

silence

Created and written by Liam E. Boehm

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tinnitus is not for life

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Dedications

Makeez - For being a friend, showing me what it means to truly care, and in her own life exhibiting what it means to love truly no matter what. I also want to give thanks to Khaled and Noah for letting me into your home. For taking care of me when I was sick and inviting me to be a part of your family, if only for a moment.

Mark – For donating large amounts to my mission of spreading silence to the planet. It takes a certain type of man to give with no desire for something in return.

Darren – For teaching me how the mind works and demonstrating daily the meaning of the word perseverance. Thank you.

Chris – For being one of my longest and closest friends, who sees the world just about the same way as I do.

Donal - For offering to host a future tinnitus clinic, showing me friendliness and generosity.

My Clients - My clients in the past, present, and future, for having the strength and tenacity to take a chance on themselves, silencing their tinnitus and showing the world that it is possible.

My friends – Both my friends who have been friends for years, and my new friends who used to be clients. Thank you for all your support.

My Mother - For working hard while caring for her immediate and extended family, putting your two sons before yourself in every way possible. We noticed. For taking care of me in life and death. You have truly set the bar so high, for the future women in my life, that I'm sure they will resent you forever.

And finally, and mostly to my father - For always supporting and loving his wife and two sons. For giving my brother and I what he never had, and not demanding anything for it other than respect for ourselves and for our mother. Ultimately, showing me what it means to be a real man.

I, _____ (Print name).

Understand that tinnitus is not for life. I will do whatever it takes to get silence. However, I will be safe, take things slowly, and use common sense.

Sign Name below.

A personal message from Liam

_____ ,

Kindest regards,
Liam E. Boehm

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Part One

Introduction

Section one of this book contains not only a brief introduction as to what is contained in this book, it shows readers not only that silence can be achieved, but how to do so. It also helps the readers to analyse themselves. To predict not if silence is possible or not, because it is, but rather how easy or hard this course will be for them to implement.

Preface

What if I told you that your tinnitus was not for life after all? What if I told you that the ringing in your head or your ears or both was, in fact, not permanent? What if I told you that thousands of people around the world have all had their beliefs shattered about the so-called-permanence of tinnitus? What if I told you those people all lived in silence right now? In this book, I cover many varying topics, all about tinnitus of course.

However, there is one topic that matters most to me. And that topic is hope. It is so crucial when it comes to tinnitus that without hope, one cannot obtain silence. For many decades now, on all platforms, and by all experts, hope for people with tinnitus has been systematically crushed. Day by day. Patient by patient. Sufferers who carry the weight of ringing ears have their hearts shattered and hope destroyed as ENTs interrupt them to talk at them, exclaiming that there is no cure for tinnitus and that any time spent looking for one is wasted time. “Just learn to live with it,” they say.



Love ur advice everything
has helped me so much great work!
What's your opinion on sugar free
candy? My doctor said I'm crazy for
listening to ur advice but my progress
says otherwise.

10h 1 like Reply Message

A message I received from a client showing how in the face of progress, his doctor still denies what he sees with his own eyes.

I had to live with my tinnitus for four long and torturous years. Alongside my deafening tinnitus was hyperacusis so painful that even footsteps would cause physical pain in my ears followed immediately by spikes in my tinnitus. Due to these issues, I had to drop out of University, where I was studying

jazz. I had to pull back from my friends and social life, and needless to say, I found it hard to hold down a job. I saw multiple ENTs, however all but one of them clearly could not care less about my condition, and the one who did care could not help anyway. He could not help because the training of an ENT is not conducive to treating the underlying causes of tinnitus, hyperacusis, pulsatile tinnitus, vertigo, or even hearing loss. The education of an ENT is not an education at all, but rather an indoctrination that requires ENTs to make their patients incorrectly believe that their symptoms are for life and that the best and only course of action is the emotional and financial burden of habituation.

My position in this book is not to ask you to ignore your ENTs or to not see them at all, but just to think for yourself. Free thinking may seem wild or even conspiratorial in today's medical climate, but it is the true path to silence. Doctors who deal with acute issues such as car accidents and heart attacks are heroes of society. But the specialists who take on clients with diabetes, skin issues, obesity, tinnitus, and many other chronic medical conditions, often make their patients' conditions worse, or fail to change anything. This is the sad yet all too clear truth of modern western medicine. If you are reading this book and believe that you have tried everything, then I would like to happily inform you that you are incorrect, and that is a good thing. For in this book, I have compiled everything that works for tinnitus, which happens to be the opposite of everything you thought you knew about tinnitus. How about the hair-cell theory? We will discuss that. Audiograms? That, too. I believe that not 99% but rather 100% of what is written online about tinnitus is incorrect. And that is great for you.

In this book, I am going to show that not only is habituation not the only option, but it can have detrimental effects on mental and physical health. I will also, of course, show you how to obtain silence, and how to keep it. As Seneca said, 'If one does not know to which port one is sailing, no wind is favorable.' With that in mind, I am not only going to show you that silence is possible, but specifically how to get there without wasting time. So right now, I want you to take a minute, close your eyes if you must, and forget everything you have ever heard or believed about tinnitus. Because belief is the enemy of knowing.

The Great Unknown

The methods shown in this book are proven to work, yet they are still theoretical. There has been no randomized, double-blind placebo, peer-reviewed study with hard endpoints showing a statistically significant outcome. I don't have that study to back me up. However, what I do have are a plethora of testimonials. It is a fact that this course has the highest number of documented, 100% reversal of symptoms out of every tinnitus system on earth. These testimonials are from people of all ages and genders. Some have had their audible issues for 30 years, some for 3 months, and they still achieved complete and lasting silence. Furthermore, these people contracted tinnitus from innumerable causes. From noise trauma to herpes. From pregnancy to stress. From perforated ear drums to ototoxic medications. These people are rich, poor, famous, young, old, men, women, genderless, physically disabled... Most of these people had multiple symptoms, too. Not just tinnitus. Hyperacusis, pulsatile tinnitus, vertigo, Meniere's disease, hearing loss, and more... Do you want hope that tinnitus is fixable? Let me give you the truth. I have had every color of the rainbow come to me for help and leave with silence. Your mother lied to you; you aren't special. And the fact you are not special is an amazing thing. The truth is that you're human, just like me, and just like all the other people who have come before you. Those who thought their lives were finished, and who left with silence and a new life, free from the restraints that came with tinnitus. If you are a human being, you can get silence – it's as simple as that. And I am talking about actual proper silence. This is not a course on habituation. No. This is it. This is silence. The 'what' you do is clear. That's in this book. This very book that you're reading contains everything I know when it comes to beating tinnitus. But the 'why'? Well. That is the great unknown. Why these tactics work so well, has not been proven using any scientific models. But I put to you my position statement right here:

I, Liam Boehm,

Declare that I do know as an irrefutable fact that tinnitus (and its accompanying symptoms) is not for life. It is not permanent. I believe that the strategies in this book prove this declaration to be true, as they have silenced hundreds of people's tinnitus, and those are just the people who

took the time to reach out and thank me. The number of people who anonymously watch me and apply my advice, who then reach silence and do not tell me of their success, is absolutely in the thousands by now. I put forth to you in this book the strategies that work alongside my theories as to why they work.

I have designed my courses on the assumption that mitochondrial dysfunction lays at the heart of tinnitus. And when actions are taken to rectify mitochondrial dysfunction, tinnitus vanishes. Sometimes in 2 months, sometimes in 18 months or more. Yes, it takes time to rectify decades of damage.

But:

I truly believe 100% that tinnitus and its accompanying symptoms are, at its core, mitochondrial issues.

I state this, even though mitochondrial issues as a cause of tinnitus are still very much a theory of mine. But when people treat their tinnitus using my theories (theories which are based around reversing an assumed mitochondrial issue) their tinnitus vanishes. There is nothing else I have seen in my 4 years of living with tinnitus and 4 and a half without it that works as well as what you are about to learn in this book and course, and that is a fact.

I am sure there is still much that I do not know about tinnitus so mostly I spend my time solidifying and uncovering explanations as to why the methods in this book work so well. All though I do believe that tinnitus is a mitochondrial issue, and not a hair-cell issue, when I perform my research to back up this theory, I do not start with the goal of proving my own proposed theory. Rather, I simply want the truth. But time and time again, hair cells are not the culprits. It is instead, as I theorize, mitochondrial dysfunction that lays at the root of tinnitus.

