

So, what do you eat to Get Silence?

The first thing we need to establish is that there are human-appropriate foods, and then there are non-human-appropriate foods. Steak? Human-appropriate food. Rice? Not appropriate as food humans. It is important to realize that even though rice might prevent a person from starving to death, that does not mean they will be optimally living their life. The people who come to me with rice-heavy diets often have joint pain and emotional problems alongside the tinnitus that they initially presented to me with. Steak (read meat including the fat of the animal in the cut) contains nearly every single vitamin, nutrient, and mineral a human needs. Whereas rice is deficient in a lot of them, as are most other plants. Rice also causes inflammation when oxidized, damaging the gut lining. On top of that it is usually non-satiating, and the list goes on.

This book will not spend too long explaining the ‘why’ but will instead delve into the ‘what’ and ‘how’. In other words, I’m going to spend a lot of time telling you what you can do, but not as much time explaining the why. This is because there are only so many pages a person can read, and you want silence more than science, right?

The Advanced Dietary Guidelines for Tinnitus

- The first step of dietary change required is to realize that diet is not a particularly large aspect of reversing tinnitus, hyperacusis, pulsatile tinnitus, or vertigo when compared to the other parts of the course. When every other component of this course is combined and put up against dietary change regarding its effectiveness at silencing tinnitus, it is not incorrect to claim that diet is not a major part of obtaining silence. However, the diet must be changed for practically every person with tinnitus, regardless of how they contracted tinnitus in the first place. I would also like to add that most people with tinnitus would do best to first change other aspects of their lives such as grounding, sunlight, removing blue light, removing headphones etc, and more before removing or adding anything to their dietary regime. No matter how poor their nutrition is, a person should instead avoid turning on the food-activated ‘Randle Cycle’ even before removing toxic foods.

- The Randle Cycle is a process in the body that is 'turned on' when fat and sugar are consumed within a similar time frame. Turning on the Randle Cycle also causes inflammation to spread within the body. It also causes body fat to increase and reduces nutrient absorption.
- As far as I am aware, there has been no high-powered test to determine just how far apart sugars and fats should be consumed to avoid turning on the Randle Cycle, however, I believe a liberal approach of at least a 24-hour separation is to be implemented to play it safe. All grains should be considered sugars.
- One of the first steps a person can do is to remove salt and pepper, that's right. Don't buy into the farce that salt is unhealthy for your body, it is crucial for every cell in the body. However, sodium switches on the sympathetic nervous system which can cause anxiety, stress, fear, and so on. This is **not** good for tinnitus! I also want to add a little bonus right now, and that is to ask you to supplement with a magnesium supplement to help with stress. If you do not have adequate levels of magnesium, then stressful situations such as spikes or other events in life will cause an unwanted and even non-proportionate emotional reaction. Cut out salt and start supplementing with magnesium.
- Another crucial first step is to ensure that high-quality water is being consumed. Practically every single source of tap water contains extremely high levels of fluoride. Don't listen to the lies on your television and from your dentist; fluoride is not harmless, it is extremely toxic. Stop drinking tap water.
- The next step to be taken is to not eat (or drink) a single thing after sunset. Yes, if a person is required to take medication, then that is an acceptable exception. This will assist with the quality of sleep which is a huge part of obtaining silence.
- (On a side note) Anyone who works shift work, perhaps as a nurse, flight attendant, etc, should seek to change their work if at all possible. All of that lack of sleep, blue light at night, stress, and poor dietary schedule will be causing serious issues. Sure, silence is certainly still possible while keeping those types of jobs, but it will take longer, and it will not be easy. But as adults, this is a choice my clients must make for themselves.
- Another important dietary change, believe it or not, is to get a urinary mycotoxin mold test. Mycotoxins are secreted by mold spores that

potentially live inside the human body. A local naturopath may be able to provide you with this service, as well as help you understand your results. Why do I suggest this in the food section of this book? Mold can, believe it or not, can cause food allergies. From plants to meat, mold can (and does) cause allergies to arise from practically anything a person can put in their mouth.

