate while sitting and watching porn (yes, this is a risk factor)
4. **Bowel Health:** Worsens the nutcracker effect, especially when sitting!
5. **There is more!** But, I can't cover everything here. Think of this as incentive to buy the Healing Guide.

So, there you have it. Sitting does contribute to varicocele, and may be worsening your pain symptoms. Now, many of us are sitting for long periods for work and during commute. So, what can we do?

NATURAL TREATMENTS: HOW TO STOP VARICOCELE PAIN WHEN SITTING

Now, I outlined how sitting contributes to varicocele pain, because now that you know, **you can do something about it!** Those are all controllable varicocele risk factors! Treating them will make a big difference for your varicocele pain and symptoms. Take this as a good sample of what's in the Varicocele Healing Guide. You have options for varicocele treatment! Don't get stuck on only surgery.

SITTING & TESTICULAR HYPERTHERMIA

For most people, over heated testicles is one of the top 3 reasons for varicocele pain. Simply, your testicles need to be a bit cooler than your body for normal function. For every degree your testicles heat up, both sperm count and testosterone decreases by 30-40%! Those are big numbers. Now, consider that the average cushion chair increases scrotal temperature by about 4 degrees F (2.6 degrees C).

- **Solution 1:** Wearing proper underwear for varicocele is probably one of the easiest and most important.
- **Solution 2:** Stand up, air out, fan out, do anything you can to cool the area!
- **Solution 3:** Avoid cushion chairs (the thicker the cushion the worse!). A simple wooden/metallic chair is best--but still be cautious.
- **Solution 4:** Keep your work environment cool.

SITTING & POSTURAL & MUSCULAR IMBALANCES

VARICOCELE PAIN WHEN SITTING & NATURAL TREATMENTS

Postural and muscular imbalances have following deleterious effects on varicocele:

1. **Worsen nutcracker effect:** Forward head? Slouched shoulders or upper back? Improper hip alignment? These all pressurize the internal abdominal area and worsen the nutcracker effect.
2. **Pressurize the lower abdominal area:** Poor posture places pressure onto the lower abdominal area, hindering natural blood flow from the testicles to the heart.
3. **Obstructs blood from through the hips:** Tight hipflexors/psoas have been correlated to varicocele in several studies. When you have excessive tightness in the hips, a similar condition to the nutcracker effect happens.

See, not simply genetically faulty valves! Lifestyle factors play a critical role in varicocele. And, you have options.

Pressure, Pressure, Pressure!

All of the above is about pressure! Poor posture pressurizes the torso and hinders blood circulation. This is something that you can control. What's the standard test for varicocele? You stand, inhale and exert down (Valsalva). This increases the pressure and makes the veins swollen. So, pressure plays a critical role. And if you don't correct it, even if you cut the current swollen veins out with surgery, you'll just redevelop a new varicocele.

Controllable Varicocele Risk Factors

As it turns out there are many controllable varicocele risk factors. And I cover them all in detail in my Healing Guide. If you have varicocele, you really should consider paying the small price and getting it. I've gotten great results and reviews from many many clients. This is a small investment that will pay back big time for you. Money well spent.

Posture Solutions

- **For Tight & Weak Hipflexors/Psoas:** [Foam roll your quads and hipflexors](#) & [stretch your hipflexors](#)! Then [strengthen your hipflexors](#).
- **For Forward Head Posture:** Read this post on [thoracic extension](#) and [chin tucks](#)! Those are the two best treatments for forward head posture.
- **Slouched Back:** [Foam roll your back](#), [thoracic extension](#), & [spinal realignment](#). Then [strengthen the erectors](#)
- **Hip forward (tight glutes):** [Stretch your glutes](#).

Postural Imbalances & Sitting

- **Solution 1:** Chest up!
- **Solution 2:** Chin tuck.
- **Solution 3:** Neutral spine.
- **Solution 4:** Sit at the front edge of your chair (helps both heat & spinal alignment)

SITTING & MASTURBATION

Masturbation increases blood flow to the testicles. Mix that with the imbalances of sitting for long hours, and testicular hyperthermia, and you have a recipe for aching & pain.

- **Solution 1:** Don't masturbate before sitting for long periods
- **Solution 2:** Don't masturbate on after eating or when bloated/constipated
- **Solution 3:** Lay down for 20-30 mins after masturbation (relax!)
- **Solution 4:** Ensure that your testicles are kept cool post-masturbation.

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BOWEL HEALTH & VARICOCELE

It is very likely that constipation is a causal risk factor for varicocele. It is one of those risks that's easy to treat, and makes a big difference. Improve your bowel health and you'll reduce the negative effects of the nutcracker syndrome, and help reduce your varicocele swelling.

Poor bowel health is not a good thing at all when mixed with sitting because it has negative synergies that further worsen symptoms. For example, constipation with poor sitting posture is terrible.

- **Solution 1:** Fiber, fiber, fiber! Fruits, vegies, whole grains, nuts & seeds are your best friends. You can also look into psyllium seed husk as a supplement.
- **Solution 2:** Water! Drink plenty! Tea, coffee, juices, fruits, and vegies also count!
- **Solution 3:** Exercise! Physical activity helps stimulate bowel movement and massages the internal organs.

CONCLUSION

Ganbare & Great resources.

So, that's it guys. Again, if you're looking for the **best varicocele treatment method that exists**, then visit my website. I am the leader of the varicocele natural treatment initiative. My treatments are much better than surgery. I have helped thousands of clients now and will continue to provide the best resources for varicocele. Don't wait, start your treatment now: www.varicocelehealing.com.

Here is a list of great resources that you can use:

GREAT RESOURCES

- [My natural varicocele treatment programs \(they work.\)](#)
- [My book on Amazon: For reviews, and hard-copy of the book](#)
- [My FAQ page is actually helpful \(I've tailored it to over 10,000 email queries that I've personally answered.\)](#)
- [4 Treatment Tips for Varicocele](#)
- [Why you should Avoid Surgery \(Varicocelectomy\)](#)
- [Why you should avoid varicocele supplements](#)
- [How "Natural Treatments" Works](#)
- [Active With Varicocele \(Free PDF Guide\)](#)

Remember you can always [contact me](#) if you have any questions, I'm here to help.