I have waited many years to expose the things I am about to reveal in this course. I have wondered if I should bite my tongue and avoid ‘stirring the pot.’ But I have become so disgusted with what I have seen in the realm of tinnitus that it would be a disservice, unfair even, to anyone and everyone with tinnitus to not teach them what I know. It took me years of emotional, physical, and financial pain. If I can help someone avoid what I went through, why should I shy away from that responsibility?

I see millions of people suffering worldwide, looking for hope, and the only option aside from me is either a watered-down version of me, or habituation. In other words: scammers and unqualified people taking money from desperate people. In this book, we will be basing your entire journey to silence around a concept I created called '**The Domino Effect.**' Which put simply, means that there is always more than one cause for your tinnitus. Always. I'm going to show you how to find out what they are and what to do about them. I created this theory to simplify the journey to silence. Obtaining silence is not always linear and becoming overwhelmed is not uncommon. Due to this, I am doing my absolute best to make sure that you never go a day without knowing exactly what you are doing and why. That is what *The Domino Effect* is all about.

'The Domino Effect' sheds a bright, white-hot light on the truth of just how easy silence can be using real-life stories from some of the people I have helped achieve silence, as well as how long it took, and some of the expected hurdles on the way including fluctuations and spikes. Those are to be expected and are often actually an indication that you're on the right track. When I look at my success stories, from long ago and up to even the day of writing this book (the successes pour in constantly) I ask: How can someone who got tinnitus from having their ears blasted by an explosion, and who has been suffering from it for 2 and a half years, suddenly silence their tinnitus after they stop using beauty products on their skin and cut out salicylate from their diet? How can someone who claims to have acquired tinnitus from stress, take supplements that kill mold and parasites in the body, and have total silence in mere months after 3 years of hell on earth? How is it an elderly man can wake up from surgery with tinnitus, only to obtain silence by exposing himself to hours of sunlight each day, along with grounding? How can an amateur NFL player experience severe vertigo attacks and tinnitus after multiple concussions, then get total eradication of his symptoms in just 6 weeks after intermittent dry fasting? We will get to these stories and my explanations of them in this book...

...So dear reader, at the risk of sounding overly cheesy, are you truly ready for complete and utter silence, for the rest of your life?

Your Mentality Underpins Your Silence

Yes, your mental state, if tumultuous enough, will prevent you from obtaining silence. This might seem out of character for someone like me to say, even hypocritical, seeing as I avidly promote lifestyle changes over emotional work/therapy, but it is true; your emotional state plays a role in obtaining silence. However, in this chapter, you will see that not only is the relationship between emotions and tinnitus misunderstood, but so is the process of fixing emotional issues. I would like to first speak on the relationship between methods such as meditation, relaxation, cranial sacral therapy, and tinnitus. These are methods that can supplement a person's journey to silence, but they are not the be-all and end-all of obtaining silence. The people who obtain silence from just the above methods alone (although I have met very few people like this) almost always experience re-emergences of their tinnitus throughout the rest of their lives should they miss a few too many 20-minute meditation sessions or experience high levels of stress. Seeing as life is busy and sometimes meditation is skipped or forgotten, and emotional volatility is a guarantee in life, I believe using 'emotional work' as a sole way to silence tinnitus pales in comparison to implementing it alongside other methodologies. Meditation is more of a band-aid than it is a permanent solution. And as life rips open our emotional wounds again and again, so must the band-aid be reapplied.

This is of course my opinion, and perhaps now you disagree. However, I almost guarantee you that by the end of this book you won't. I should mention that choosing meditation as the sole route to silence is not even nearly as bad as the concept of 'habituation.' Habituating to tinnitus essentially means the patient is taught to learn to accept and live with the sound of tinnitus in their lives... *shudder*... I could not think of worse advice. That is what this book aims to turn its readers away from! I show how slow and well-thought-out steps, implemented in the right order are by far the best way to silence tinnitus. I'm going to give my readers the key to the door, but if it *just* won't open... This can often be due to your mentality. Your 'state of mind,' as well as a few other things. I outline exactly what these other things are in Chapter: One To Zero.

Is This You?

There are a few tell-tale signs in some clients I see now and then that indicate to me that they will struggle to obtain silence, and in some instances find it hard to achieve even somewhat moderate results. Sadly, these are the people who often give up. This is because even before properly starting, their expectations of what is required to achieve silence were not set up properly.

Here are some examples of what I see repeated in unsuccessful clients:

- Constantly assessing every change in their ears daily (or hourly) and becoming frustrated when they don't know the exact cause behind fluctuations.
- Elation when tinnitus reduces, and total despair when tinnitus increases slightly. In other words, extremely emotionally volatile.
- Constantly asking the same technical questions but in different ways (excuses to not implement what they know they must).
- Rushes through the course, often resulting in incorrect implementation and zero results. Sometimes even a worsening of symptoms.
- Uses me or others in the group as references to ensure correct implementation instead of referring to the course.
- Believing that obtaining silence will be a quick, linear, and easy process.
- Comparing themselves to others inside and outside of the course.

Inversely, some signs indicate to me that a client will obtain silence not necessarily quickly, but with minimal emotional turmoil. Here are some examples:

- Not becoming discouraged during spikes, nor elated during reductions in volume. Just maintaining an eye on the prize (silence).
- Minimal questions asked.
- Almost no reassurance is needed.
- The person truly believes they will get silence and does not mind how long or what it takes.
- Implements the course slowly and does not rush.
- Uses the course as a reference for correct implementation instead of myself or others in the group.
- Does not think that obtaining silence will be a quick, linear, or easy process.
- Supports others.

I would like to point out that there are some crossovers, and clients do go between the two types. That is normal, we are all human, after all! To finish this chapter off, I would like to point out that anyone looking to reduce their anxiety around tinnitus or within their life, in general, should look not to meditate or understand the nervous system, but instead to start implementing this course. Steps such as quitting coffee, grains, blue-tooth headphones, late nights, alcohol, etc, has 100% eradicated more than just a few cases of severe anxiety in my clients. It would make sense to think ‘well anxiety is a *mind* issue so I’ll directly try to fix my mind with talk therapy and meditation.’ I must tell you, as a fact, that meditation cannot hold a candle to what is in this course when it comes to eliminating anxiety, and that statement comes from clients who have tried the therapy/meditation route and got nowhere/worse, only to implement my advice and find their anxiety vanishes within 1-4 months. Something to think about, don’t you think?

The False Safety Net

For now, look at this course as a safety net, and if you have it, you can feel safe knowing that you can always reverse your tinnitus. What I want my readers to do right now is to scan this QR code with their phone, watch Mark's testimonial, and pay attention to the end of it where he talks about how his anxiety surrounding ever getting rid of tinnitus ever again has vanished. This is because he knows how to get silence, so he knows he can do it again. Scan the code below now with your smartphone's basic camera:



Now, having a feeling of safety after silence is perfect, it's great to know you beat tinnitus and know that you can do it again! However, many people get that feeling of safety before obtaining silence which I do see as sometimes being problematic as it can stop people from implementing this course properly or at all. Stick with me here. As I mentioned earlier, a big problem with this course is this: *unfortunately, people do get results using this course.* 'What? Liam, why is the reduction of tinnitus an unfortunate thing? How does that make any sense?' Well, I'll tell you. Reducing tinnitus shows people that tinnitus is indeed not for life, which puts a thought into people's heads. This thought is an idea that one could consider as something that potentially gets in the person's way of obtaining full, complete, and forever-lasting silence. The person who starts to experience life-changing results will

often start to think “If I can reduce my tinnitus, then I bet I can also silence it. I’ve proven to myself that Liam’s advice works, but this course is a bit hard and sometimes boring, and it is taking some time... so I’ll just come back to it anytime because it will always be there for me! My tinnitus is already lowered, anyway!” The worst thing about this train of thought is that it is true. Yes, this course will always be available for people who have it, it is unlimited. However, human life is not unlimited. All of us will die one day, and that will be the end. So, do you want to die with tinnitus, not knowing how life with absolute silence feels? How much longer do you want to spend being held back by an invisible yet intrusive ringing that only you can hear and only you can silence? Getting your ringing down to the point where you only hear it at night with your ear on the pillow is great, but do not stop there. This course will hold your hand to silence, but do not abuse its effectiveness. Misuse this course and you only hurt yourself. The true path to silence is to become obsessed with the slow and controlled walk to silence. It is not a sprint or a competition. When it comes to this course, learn the difference between taking it slow and taking it for granted.