As I mentioned previously, mold also inhibits bile movement. Bile is an alkaline substance made from cholesterol, amino acids, enzymes, and more. Please see my chapter on gallstones for more information. It is a terrible idea for a person to instantly start including large amounts of meat in their diet before checking for mold in their body and removing it. They should also start clearing gallstones. Now is also a good time to point out that if any of my readers are vegan, that silence is still possible. I mentioned earlier that diet is a small part of silence and that many other steps can be implemented than a diet that is simply deadly to tinnitus. However, although silence takes longer for those who abstain from meat, it is still possible

- Let's move on. An overlooked, crucial dietary step is for people to ensure they do not beat themselves up should they eat or drink products they know to be inflammatory. Sugary drinks, chocolate, toast, etc. There are many stages to this line of thinking, firstly anyone with tinnitus simply must drill into their heads that animal products are healthy, so they must be opted for over almost any other food. However, care must be taken to transition slowly from a person's current poor diet to a more nutritious diet consisting of mostly animal products. Just don't beat yourself up if you make mistakes. Most people make mistakes, it's not a huge problem at all!
- I believe that the first food a person must reduce is not carbohydrates, plants, sugary drinks, or junk food. No, the first food that must first be eliminated is dairy. In most instances, I suggest not cutting out food cold turkey, but dairy is an exception. This includes dairy in all forms, raw or pasteurized. I have also noticed that people suffering from symptoms of dizziness benefit greatly from cutting out dairy, almost more than anything else they could do.
- The next food item requiring removal after dairy does not get spoken about often as a cause of inflammation, and that is pork. Yes, pork. Much like dairy, a seemingly harmless product that has been consumed for thousands of years, pork has tended to cause inflammatory issues in my

clients. Even my clients receive a completely clear urinary mycotoxin mold test. Whatever the cause, pork seems to be causing quite severe issues in some of my clients. Anyone reading this could break my prior rule and make two changes simultaneously and cut out pork plus dairy on the same day.

- After dairy/pork, the next step is to cut out caffeinated products. Talking about caffeine and removing it is a tricky one. People are addicted to caffeine. And caffeine also helps bile to move, but most coffee beans that are used to make coffee (and all other caffeinated products) contain mold. So, the dilemma is that when a client of mine continues to drink coffee, it can help them poo. However, long term, the mold in the same cups of morning coffee also inhibits bile secretion which can harm their ability to poo, as well as pro-long tinnitus by continually re-infecting the person with mold. This also inhibits the body's ability to absorb nutrients. I think now my readers can see the picture I am painting, and that though silence is possible, obtaining it is not linear. I also want to point out that drinking coffee or consuming caffeinated products drains your body of minerals (magnesium for example) which are required for your ears to function properly. I don't mind if it takes months and months to quit, please take your time, but just stop. Also, if you experience a spike while quitting coffee it could be withdrawals, this is to be expected, however, if this spike is ongoing for weeks, then it is likely you have a mold issue. This is because mold thickens bile, and coffee loosens it. If the spike is ongoing, bring the coffee back, and get the urinary mycotoxin test I spoke about previously, I almost guarantee you have a mold infection.
- The next step involves more significant and noticeable changes. Now is the time to remove Foods that are not even foods. I am speaking about junk and processed foods. Doritos, Mars Bars, Ice Cream, and so on.
- Next, cut out the smoking, and alcohol. I also suggest at this stage removing all forms of marijuana (smoking or eating). However, if my clients require marijuana to aid sleep, anxiety, or pain then they should not remove it. I would also like to point out that many clients of mine have achieved and maintained silence whilst still consuming forms of marijuana.
- Now let's move on to plants. Remove fruits and nuts. Fruits are a huge hit of sugar, and nuts (almonds, pistachios, you name it) are oxalate rich and usually incredibly moldy. So, stop eating fruits and all forms of nuts.

