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VARICOCELE PAIN RELIEF GUIDE

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MY GUARANTEE TO YOU

FOLLOW THE SIMPLE STEPS IN THIS GUIDE AND...

In just 7 days

You pain will noticeably decrease.

In just 30 days

You will have little or no pain, and will no longer consider varicocele pain as a problem. You will find it easy to manage.

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CHAPTER 1: INTRO

How to Use this Guide

Well, you have to begin by reading over the entire guide. Don't be one of those people who begin reading, stop 1/5th of the way through, and never finish. Read the guide fully, but also apply the principles & treatments. Notice that Chapter 11 is titled "The Fundamentals". You must practice the fundamentals daily. If you don't, you will not get results. It's just that simple. I have also gone the extra step of proving you the 30 Day Treatment Plan in the final chapter. Follow it & make sure to keep a pain journal as recommended. Lastly, please understand that this guide is going to be read by thousands of people, so it is written to be general. I cannot write specific advice for every person, so you're going to have to use your own judgment to see which treatments are right for you, and what changes you should make that I have not mentioned in this guide.

If you don't understand any of the underlined text, just Google image search them, they're very straight forward.

Note that you can always email me with any questions or concerns that you have. This will not only help you, but will also help me understand what needs to improve for the next edition of the guide—which you can get for free at any time by just emailing me and asking.

Use this email address: varicoceletreatment@gmail.com

Note that you can find more information on my websites:

www.varicocelepainrelief.com

www.varicocelehealing.com

If you already haven't, I highly recommend visiting my blogs to learn more:

www.varicocelepainrelief.com/learn

www.varicocelehealing.com/blog

You can also get [The Complete Guide to Natural Healing of Varicocele](#) and get started on naturally healing your varicocele.

CHAPTER 2: VARICOCELE PAIN

Look, you have to know where your pain originates from, what type of pain you're experiencing, and what makes your pain worse. This simple education will both empower you in your self-treatment, and aid you in managing the psychological & emotional issues that come with having a varicocele.

Where is the Pain Coming From?

Testicle and/or Varicose Veins

A varicocele is pooled and stagnant blood in the veins of the testicle. Stagnant blood is toxic blood. It damages both vein & testicle. Moreover, stagnant blood also causes heat damage to the testicle.

So, when your blood pools and is stagnant you will experience pain from either/both the testicle and varicocele.

Swollen Veins

Pain originating from only the varicocele may be caused by physical damage, for example micro-trauma from excessive biking on bumpy roads, or pulling and tugging on your veins by masturbating aggressively.

Testicle

Pain from the testicles is typically caused by either pooling of blood, or overheating. Pooled & stagnant blood causes two major dysfunctions: First, pooled blood is toxic and oxidizing. This damages both the testicle and sperm, causing pain. Second, it disrupts the heat exchange mechanism of the testicle, causing it to overheat. Well, let's just say that you don't keep the most important part of your existence outside of your body for no reason; your testicles need to be kept cool to function properly. Heat stress literally damages the testicles, and is a major cause of testicular pain.

The Different Kinds of Pain

Short-Term vs. Long-Term Pain

This is probably the most important section of the guide for understanding how the natural treatments work. Basically, you have short-term & long-term pain. Differentiating between them is a key part of understanding, managing, and healing your varicocele pain.

Short-term pain is caused by daily stressors. Daily stressors include heat stress, excessive abdominal pressure, blood pooling, & physical damage. To alleviate short-term pain, you simply have to alleviate these short-term stressors. Our goal in this guide is to minimize short-term pain, both daily and in the long run, allowing daily pain relief and long-term healing, respectively.

If you remove stressors in the long-term, you have healing of long-term pain. Long-term pain is caused by the accumulation of damaging short-term stressors. You can think of it as the accumulated result of years of heat stress, blood pooling, physical damage, & unhealthy habits. Alleviating these stressors allows healing to occur. I understand that long-term healing could take up to months to occur. It all depends on the severity of the varicocele and accumulated damage, as well as how well you follow the treatment plan recommended in this guide.

Just some final notes on the topic: The quick pain relief recommended in Chapter 10 only addresses short-term pain. Basically you alleviate the short-term stressors by cooling, circulating, & resting. After 10-30 minutes most short-term pain will simply subside. Typically, any residual pain is from long-term damage; not short-term pain. You can address long-term pain by being consistent with The Fundamentals in Chapter 11, & following the Treatment Plan in the final chapter.

Feelings of Heaviness, Weighing Down, & Dragging

This is a mild type of pain that's usually just felt when the varicocele is swollen excessively, and for prolonged periods. It is most common in grade 1 & 2 varicocele.

Feelings of Irritation, or Pain That's Prolonged, Dull, or Aching

This type of pain is typically due to long-term exposure to mild heat-stress or blood pooling. It can also be caused when the veins are tugged, pulled, or squeezed tight. This pain is common with all grades of varicocele.

Pain that's Sharp, Unbearable, or Throbbing

This intense type of pain is typically due to exposure to extreme stress, for example: Very high scrotal temperatures, and heavy blood pooling with impaired circulation. It may also be caused by tugging, pulling, or squeezing tight of the testicle or varicocele.

Psychological Pain

This type of pain is in your head. Yes, this type of pain exists. Yes, it can be intense. And yes, it is common. Previous experience with intense pain, anxiety about the pain, or psychological and/or emotional stress can trigger this type of pain. It can be experienced by any grade of varicocele. Note that this type of pain may be common amongst people who get surgery.

What Worsens Varicocele Pain?

What This Guide Covers

The following factors worsen varicocele pain: Heat stress, excessive blood flow, poor blood circulation & blood pooling, excessive abdominal pressure, physical damage, psychological & emotional factors, as well as an unhealthy lifestyle. The following chapters of the guide will focus on addressing all of these factors.

Just for Your Information

Pain is typically lowest in the morning after sleep & gradually worsens as the day goes on. This means that you should expect your pain to be most severe at night before sleep. Similarly, the varicocele swelling is also smallest in the morning & biggest at night.

Individuals with higher grade varicocele do typically experience pain more often, and with higher severity than those with lower grade varicocele. However, those with lower grade varicocele can also experience frequent & severe pain.

Just a final note, unless treated, both varicocele severity & pain symptoms typically worsen with age. Don't worry though, this guide will teach you how to prevent and reverse the worsening of your pain symptoms.

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