My course is the best system in town for those who want actual, permanent silence, and anyone who has implemented anyone else’s advice knows that. This is not a dig at other systems and courses. Yes, there are videos and posts online of people explaining how increasing their Vitamin D intake or just ‘giving it time’ silenced their tinnitus. But that simplistic approach works for only a lucky few. Sadly, you are not that lucky, hence you are here. So, when people want silence so badly, why is it that more than just a few people (who have paid good money for my course) put off implementing my advice? Why is that? My theory is that people see how effective this course is, and how completely useless most of the other tinnitus systems are, and this causes them to see this course as their ‘last hope.’ And since the world of tinnitus is mostly void of hope, making it a rare commodity, no one suffering from tinnitus wants to lose hope. Because hope is all they have now. They have ringing in their ears, and the hope that my advice will help. Sometimes that hope alone can even reduce the severity of a person’s tinnitus. More on that later in the book. But like every human on planet earth, doubt sets in. “What if I’m different from all these other people, and this course doesn’t work for me?” So, the doubtful person (sadly) delays implementation. To those people I have a simple thought I wish to instill into you. If you don’t at least try *something*, then the chances of your tinnitus going away on its own is almost guaranteed zero. However, if you do try something, your chances of silence improve. And finally, if you implement this course you are embarking on right now, which is proven time and time again to work, then your chances of obtaining silence increase to the point of

virtually absolute certainty. With that in mind, what are you waiting for? How much longer do you want to have your symptoms? This is not common, but it does happen enough for me to need to discuss it. So, how about we now discuss my own story of silence?

My Story of Silence

After the release of this book, I'm sure an army of online forum-dwellers and ENTs (well, not an army, but at least certainly more than usual) will ascend from the depths of hell, attempting to discredit me, using their standard barrage of emails and comments. But here's the thing about hell, I can truly say that I have been through hell twice in my life, so I'm not afraid of anything or anyone that comes from it. You can try your best to get me to stop, but I will never stop telling the truth about tinnitus. Because the truth is what silences people's ears. My first experience with what I would call 'hell' was tinnitus and hyperacusis, the second time is a story so horrific and terrifying, that I have decided to leave it until the end of this book to not distract you from the main theme of this book, so let's just say it will be hard to both fathom and forget.

The people who will likely express contempt for my work, claiming as they usually do that "tinnitus is incurable" and that the only recourse for any patient is habituation are in their world of pain but refuse to take even a single step to escape from it. So, for those people, I have pity, and I wish them the best for choosing to live the rest of their life with tinnitus. But this book is not for or about them, this book is 8 years in the making, and is for the people who go to sleep in total agony, sometimes wishing they wouldn't wake up. It is for those wondering how they will live with the sounds in their head forever after their ENTs wrongly told them habituation was the only option. It is for the parents who cannot play with their children because their child's laughter is enough to set off pain and spikes in their ears. My tinnitus and hyperacusis were torture, one of the most painful experiences of my life, and no doctor or forum can convince me living with it is a safe or reasonable thing to accept. I came out the other end four years later with silence, but that was despite doctors. So, let's start at the beginning of any person's journey to success, which is usually when things go south. Which for me, starts with a girl.

Music & Women

In grade 6 assembly, I was seated amongst the group of boys I usually spent time with, my friends of both class time and recess. I also happened to be seated right in front of a girl that I had a crush on at the time. I'll change her name for privacy reasons, and since at the time I sported 'Ronald McDonald hair' plus acne, we'll call her 'girl I never had a chance with number 43'. In this particular assembly, there was a musical performance put on by the students in my school. They played just one song, but that was all it took. The band's drummer drew everyone's attention with his skillful playing. Girl number 43 peered around my curly mop to get a better look at him, and exclaimed to her friend "Oh my god, he is so talented!" A lightbulb went off in my head. 'Ahh, she likes drummers' I thought. I had found my 'in'! That night I went home and informed my mother that I would like to play the drums. One week later I had my very first private drum lesson at my school, St. Leonard's College of Melbourne. My new drum teacher and I were in a small room squeezed in at the back of the music department. We were placed back there to minimize the extremely loud noises drum kits create that would have interfered with the people trying to practice their respective instruments in the rooms next door. I excelled so much in that very first lesson that my drum teacher, Mr. Ryder, thought that I was lying when I insisted multiple times that yes, this was my very first drum lesson. From that first lesson onwards, I was hooked. I had finally found something I was good at. Not only good but excellent. For the years to follow, I went through books and books on sheet music, songs, beats, syncopation, technique, double kick, jazz, funk, rock, ballad, drum solo, etc. I forgot about that girl because I had found something I was more interested in.

Four years later, my parents suggested I take over the outdoor shed which was detached from our home to set my drum kit up in there. I eventually got an electric and acoustic drum kit. For the drummers reading this I had a Roland TD-4S electric drum kit as well as a 5-piece Pearl Export drum kit with DW 9000 double kick pedals, Sabian and Meinl cymbals, and dozens of pairs of sticks: brushes, 5B's, blast sticks, and mallets. You name it I had it. I was in heaven. Not once did I ever see playing drums as a chore. I would get frustrated whenever someone interrupted my playing and would never have my phone on me while playing either.



Me with my drumkit in Melbourne Australia, Circa 2006

I never saw social media as interesting compared to drums. I just wanted to play all day every day - and I did. And my neighbors never complained, not once. They never mentioned my playing until maybe years later when I moved out of home when a lady who lived next door asked my mother why I had stopped playing and explained that she used to sit outside in her garden whenever I started playing because she enjoyed listening so much.

Throughout high school, I played every day as much as I could in my beloved shed of peace but no quiet. I used iPod headphones to play music such as Tenacious D, Foo Fighters, ACDC, and Led Zeppelin. I would also use studio headphones. This was a big mistake. To paint a picture of how stupid I was and how I ended up giving myself tinnitus, I would blast music through my headphones at full volume to ensure the music was loud enough to drown out the drums. Imagine blasting music into headphones as loud as you could, for 4-7 hours a day, for 13 years. Does that sound smart? No. Retrospectively, it is no shock to me that I eventually developed tinnitus and hyperacusis so loud and invasive, that it ruined my life and caused me to ponder suicide. And believe me – ponder I did.

Luck? Or Divine Intervention.

So, we have just gone over how I earned my tinnitus. How about how I silenced it? This is somewhat embarrassing to say publicly, but the truth is that I mostly stumbled across the solution by accident. Yes. By luck, you could say. I wish I could write in this book that I only silenced my tinnitus when others couldn't because of my innate level of genius that other mere intellectual peasants could only dream of... or that God came to me in a dream and gave me the answers, but neither is true. Even still, the story is still just as exciting. With twists and turns, defeats and wins, money and time lost, loneliness and peril, and eventually victory. It was hard, confusing, and frustrating. But I did silence my tinnitus and hyperacusis. Yes, a decent chunk of obtaining silence was study, hard work, and eureka moments over a long time. But a lot of it was also, as I just said, by accident. But not the kind of accident one might think.

When my tinnitus first started to decrease, I thought I was regrowing the hair cells my ENT had told me were broken inside both my ears, but that was not the case. We will go over the 'hair-cell' theory later in this book. The truth is, I was implementing most of the steps in this book, which worked, but not for the reason I thought they were working. What do I mean by that? Well as I said I believed that my hair cells were broken. I blasted my ears for over a decade and multiple ENTs explained that the sensitive stereocilia in my inner ears had been broken by the trauma of consistently loud noises and that those hair cells could never regrow. So, naturally, when I started reducing my tinnitus, I assumed that the hair cells had started to regrow. I mean, who wouldn't think that? The ENTs are 'the experts' in tinnitus... Right? Wrong. Due to the dogma that ENTs get taught in school that in turn was parroted to me in our appointments, I was implementing the right steps for the wrong reasons, and when I got results, I attributed my success to the incorrect cause. You know what, it might be better if I just tell you my story. This will be the most detailed version of how I silenced the tinnitus that I have ever released publicly. Ready?