- Any vegans or persons, in general, should abstain 100% from the current trend of fake meats. The impossible burger and such. Not only do these foods destroy the environment, but they are endocrine disrupters and are not human food.
- At this stage, I would like to remind all of my readers that this is a slow process. And when I say slow, I mean it. Please see my previous chapter on how your mentality underpins your success. If my clients are frantic, worried, and always focusing on their tinnitus' every change and painstakingly going through to try and find the cause of the spike, that person going to have a rough time and will almost always end up giving up. This is the truth. I am treating my readers like adults. I can spot someone who will never get silence from a mile away. They analyze every single little change in their tinnitus, the first thing they do in the morning when they wake up is check to see if their tinnitus is still there or if it has changed. They put their finger in their ears when they can no longer hear it in noisy environments to check how it sounds. This is bad. Those doing this should make an effort to stop. Willpower is a thing, please try your best to use it
- So, we are halfway through. What is left to eat at this stage? You can eat nearly all forms of meat, herbs, spices, vegetables, salt and pepper, and teas. But the Randle Cycle should still be adhered to.
- Now we move on to plant toxins and start to remove the plants containing them. When I tell my clients that plants all contain toxins, which they do, I am then often asked "So, which ones are okay to eat? Which ones are less toxic?". And the answer, as it always is when it comes to taking action to silence tinnitus, is 'it depends'. For example, when a client says to me "Can I eat cabbage?", there is zero way for me to possibly answer that. I need to know where that person is on their journey to silence. Are you just beginning? Sure eat the cabbage, and focus on removing things like sugar first. However, if the person is close to silence, then I would say no, stop eating the cabbage. Maybe the poisons (and they are poisons) in the cabbage are preventing them from reaching silence.

Plants Toxins and Their Relation to Tinnitus

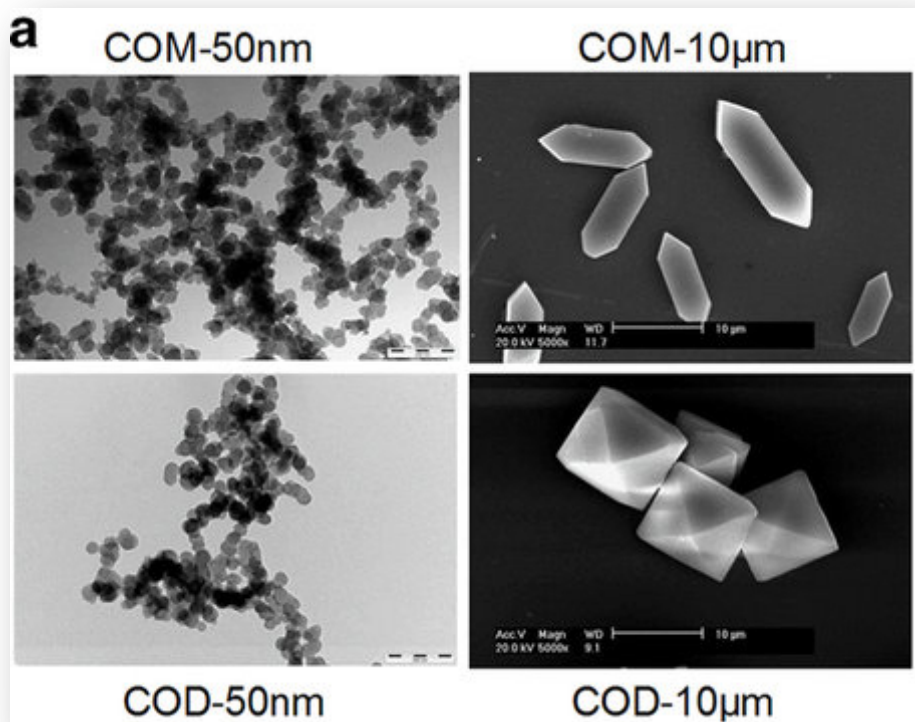
Oxalate

Oxalate (Oxalic Acid) is present in plants. Oxalic acid is a defence mechanisms plants such as spinach, kale, and most leafy greens use to repel their usual predators, bugs. Plants cannot run away like animals and humans can, so their offense is more defensive.