The Loss of Silence

Within three months from their onset, my symptoms ramped up to intolerable levels. My tinnitus came on first, followed quickly by hyperacusis. At first, I thought it was a cold coming on, as often in my life my ears would ring when I had a cold, something which most people who don't have tinnitus also experience. But no cold came. At the end of the three months, the ringing and noise sensitivity had gotten so bad that I started going to ENTs to undergo audiograms, OAE tests, pressure tests - anything to find out what was happening to me. I was desperate for help. But each ENT told me the essentially same thing:

"There is nothing you can do; the damage is done and is irreversible."

"Your hair cells are broken."

"Your only option is to habituate."

I believed them, and so I took the advice of the people I believed were the experts in the field of tinnitus. Perhaps my readers can relate to my experience with ENTs. The first ENT I ever consulted with was lovely, experienced, and cared about me. He listened to my stories and empathized with me when I spoke about the way tinnitus was ruining my life. Trying to help me the only way he knew how and to the best of his knowledge, he prescribed me steroids, anti-inflammatories, and antibiotics. They didn't make me worse, but they did not help, either. So approximately three months later, he decided to take drastic measures. I had been suffering from allergies for many years leading up to getting tinnitus, and so he believed perhaps there was some sort of eustachian tube issue brought on by excessive mucus. His solution? To carve out the insides of my nostrils and surgically widen part of my sinuses to let the mucus flow out more freely. To his credit, I do believe he was trying to help, truly. However, addressing the root cause of the allergies never came into the equation. And testing whether allergies were a cause of my tinnitus never occurred to any of us, not that we would have known how, anyway. But back then I was naïve and terrified, so of course, I agreed. I would have done anything to get rid of the ringing and noise sensitivity which was smashing my life to pieces. I wanted to stop the ringing, and I wanted to stop the anxiety and crying that came with the fear that this may be my life forever.



A picture of me right before going in to get my nasal-Passageways drilled wider. May 15th, 2016. Aged 22

I got the surgery, all \$2,000 of it, as well as two nights in the hospital. And, as you might have guessed, it did nothing except lighten my mother's bank account and cause me to vomit blood for five days. There is a lesson in this story, and that lesson is that this was the best an established, trustworthy, and genuinely caring ENT could do. I hope that when my readers are through reading this book, they will know how insanely ludicrous of a thing that was for him to suggest, and for me to do. It barely ties in with tinnitus at all. But that was his training, as a 'leading medical expert' on tinnitus. And he wanted to help. I do not resent him, because he had the best of intentions, and as far as I know, I sustained no lifetime harm from the surgery. But it did absolutely nothing to silence my ringing ears and noise sensitivity.

I saw several ENTs after him, in the hopes that someone would know something that could help. Some secret supplement, new treatment, anything! But all the ENTs I saw could not help. And every time I left their offices, I lost more and more hope. Now, let's move on to the final ENT. One who did not care for my well-being at all. The final ENT I saw before I gave up on a cure and decided I had to habituate was a new 'hot shot' who had just graduated from medical school. He was replacing the first ENT I saw as

he was retiring to go and help children in Africa for free – this just shows what a genuinely lovely man he was.

I sat down in the final ENT's office, and as soon as I said the word 'tinnitus' he interrupted my story to say, 'it's incurable,' and to learn to habituate. He then tried, again and again, to usher me out of his office, saying to go elsewhere to learn to habituate, or get therapy, etc, but I remained seated and asked about other interventions such as stem cell therapy and the like. Eventually, as I was talking, he got a phone call from his friends, a FaceTime phone call, which he answered. His friends were day drinking and drunk. He proceeded to have a 3-minute phone call with them and somehow forgot a paying client was sitting not 6 feet away. And no, this is not a lie or exaggeration. This happened, just as I am describing it to you. This was a man who did not care about his patients, at least those with tinnitus, and especially not me. So, after he hung up, I left and agreed to habituate as a final solution, and that tinnitus would forever be a part of my life. I left, got into my car, and cried deeply for 15 minutes. I cried so hard I thought I might puke. I had spent so much time, and effort, in so much pain, still hoping, only to be crushed. And no one in the world could help me. Not even the people who truly wanted to. I had never been so heartbroken in my entire life, and to this day, 9 years later, have never been, since.

The moral of the two stories is this. One ENT wanted to help me, one did not. Regardless, the result was the same. The training of ENTs does not involve teaching them how to reverse tinnitus. It just doesn't. I truly came to know this to be true when ENTs started to contact me for help after they themselves contracted tinnitus and needed my help reversing it because they could not fix it. If they had a solution, what need would they have for me? During the next three years of trying habituation, my tinnitus and hyperacusis were only getting worse. I turned to smoking marijuana, and much more serious prescription drugs on occasion to cope with the ringing and noise sensitivity. I also consumed hard liquor and sometimes even illicit substances such as cocaine and ecstasy whenever I had access to them.

Diarrhea & Direction

After those first three and a half years (six months asking ENTs for help, then three years of trying to habituate using meditation techniques, massage, prescription/illegal drugs, and alcohol) I saw the way my life was heading,

and it wasn't good. I started Googling online, trying to find basically anything that would help me get silence. But I found absolutely nothing. I then remembered something. For most of my childhood and up to the age of 18, I suffered severely from ulcerative colitis. I would soil myself approximately once a week (glamorous I know) and no matter which gastroenterologist my mother took me to, no one could fix me. For years they had me on extremely strong steroids, and a drug called Salofalk to quell my symptoms. Unfortunately, my father, who was on similar medications, started to experience serious health issues from the drugs. His kidneys started to fail drastically. I was seventeen years old at the time and knew that I would have to find a way to fix myself without drugs to avoid going through what he was.

My gastroenterologist would say 'it doesn't matter what food you eat; food has zero impact on your colitis'. I remember how weird that sounded, and these days when I think back, I realize just how stupid that statement was. So, at the age of seventeen, I looked online to see what was 'healthy' and wouldn't you know it, I found that people were healing themselves using a raw vegan diet. So, at the age of 17, I decided to try being a raw vegan to see if it would fix my ulcerative colitis. And wouldn't you know it, after three months of eating nothing but green smoothies, berries, apples, fruits, nuts, seeds, and some herbs... my stomach issues completely cleared up. I ate no animal products, no dairy, no meat, no sugar, no carbohydrates, and no processed foods. Now, these days I realize that what fixed me wasn't the plants, no, it was eliminating all the processed foods. That is what fixed me, but back then I thought 'whoa,' plants must be healthy!' Eventually, I came slowly off that diet and my symptoms remained in remission. However, fast forward to the age of 24 and that part of my past made me realize two things:

1. If my gastroenterologist was wrong about food, then maybe my otolaryngologist (ENT) is wrong now about my ears being unfixable
2. And two, perhaps a raw vegan diet can help me again!

I remember being so angry that it had taken me three and a half years to remember that part of my past. So, I did it. I went raw vegan again. I had the green smoothies, berries, nuts, seeds, chia seeds, the whole thing. And wouldn't you know it, within five weeks my tinnitus dropped by about 15%. The first positive reduction in both my hyperacusis and tinnitus since I contracted both of them three and a half years ago. I was so elated I could have floated off the floor. I started eating more and more plants. Another 5

weeks went by, but no further improvements occurred. This was the first time I ‘accidentally’ uncovered the solution for tinnitus.

My tinnitus started to decrease, but as I previously mentioned, I thought it was due to the large amount of ‘nutritious and healthy’ plants I had been eating, but I was incorrect in that assumption. What was giving me the results was the removal of junk food, carbohydrates, sugar, coffee, alcohol, and the fact that because I was now only eating one food group (macro), I had stopped turning on the inflammatory response known as The Randle Cycle (more on that in the digital course and in this book). After just over two months total of raw veganism, I plateaued, and my tinnitus and hyperacusis stopped getting better. I somehow concluded that perhaps the plants in Australia were not high enough quality. I figured that higher-quality plants were what I needed to get to full silence and fix my hair cells. I’m not sure how I put plants and hair cells together, but that is what I was thinking. I went back to watching my favorite vegan influencers online who spoke about the importance of fruit, where you source it, and how the body needs it to be healthy (that’s wrong, by the way, but what did I know back then?) One of the vegan influencers I was following mentioned a vegan festival in Chiang Mai, Thailand, where they all go to have sex with pineapples and cry over dead cows, so that is where I went! (Just kidding, there was no crying over dead cows).

I arrived in Chiang Mai in October 2017, having had tinnitus for three and a half years, and instantly I was eating plenty of fruit from Thailand’s beautiful fruit markets, and guess what happened... my tinnitus decreased again! I estimated that it had decreased by 25% in total. I thought I had cracked the code! The vegans must be right! Surely, it was the fruit helping me get silence with all its healthy nutrients and antioxidants! (Fun fact, nearly all antioxidants found in plants are barely absorbable by humans). But again, I was ‘accidentally’ silencing my tinnitus. You see, what was helping me was not the fruits, but the extensive time I was spending in the blisteringly beautiful Thailand sunlight as well as the relaxed, slowed-down pace of Chiang Mai living. But, 6 weeks after this second decrease in my tinnitus and hyperacusis, I noticed that I once again got stuck and was no longer making any further progress. This is when panic set in. I had moved to another country! I was doing my absolute best and yet being punished for it. I was not a perfect man in my life before tinnitus, but I didn’t deserve this. Every time I would make some small progress towards silence, I would be teased with results and then have my heart ripped out of my chest as the progress came to a screeching halt. What was I missing?

This was when serious negative thoughts started to set in. What if I was wrong about silence? What if all those people online and those ENTs were right? Back then the year was 2017 and there was absolutely nothing in any corner of the internet that offered anything that even slightly resembled hope. Furthermore, my tinnitus was still quite loud. As I once again lost hope, I started to slip out of my ‘good habit’ of veganism. I started to eat more meat, which back then I still thought was unhealthy and caused heart disease. I remember how good meat tasted when I started eating it again and wondered how I had gone so long without this delicious food group. When I did eat meat after months of being a raw vegan, I ate everything and anything on a stick, I gorged myself. Since I had once again lost all hope, my mindset was: Well, if I can’t get silence, I may as well enjoy my life before I commit suicide. Seeing as I was in Thailand, anything on a stick included, squid, liver, heart, pure fat, intestine, muscle meat, and more! The interesting thing was when I did that - I thought I was being unhealthy, and that it would make my symptoms return to their usual higher level. But I enjoyed it so much, that meat now made up about 60% of my diet! It was also at this stage that I somewhat gave up. I stopped going on forums, stopped searching YouTube for some magic cure... I took my mind off the topic of tinnitus and tried to ignore my tinnitus as much as I could. That was hard, as even though it had decreased, it was still quite loud. Looking back, taking a break from researching tinnitus was an incredibly healthy and beneficial step toward silence. After a month of this, my tinnitus decreased again! This time down to about 50% of its volume. Eating more meat and giving myself a break from research reduced my tinnitus to what was approximately 50% of its original volume. I couldn’t believe it! I was once again making progress but in an almost accidental manner.

To recap:

- I incorrectly thought veganism reduced my tinnitus, but it was cutting out junk food and carbohydrates that gave me my first batch of results. Avoiding turning on The Randle Cycle also helped to reduce my tinnitus.
- I thought fresh fruit in Thailand helped to reduce my tinnitus the second time, but it was the sunlight and relaxing lifestyle.
- As I started to eat more meat, and take my mind off tinnitus, that allowed me to reduce my tinnitus a third time down to 50%.
- I hope my readers are starting to see how I was slowly starting to stumble across what worked. Therefore, I needed to go retrospectively back after I obtained full silence and re-examine what I did to see the

true causes under the surface and not my theories - which were at that stage, still mostly inaccurate.

So, what's next? At this stage in my journey to silence, I believed that I just needed more time. However, I could not stay in Thailand much longer because my 2-month tourist visa in Chiang Mai was about to expire. I checked online for all the potential places I could go to, and as it turned out – somewhere I had always wanted to visit was a cheap and viable option, so off I went to Eastern Europe! I spent \$880AUD on a one-way ticket to Bucharest, Romania. And this is where things got interesting. The total travel time from Chiang Mai, Thailand to Bucharest, Romania was approximately 27 hours (leaving at 2 AM). And throughout the whole journey for some reason, I felt incredibly hot. From taxi, to plane, to terminal, to another plane, to another terminal, waiting, a final terminal (all in air conditioning) I was feeling a much higher sense of body warmth than usual. This did not make sense because I was in a tank-top and shorts for the entire journey. However, in my carry-on luggage I also had my jacket, Timberland boots, and jeans ready for when I got off the plane as it was the middle of winter in Bucharest at that time and it would be snowing. I eventually got off the plane and passed immigration in my tank top and shorts. As I was waiting at the exit for my taxi to arrive, looking through the electric sliding doors at the falling snow and violent winds, I realized just how cold it was. I had arrived in the middle of an exceptionally cold Romanian winter. After about twenty seconds of watching the weather, something came over me, and I walked straight outside into the cold, leaving my suitcase and bag inside. I stood outside (it was 3 AM) in the dark and looked up as the snow fell on my shoulders, legs, and face. And after three minutes of receiving weird looks as I stood there in the cold, my tinnitus then instantly dropped to lower than it had ever been since I got it in the first place. At this stage, I estimate that it was at 40% of its original volume. It seemed my body reacted extremely positively to the cold. And that was the first time I accurately connected the stimulant to the reduction, the result with the cause. So, I sought out more cold therapy in Bucharest. I researched cold therapy and learned all about cold shock proteins, inflammation, and more. I can clearly remember sitting naked in my empty bathtub, turning on the cold tap, watching the water as it took about 15 minutes to fill up with ice-cold water, and then staying in the ice-cold water for a further 10 minutes. I can honestly say that this was one of the hardest things I have ever done. And, wouldn't you know it, over my 2 months in Bucharest my tinnitus decreased more and more. At this stage, I would say my tinnitus was 60% gone.

I then realized that perhaps Googling such terms as ‘how to cure tinnitus’ only caused nonsense such as ‘tinnitus is for life’ and ‘habituation is the only option’ to show up. I instead started to learn more about the entire body, and nervous system, what our cells are made of, what are the benefits of sleep and how the human ear functions. I realized that what I had been doing so far was adopting healthier habits for overall health. I started to understand that there wasn’t any way to specifically ‘target’ the ears. Instead, I started to fix my entire body and that was getting me these results all along. My tinnitus had also changed from a high-pitched ringing into a hissing sound instead. It was also going from ear to ear, and I was experiencing other symptoms such as clicking and other noises that I had never experienced before. But I didn’t care, the fact that the volume was decreasing was all that mattered to me. (The changes I have just described are very common for someone who is on the right track to silence). I could truly see the light at the end of the tunnel.

This was also, for better or for worse, when I started to have a red-hot hatred grow inside me for ENTs. They had told me there was nothing I could do for my tinnitus, and I believed them. Due to their guidance and recommendations, I spent three whole years in total pain and anguish, trying to habituate as they had instructed. All while contemplating suicide. What a waste of three years of my life.... Back in Bucharest, I started to exercise more and meditate, too. I was making serious headway by researching people who were called ‘quacks’ and methods that were labeled ‘scams’. It seemed that anything labeled as useless, dangerous, or a scam by big pharmaceutical companies, or by news stations funded by pharmaceutical companies, were the things that help humans the most.

After two months in Bucharest, I moved to Tbilisi, Georgia. There was no real local benefit to moving there, but the flight was cheap, and I wanted a change from Bucharest. Also, as my tinnitus started to decrease, I regained a previous desire I had to start seeing more of the world. I was finally beginning to see the world as it was, and not just through the tainted lens of my restrictive tinnitus. I cannot describe the absolute elation that started to set in as I started to regain my old life. It was in Georgia where I spent most of my time on my computer, searching for information on the body as a whole, not just the ears. I started drinking clean water only, and I learned about fasting from a study I read online. I learned how fasting can help create stem cells which can then go on to create other cells that the body needs. I thought ‘wow! The ENTs told me my hair cells are broken, so maybe I could regenerate them by fasting, and that would stop my tinnitus!’ Yes, at this stage I still bought into the broken hair cell theory.