When caterpillars consume oxalate, it makes them instantly sick and turns them off from eating the rest of the plant in question. The plant will be damaged, but of course, its leaves will grow back, and the plant lives another day. However, when humans drink a green smoothie or have a breakfast salad, they usually experience no immediate negative side effects. This is because when humans are concerned, oxalates are more of a pernicious poison, meaning the effects are only seen when they are consumed constantly over many years.

Therefore, it is so hard to point to oxalates as the cause of tinnitus or any other symptoms such as arthritis and TMJ. I have had many clients who suffer from TMJ remove oxalates from their diet and experience a complete eradication of their TMJ. The same goes for visual snow.

So, what exactly does oxalate do when it enters the body? Oxalic acid binds with calcium in the body to create oxalate crystals. Yes, crystals and these crystals are insoluble. Here are some images of oxalate crystals:

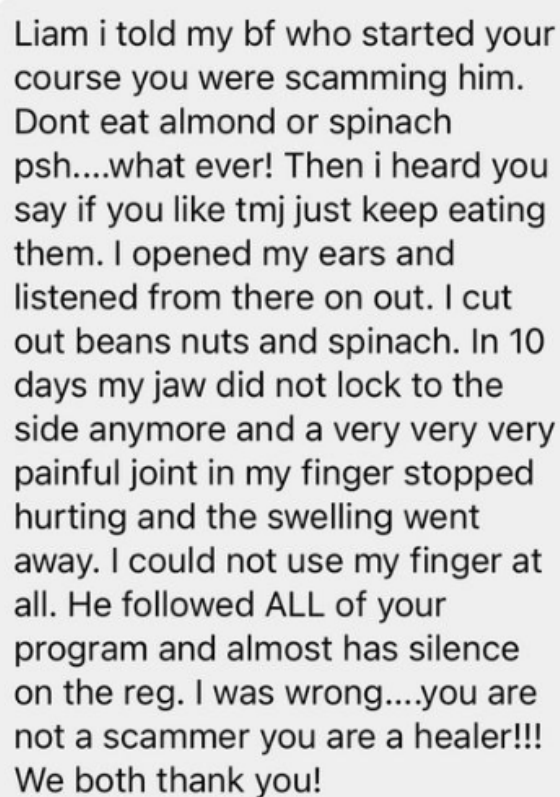


Oxalate crystals can lodge into your joints, eyes, nerves, organs, glands, practically anywhere you can think of – oxalate crystals find a way! When oxalate crystals lodge into the nerves that connect the ears to the brain is where I believe a lot of the issues come from those suffering from tinnitus. It is plain to see that this can disrupt the electrical signals the brain relies on to decipher the vibrations in the outside world. Also, oxalate crystals seem to have an affinity for mitochondria. Disrupting their ability to produce energy from inside the ears. We have already spoken about how mitochondria in the inner ear produce ATP to fuel the mechano-electrical transduction process. On top of this, oxalate crystals can interfere with mineral regulation and creation inside the body.

Many issues in the body can be fixed when a person reduces their intake of oxalate. I must however insist that people do not just start eating a zero-oxalate diet – that is potentially dangerous. The best route to take is yes, to remove oxalate mostly or even entirely from the diet if needed, but you must ween yourself of oxalate. Start one by one removing high oxalate foods such as nuts, seeds, and leafy greens – slowly! And then reduce other plants such as tomatoes and such. Also, if any of my readers are drinking green smoothies or fruit smoothies – they should be cut from the diet immediately. That is extremely dangerous. Coffee is also extremely high in oxalate as is tea.