As I investigated fasting, I discovered that there were different styles of fasting. I decided on dry fasting. Dry fasting is a style of fasting wherein the person undergoing the fast abstains from both eating food and drinking water as well as avoiding contact with water at all. I jumped right into the deep end and attempted a 4-day dry fast. I lasted approximately 90 hours. During the fast my tinnitus went up, down, ear to ear, and made all sorts of noises – some noises I had never heard before, and others were even old noises from years ago. But that didn't bother me, what did bother me was what happened once I broke the fast. My tinnitus went back up to as loud as it had been when it was as it's worst. I couldn't believe it. I thought that I had undone all the hard work I had done in the last 5 months. In the following 2 days, it stayed at a suicide-inducingly loud volume, and I must admit I cried at least three times a day, an hour each time. I thought 'why me?' What did I do to deserve this?' I was truly borderline catatonic. However, three days later I woke up and it went lower... And lower... And lower. I couldn't believe how quickly it was dropping – I could even feel it hour by hour! I believed I was repairing my hair cells and was cracking the code of curing tinnitus. Yes, I still believed that broken hair cells were the only cause of tinnitus and that the only way to reverse tinnitus was to repair those hair cells (how wrong I was!). At this stage it was five months since I had gone raw vegan to silence my tinnitus. I had traveled all over the world and my tinnitus and hyperacusis were approximately 80% gone. Over the next thirty days, I implemented three more 4-day dry fasts, with major fluctuations throughout but with a downward trend in the week after the fast. Usually, the results don't come during the fast, they occur in the weeks and months after it is finished. However, for me, it was on the final day of my fourth four-day dry fast. On the final morning, it happened.

Silence

I woke up on the fourth day of my fourth 4-day dry fast, and immediately thought something was seriously wrong. Something just seemed unfamiliar and new. It was jarring. I could hear the birds chirping outside my closed window, and the gravel under the feet of people walking outside. I heard the leaves rustling in the wind, and even the wind itself. I heard noises I had not heard in four years. But more important was what I didn't hear.

I didn't have any sensitivity to those noises or any ringing, whooshing, whirring, chirring, humming, buzzing, or anything in my head that was usually

there. It was me and my thoughts, nothing else. What I heard in place of those symptoms that had plagued me for four long years was silence. And it was beautiful. I'm not ashamed to tell you that I cried for about 3 hours straight on my bed, like a baby, in the fetal position. After I ran out of tears I was scared to move. I was petrified to do anything at all, even open my eyes, in case something I did would cause the ringing to come back. I was so scared of something robbing me of my silence. I had finally found peace and I never wanted to lose it. But the silence stuck. On that day. The next day. And the next. Even up to today neither my tinnitus nor hyperacusis have ever come back. I have had consistent, unwavering silence. For four and a half years. And I did it all by myself.

Retrospective Silence

Back then I truly believed I had regrown the hair cells broken in my ears by years of drumming. After all, it made sense... at least on paper. Back then I had not investigated the hair-cell theory yet, and so I thought my newly granted silence was due to regrown hair cells. After all, what would any other person think? But what I was doing was fixing my brain, nervous system, digestive system, and organs, cleaning my blood, excreting mold, gathering antioxidants to offset free-radical damage in my cochleae caused by noise trauma, killing parasites and fungus, creating new cells, and so on. But fundamentally when it came down to it, I had repaired my mitochondria. As anyone can see, my silence was gained partly by accident, and partly through knowledge. But the common denominator between those two things was they were both underpinned by unwavering effort.

I can barely put into words the loneliness that I felt while on my journey to silence. The money spent, hope lost, and horrific outlook on the rest of my life with tinnitus if I did not return home with silence. With that in mind, what gives me the right to teach anyone how to get silence? I'll explain. I went back, retrospectively, and analyzed everything that happened to me regarding both the cause and eradication of my tinnitus and hyperacusis. I believe I have discovered 'why' things happened the way they did, as well as the 'what' and 'how.' And also, why I was maintaining silence. Therefore, it is appropriate for me to put this information out there. Well, that and the fact that this course has the most real-life testimonials of 100% silence in the world. I say that not to impress you but to impress upon you two very important things:

1. This course works, and it works well
2. Tinnitus, hyperacusis, pulsatile tinnitus, vertigo, and visual snow are not always for life. I would also like to point out that in most instances hearing loss has been moderately or 100% reversed.

Immediately after obtaining silence, I spent months analyzing my own story and posting in tinnitus forums, telling as many people as possible about my life-changing success. Some people were extremely interested, but most were extremely rude, calling me a scammer and worse. I was attacked personally, too. With insults ranging from people going through my social media pages, screenshotting my pictures, and posting them on the forums exclaiming ‘beware of this man!’ I also received messages telling me to kill myself. It is due to this that I warn all my clients to stay away from all tinnitus forums. The people there are in deep pain, and only want you to join them in their pit of despair. They will attack anyone who tries to help them or offer solutions. Do *not* drink their cool Kool-Aid.

However, those who did heed my advice started to get results. At the very beginning, results ranged from 10% reductions to a few small cases of 100% silence. The people I was helping had symptoms such as hyperacusis, pulsatile tinnitus, tinnitus, vertigo, hearing loss, and Meniere’s disease. As time went on and I started to understand the foundation of what I was doing, results improved drastically. Tinnitus was improved or eradicated in dozens of people in timeframes ranging from 2 – 4 months. It also started to bring me to a realization that perhaps I was not this ‘special case,’ and that maybe, just maybe, the steps I used to silence my ears could be used for other people around the world. I started to stop and analyze what caused tinnitus.

What did every case of tinnitus have in common? But what did my case of silence, and these other people’s cases of silence have to do with broken stereocilia? How is it that people who had gotten their symptoms from a divorce, being electrocuted, taking ototoxic medication, or alcoholism could be getting silence using the same strategy I used, which was a strategy that I still believed had regrown my hair cells? There was certainly something I was missing or not understanding, so more hindsight and research were needed. I thought: “Cold water, fasting, no junk food, fascia/muscle release, meat, meditation, clean water....” Surely there was a common denominator! Something that all the actions were helping to grow, or stimulate, or relax, or feed, or starve... just something!

Through more research of my own, and the growing level of success in other people, most of whom I knew only via their forum screen name, I began to piece it together. I realized that not only would people silence their tinnitus, but every single time – another symptom they had had for years (usually that started before the onset of their tinnitus, things like skin issues, vision problems, teeth decay, and so on) also vanished. This helped affirm my previous assumption that tinnitus is usually not a localized issue inside the ear, but rather an issue in another place in the body, that was responsible for many other ailments – tinnitus being one of them. This line of thinking completely changed how I saw tinnitus. It was this paradigm shift that led me to learn about mitochondria. And the realization that everything and I mean everything, that causes, exacerbates, and prolongs tinnitus is in some way directly or indirectly negatively affecting mitochondria. I have reversed thousands of clients' tinnitus over the years and they have come to me with many causes. Below is a list of the most common causes of tinnitus, hyperacusis, pulsatile tinnitus, vertigo, hearing loss, and visual snow.