Salicylate

Salicylate is an important plant toxin to know for anyone suffering from tinnitus. Salicylate is used in clinical trials to bring about tinnitus in both humans and animals. Salicylate can also cause human and animal skin to react negatively to the sun. Sun is



Liam i told my bf who started your course you were scamming him. Dont eat almond or spinach psh....what ever! Then i heard you say if you like tmj just keep eating them. I opened my ears and listened from there on out. I cut out beans nuts and spinach. In 10 days my jaw did not lock to the side anymore and a very very very painful joint in my finger stopped hurting and the swelling went away. I could not use my finger at all. He followed ALL of your program and almost has silence on the reg. I was wrong....you are not a scammer you are a healer!!! We both thank you!

healthy for humans – don't believe the nonsense preached by doctors that the sun is dangerous always for everyone and that if you don't use SPF 50+ then you're going to get skin cancer. This is ludicrous. There has been a huge scandal recently wherein the sunscreen made by the exact drug companies those doctors promoted had to recall their sunscreens because they contained cancer-causing chemicals – and knew about it! Salicylate can cause a person to break out in blotches and rashes when they encounter the sun – sometimes even for hours after. These sun-sensitive people will be told they were born sensitive to the sun and therefore should avoid it or wear sunscreen (there's that cancer-causing wonder drug again!) but that's ridiculous. The actual truth is this: If you reduce or eliminate salicylate from your diet, then you will be able to go out into the sun with little to no issues and get the proper vitamin D your body and ears so greatly crave. Did you know there are light-sensing pigments in your inner ear? Something to think about...

Goitrogens

Goitrogens inhibit the uptake of the essential trace mineral, Iodine, into the thyroid gland. Please recall how I spoke about the thyroid gland and its role in regulating the fight or flight response (sympathetic and para-sympathetic nervous systems). And how I believe dysregulation of the thyroid gland due to Iodine deficiencies can and does cause emotional problems (stress, anxiety, and so on).

Spikes During Nutritional Alteration

It was not uncommon at all for my clients to experience spikes when changing their diet. Whether they only include more meat, or they start removing plants, other variations, or whatever it may be. There are quite a few reasons why spikes may occur. So, in this section, I will list the top 5 reasons that they do, and how to stop them.

- 1. Fat Adaptation**
- 2. Oxalate Dumps**
- 3. Un-Diagnosed Allergies**

4. Gallstones Preventing Fat Processing

5. Parasites Wreaking Havoc When They Lose Their Grains and Sugar

- **Fat Adaptation**

Fat adaptation is very real. Human beings can snap their fingers and replace carbohydrates with meat in their diet. However, the processes inside that same person's cells can and usually do take many months to catch up. The resulting period of sugar-to-fat adaptation can take an extremely long time, even over 6 months or more. Therefore, taking this process slowly is so important. So, what can be done about these spikes? First, as I explained earlier, remember to avoid activating the Randle Cycle, and don't cut out carbohydrates in an instant. Moving too quickly is a terrible idea in my opinion. Yes, I have had many clients previously who perform perfectly well going cold turkey with zero spikes. However, for most, especially the metabolically unhealthy (which most people with tinnitus are) this can be a bad move and even worsen tinnitus in the short to medium term. Anyone with tinnitus looking to eat more meat and fewer plants should take it slow. Changing things too fast can even cause tinnitus to last for longer.

- **Oxalate Dumps**

As already mentioned, Oxalic acid is a poison found in plants. Plants such as nuts and leafy greens are the worst offenders. Coffee, too. So, foods containing high amounts of them should be limited. However, when a client of mine starts to consume zero Oxalic Acid, their body then begins to push it out of the body, and sometimes rather rapidly. These oxalate crystals can be pushed out of the skin, ears, tear ducts, and practically anywhere. This can cause spikes in tinnitus, sometimes even severe ones. It is hard to tell exactly what is causing a spike, which is why I suggest to my clients that when they are changing their diet, to change one thing at a time in order to detect exactly what the culprit is of a spike, or what alteration can be attributed to a reduction in tinnitus. I say it again and again and again, but people don't seem to listen, perhaps due to their eagerness to remove their hellish tinnitus, but removing all plant products in one swoop is a terrible, and dangerous idea. The oxalate dump will likely be catastrophic. And when you tie that in with the above point of fat adaptation (which takes months and

months) then you're looking at spikes, insomnia, anxiety, pain, and whatever else the body musters up in response to this hasty change. Sadly, I see people do the above, get worse, and say "Liam's advice does not work". Not only is that not my advice, but it is only the dietary section, which I estimate less than 5% of achieving silence, and they implemented even that incorrectly. I hope my readers can see my frustration and heed my pleas for slow application. So, what should one do to avoid a spike from an oxalate dump? It's quite simple, and it ties in with the rest of this section. Try 3 days of only meat and no plants, then three days with meat and plants, three days of only meat and no plants, then three days of only meat. This way the client can dump oxalates out of their body slowly and with a reduced spike. The person can then try 4 days no plants, 3 days with, 5 days no plants, and 3 days with. This does not apply to vegans.

However, if any vegan reading this decides they want to bring animal products into their diet, they must go slow. The number of oxalate crystals inside the body of an ex-vegan or vegetarian would be nothing short of shocking.

• **Un-Diagnosed Allergies**

The next cause of spikes is more complex than it sounds. Anyone may think 'Oh, well if allergies could potentially be the cause (or *one of* the causes) of my dietary alteration spikes, then I'll just get an allergy test, discover the food(s) I am allergic to, and then remove that food. That does make sense, yes, and it would help. But some of those foods are extremely nutritious! So, cutting them out is a loss. So, what does one do? Well, you get rid of the allergy in the first place, or at least, do your best to do so. How can somebody remove an allergy? By removing mold. Mold can cause a person to not only become allergic to pollens and cleaning products but also to certain types of both plant and animal foods. As we talk about handling these spikes, I should also mention here that I believe, although it is not proven, that there is a connection between people losing their hair when changing their diet, and mold. Allergies do not just come in the form of runny noses and sneezing. Allergies can be sneezing, rashes, ringing ears, and joint pain, and I believe hair loss is on that list. I think mold causes such a severe reaction in some people to certain foods, that including more of them in the diet can cause a person's hair to fall out, and in some instances in large amounts very quickly. For people who think or know they have been exposed to mold in the past, even if just once, a urinary mycotoxin test can

be taken to confirm an infection. After the urinary mycotoxin test is taken, then the correct supplements and protocol can be taken. Please note that a test is not always required. If you lived in a moldy home or know that you have been infected by old by some other means, you can just skip the test. See the previous chapter on dealing with mold

- **Gallstones Preventing Fat Processing**

The usual human being in today's Western world gets their energy not from animal fat, but from mostly carbohydrates (sugar), energy drinks (sugar, taurine, caffeine), coffee (caffeine), as well as various other substances. Unlike animal products, the body can use the above substances as fuel for the human body with minimal bile requirements. But the trade-off for that little trick can be inflammation, sleep disruption, mood disorders, energy crashes, physical pain, tinnitus, and the list goes on and on. I have clients who when they include more meat in their diet, source high-quality grass-fed/finished beef, are not allergic to it, and avoid activating The Randle Cycle by separating food groups by even 24 hours, still have spikes when eating it. Why is this? One of the reasons, I believe, is due to a literal lack of enough bile to be able to help break down the influx of animal proteins and fat. Gallstones are stones made of oxalate, cholesterol, and bile salts among other things, that block the bile ducts of both the liver and gall bladder. Anyone can imagine the detrimental effects this would have on someone trying to digest meat, let alone when following my course and attempting to remove most plant products in exchange for extra animal fat and protein of all species.