- **Noise Trauma**
- **Stress**
- **Emotional Trauma (Loss in The Family, Loss of A Pet, Loss of A Job, Sexual Violence, a toxic relative/spouse)**
- **Nutritional Deficiencies**
- **Junk Food**
- **Obesity**
- **Neck Issues**
- **Vaccinations**
- **Pharmaceutical Medications (ototoxicity)**
- **Party Drugs (Cocaine, Ecstasy, MDMA, etc.)**
- **Physical Injury**
- **Sleep Deprivation**
- **Artificial Light**
- **Lack Of Sunlight**
- **Headphone Usage (Mostly Wireless but Wired, Too)**
- **EMF (WIFI, Holding Laptops & Smart-Phones, Smart Meters, headphones)**
- **Mold**
- **Parasites**
- **Root Canals & Dental Infections**

- Internal Mesh

All these stimuli negatively impact the functionality of mitochondria, but I can see maybe two that would affect stereocilia, loud noise and, in very rare instances, ototoxic medications. But even then, I am not 100% sold on the idea that medications break stereocilia, and as you will see in this book, even if both do happen to cause hair cells to break (and hair cells do break) I am also not sold on the theory that broken hair cells cause tinnitus. I have even had multiple clients of mine tell me that ENTs said chronic stress caused stereocilia to break in their ears... ludicrous... I hope those ENTs quit, refund their patients, and head to the mountains to live the rest of their lives in a cave, where their words can hurt only themselves and the odd unlucky raccoon that wanders in. There is only very, very weak associative evidence that links broken stereocilia to tinnitus. Yes, stereocilia can break, but there is no compelling evidence that it causes tinnitus. What causes tinnitus is what we will discuss in this book.

Where To Now?

That's my story. I listened to ENTs, and I made no progress. I ended up getting much worse following their advice. When I realized that there was no white knight in shining armor coming to save me, I decided to take my tinnitus (and my life) into my own hands, and I achieved silence within approximately 6 months. I started telling others how I did it, and through teaching others came my real understanding of how I did what I did. It was a stressful, costly, and lonely journey but it was worth it. As I am typing this now, I am in complete silence and have been for over four years. No tinnitus. No noise sensitivity, nothing. Since I obtained silence, I have done nothing but study tinnitus and help people obtain silence.

This course is the complete and absolute culmination of my knowledge of tinnitus, absolutely nothing is left out. This book and connected course are an in-depth 'how-to' that shows virtually anybody how to obtain silence, no matter their age, gender, the severity of tinnitus, how they got it, or how long they have had it. All they must do is give themselves enough time and work consistently but slowly/safely through this course. But I won't lie, this is not a cakewalk. To obtain silence, cake is off the menu. But after silence? Sure, cake now and then is fine. I even eat it sometimes. I also play drums, but of course with top-quality hearing protection. So, any musician reading this can

rest assured, even when working to get silence, they can still often practice their instrument and perform live. My point is that the steps and restrictions required to obtain silence are not needed forever – just some maintenance here and there topped off with some common sense. I do still hear, though rarely these days ‘but what sort of a life will I have, I can’t even enjoy certain foods and my old lifestyle?’ To which I respond “well, with tinnitus, how much of anything at all can you enjoy?” That tends to put things into perspective. So, let us now lay some foundation for the rest of this book!

Part Two

The Current, Incorrect Model of Tinnitus

In section two of this book, we are going to discuss how the entire field of otolaryngology is viewing tinnitus incorrectly. That means every ENTs view of the cause, and prognosis of tinnitus is incorrect.

How The Ear Functions

In this chapter, I am going to briefly summarize how your ears work. We are going to go over how the ear processes sound, and the steps involved in the process of hearing, that if compromised, can potentially contribute to the onset of tinnitus. We are going to cover:

- The anatomical breakdown of the human ear
- How the human brain perceives sound.
- The recipe for a functioning ear
- Mechano-electrical transduction
- And more

Physiology of the Human Ear

How do you process sound? First, let's start with external noise. When you hear footsteps, birds chirping, cars driving by, clapping hands, music, rustling leaves, and so on, you are not hearing that noise. What do I mean? The physical world around us does not create or contain any sounds as we know them. Instead, external movement creates vibration, which creates vibrational waves that travel through the air. The outer section of the human ear is formed, cupped if you will, to easily pick up on this vibration and guide it down what is called the ear canal into the ear drum (tympanic membrane). When these vibrational waves AKA sound waves arrive at the ear drum, the eardrum itself vibrates, much like the skin of a drumhead does when struck with a drumstick. On the other side of that eardrum is one of the tiniest bones in the human body called the Malleus. This bone connects to two other equally small bones. One is called the Incus, which is next in line, and finally, the Stapes. The vibration from the eardrum passes through these three little bones, and through to the cochlear. The Stapes acts like a piston, pushing in and out of an opening in the cochlear. The inside of the cochlear is full of lymph. And therein lies the stereocilia (hair cells) that everyone's ENTs have been telling them so much about. These cilia are attached to sensory auditory (audio) and vestibular (balance) cells. As stated previously, these cilia sit inside a chamber of lymph, waiting to be stimulated by vibration in the lymph. Picture seaweed underwater. As the ocean moves, so does the seaweed. However, when stimulated, these cilia pass the vibration

down into the cells where vibration is converted into electrical signals via a process called mechano-electrical transduction. Those electrical signals are passed to the auditory regions of the brain via nerves, where human beings perceive vibration in the world around them as sounds. Our brains are quite literally making up sounds from the vibrations around us. They aren't real. But they sure sound real, don't they? This is the phenomenon of hearing.

Fuel For the Human Ear

If a person has tinnitus (or the common accompanying issues mentioned in this book) then they must understand what their ears do and do not want. What your ears use as their battery's precursor is important for anyone with tinnitus to know. This is because after we have removed the causes of tinnitus from your home and habits, we must then move quickly to ensure your ears, brain, and nervous system (well, your whole body, really) is being adequately fueled. Being deficient in your ears' preferred fuel can prevent the onset of silence, just as being overloaded with toxins can contribute to tinnitus.

There are inhibitors you must be wary of in your own home that can prevent your ears from receiving what they so desperately need. For example, a person should be nose-breathing instead of mouth breathing (mouth breathing is always a bad idea, we'll address this later). However, even if they are breathing properly, if they live in high levels of WIFI and/or dirty electricity, then those electrical fields inhibit that person's red blood cells from carrying that oxygen, acquired in large amounts from nasal breathing, to their ears where it would usually help create energy, allowing for the phenomenon of hearing to occur, and the ears to function. So, you're getting the right fuel, but the engine, your body's physiology, cannot utilize it to its fullest capacity due to environmental toxins. This is just one example of how a person may be giving their ears the fuel they need, but there is still an inhibitory toxin in their environment they are yet to neutralize. Let's use a metaphor to further explain this: you are part of a relay team, and there are 7 runners, you all need to play a role in winning the race.

You have:

- Oxygen
- Electrons

- Glucose
- Fats
- Proteins
- Nutrients
- Minerals

Let's continue the topic of oxygen. Let us imagine that you are oxygen. But you're carrying a 50-kilogram backpack as you run, which is slowing you down. You have all the runners (required components for healthy ear function), but there is one runner who is too slow, and this slows down everyone's time. From what I have seen, you need all seven items in the list above working efficiently (it doesn't have to even be perfect, but just better than they are now) to create adequate ATP to fuel the ears and help reverse tinnitus. So, that is the fuel your ears need to function properly, but fueling your ears alone is often not enough, you will also need to get rid of those fuel inhibitors such as toxicants, parasites, emotional issues, and more. Of course, many chapters in this book dive into all the causes of tinnitus at length, and there are also many videos inside of the member's area for my readers to learn from, but let's talk briefly about some of the causes now.

The Many Causes of Tinnitus

At the beginning of this book, I explained how the cause of tinnitus was virtually always mitochondrial dysfunction, whether directly or indirectly, and that to silence tinnitus, we need to rectify those issues. However, I do have to mention a few 'causes' of tinnitus that may initially appear to have zero connection to mitochondrial dysfunction, yet they do. Some of these causes are:

- Perforated ear drums
- Sensorineural hearing loss
- Acoustic neuroma (tumor)
- Conductive hearing loss

Take a perforated eardrum, for example. Many people have this injury, and the body is perfectly equipped to fix the hole in the eardrum. And why is it that after healing, many people walk away with no tinnitus, and others have chronic tinnitus? From what I have seen, it is due to pre-disposition. As stated in my domino theory of tinnitus, the perforated ear drum was the final

domino that fell, right before tinnitus started, but it is not the only cause. Issues such as stress, poor diet, years of pharmaceutical/self-medication, alcohol, tobacco, poor sleep, posture issues, and more all contribute to tinnitus by causing mitochondrial issues. I believe the person who does not walk away with tinnitus after the eardrum injury did not have enough dominos to cause chronic, lasting tinnitus. In other words, their mitochondria were working better than yours. It takes a lot of energy (ATP) to heal something broken, and that requires countless properly functioning and fueled mitochondria. Again, regardless of literally whatever caused tinnitus, a person must have optimally functioning mitochondria to silence it. That is my opinion, anyway.