There is no accurate way to know if a person has gallstones, no scan or blood test, etc. So, one must assume they could potentially have them, as most of my clients usually do. Having tinnitus does not mean that a person always has gallstones, just as a person experiencing a spike when eating meat doesn't always have gallstones, either. But I point my finger to a person's prior lifestyle, as to fuel my assumption that they have them. Pharmaceutical drugs, alcohol, coffee, smoking, and oxalate oxalate-rich all cause gallstones to form quickly, easily, and in large volumes. See my previous chapter on gallstones for more information.

- **Parasites Wreaking Havoc When They Lose Their Supply of Grains and Sugar**

Believe it or not, unless a person cleanses themselves of parasites at least once every 6 months, they will likely have an overload of parasites inside of them. Now, parasites are not all bad, just like candida is not all bad in small amounts. But when it comes to parasites, you don't want too many, and you don't want certain species. And for the person with tinnitus, parasites can certainly kick up a fuss internally when it comes to denying them their preferred food, sugar. Parasites and their eggs can exist in almost every food, but they are more prevalent in plants, not meat. If someone was to go to their local produce store, buy a head of lettuce, and soak it in a sink full of vinegar and water, they would see dozens of tiny worms peel off from it and float to the surface.

When a person changes their diet and deprives parasites of their food, those parasites can release biotoxins into the bloodstream, causing inflammation. Hence why parasites can potentially be the cause of a person's ears spiking when they engage in dietary change.

Caffeine

Before I speak on coffee, please be aware that some people even find they can achieve and maintain total silence whilst still drinking it. However, if you're close to silence and can't seem to get all the way, and it's been months and months of 'nearly there'... then you'll have to try cutting out coffee. Sorry, that's life I'm afraid! So, why do I say it's possible to quit coffee/all caffeinated products last, even though it is an early domino? Well, coffee acts as a bile mover, that's the first point. Secondly, it can help you maintain energy as you go through diet changes, fat adaptation, and what can sometimes be stressful changes.

Thirdly - it is important to not suck *all* of the joy out of your life! Now go easy on the sugar in your coffee (preferably have none) and also consider skipping the dairy. You'll recall I have already spoken about mold and its effect on bile (rendering it inefficient, thus making it harder for you to digest animal fat and protein. Coffee helps to... let's say 're-invigorate' your bile, and help you digest that meat. It can also help to prevent any temporary constipation that may occur when switching to a meat-heavy diet. If you don't drink coffee, don't pick it up. If you're a vegan, you can also continue to drink it.

The Ideal Tinnitus Diet

I considered not writing this section or perhaps naming it something different, simply because there is no 'tinnitus diet', it is rather a process of slow change. But I am going to outline something to work towards. For people who joined this course and are already implementing 90% or more of what has already been outlined, they might be thinking 'Hold on, I'm already doing most of this or all of it and I still have tinnitus, I guess this doesn't work for me!'. I urge those people to remember that dietary changes and practices are only a small aspect of obtaining silence. And all through diet change compared to the rest of the course is proportionally small, food in most cultures is huge, so dietary changes proportionately affect lifestyle in a bigger way when compared to, say, turning off blue light more often. Yet, less blue has been shown to have the same or more of a positive effect on reducing symptoms for a lot of my patients when compared to food.

So, let's break down what I consider to be the 'ideal tinnitus diet'.

- Clean Water (at least not from a tap)
- Plenty of grass-fed/finished red meat
- Eggs (chickens fed insects)
- Fish Eggs (caviar)
- Cow's Liver (from a grass-fed/finished cow. Another liver is fine, too)
- Herbs used on foods are fine
- Salt and pepper used on foods is fine (but test not using any)
- Avoid condiments like bottles tomato sauce and similar processed products.
- And that's it

I'll say it again, do NOT just go now and start only eating this starting immediately. That is a bad idea. This is something to be worked towards. Remember, almost no one needs to eat like this to get silence. The aim is to slowly work towards this outlined 'menu', whilst applying other steps, and

then to see how much needs to be implemented to get silence. This, what is written above, is a human-appropriate diet.

Consult with your doctor before making any dietary changes.