The ENT

I first want to state that I do not have a personal vendetta against ENTs, but when it comes to assessing their capacity to fix tinnitus, we must call a spade a spade. To put it bluntly, the average ENT could not reverse a single person's tinnitus even if their life depended on it. Though they are the designated go-to experts on 'everything ears,' reversing tinnitus is clearly outside the purview of most ENTs. Procuring consultancy and assessment by even the most seasoned ENTs to reverse or even explain a case of tinnitus leaves sufferers mystified, hopeless, and out of pocket. 'Idiopathic subjective tinnitus' is often the description ENTs give regarding most people's tinnitus. The word 'Idiopathic' means 'it came from nowhere.' To me, that does not make a whole lot of sense. So, one day someone woke up with a ringing in their ears that was never there before, and that ringing came from nowhere? To translate this, the ENT is saying; "I do not know what caused the noises inside of your head" without having to

 **idiopathic**

/,ɪdɪə(ʊ)'paθɪk/

adjective MEDICINE

relating to or denoting any disease or condition which arises spontaneously or for which the cause is unknown.
"idiopathic epilepsy"

Definitions from Oxford Languages Feedback

admit that they do not know how tinnitus comes about. Was your visit to the ENT's office to get your ears checked an event that left you with optimism or despair? Which word most closely describes how you felt leaving their office? Was it an appointment that left you with hope? Or did it leave you with heightened fear and a \$50 - \$250 bill?

In this chapter we are going to discuss:

- An ENTs role regarding tinnitus
- Audiograms
- Otoacoustic Emissions (OAE) tests
- Pressure tests
- And much, much more...

Let me guess, after you had all your tests, your ENT/Audiologist said one of these three things:

1. “You have idiopathic, subjective tinnitus due to hearing loss and there’s nothing we can do about it, sorry.”
2. “You have tinnitus, I don’t know why because you have perfect hearing, but there is nothing we can do.”

Or:

3. “You have tinnitus, I don’t know why because you have perfect hearing, but there is nothing we can do except teach you to habituate. Here, let me show you our new earpieces at the discounted rate of \$3,300”.

Am I getting warmer? So, let’s break these down word by word so you can understand what is happening below the surface, inside the mind of ENTs, even those with only the best of intentions. Let’s first start with some basic definitions so that we can all stay on the same page:

Idiopathic: There was no cause, it came from nothing and nowhere.

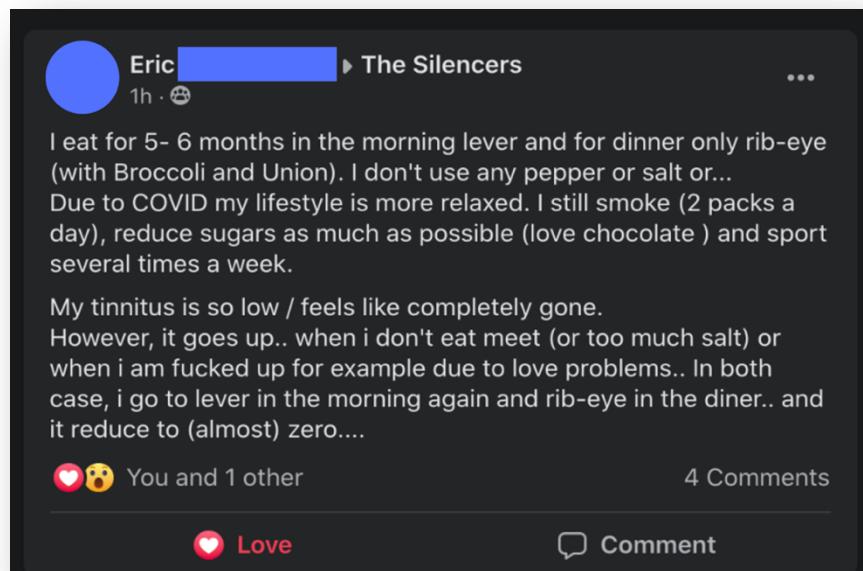
Subjective: Only the person with the symptoms hears the noises internally and they are not perceivable by anyone else regardless of proximity. Subjective is different from objective, wherein other people can hear what the person is experiencing, depending on the proximity.

Hearing Loss: The phrase ENTs often use on their first step to sell you earpieces or to usher you out of their offices as quickly as possible to provide space for their next patient that day.

I want to now talk further about hearing loss. I do not believe that hearing loss

always causes tinnitus, at least not in the ways that it is purported to. In some uncommon instances I could perhaps believe that hearing loss causes (that's the important word here, 'causes') tinnitus, but rarely. What I believe is instead occurring is that there is an underlying issue that is simultaneously causing hearing loss and tinnitus at the same time. They do not necessarily have a causal relationship, but they do share a common cause that is not dependent upon the other one existing. By that I mean; you do not have to have hearing loss to have tinnitus, and you do not have to have tinnitus to have hearing loss. Based upon the discrepancy in the United States alone of people with hearing loss and no tinnitus, and vice versa, it is easy to see that hearing loss does not cause tinnitus. ENTs and audiologists will run their patients through an audiogram and then explain that the patients' apparent hearing loss is the cause of tinnitus. But I have a few questions about this theory ENTs have that 'hearing loss' causes tinnitus. I have compiled some of these questions which I will get into in a few paragraphs, and you can take these questions to any future ENT appointments you may have. Please do not go into an appointment in an 'adversarial' frame of mind or look for an argument. Instead, use this PDF to ensure that you are asking the 'correct' questions of your ENT. The aim of any appointment with an ENT or Audiologist is not to prove that you are 'right' and they are 'wrong'. It is so that you understand where their blind spots are so that you can leave the appointment, not in fear but rather hope. Hope because you now know that ENTs are hardly qualified to diagnose any case of tinnitus as 'permanent.'

So, here are some questions for ENTs that I have that have still not been answered.



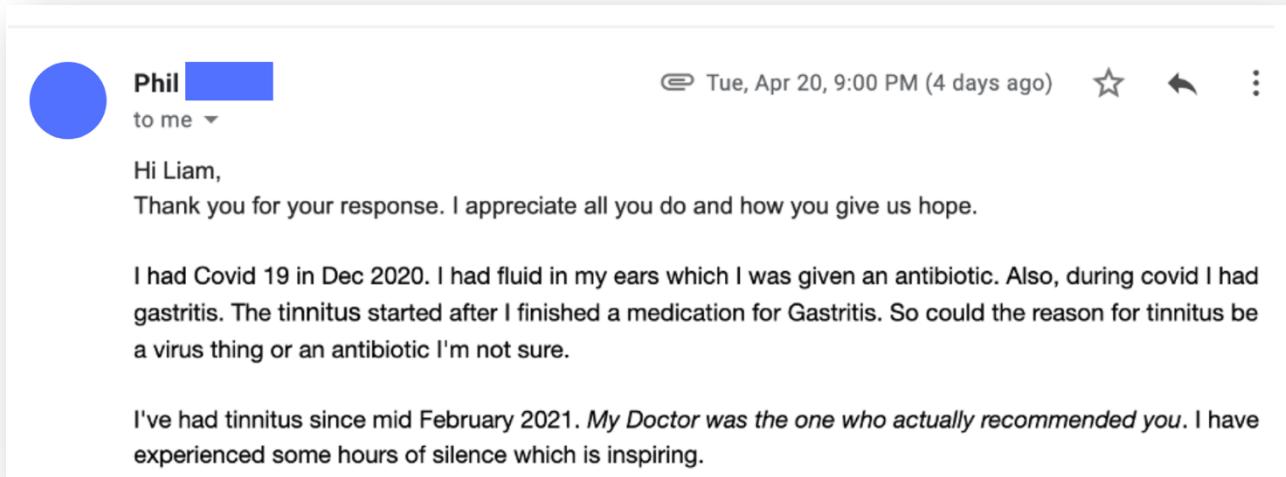
- If hearing loss causes tinnitus, why is it possible for a person to have hearing loss without tinnitus? And why is it also possible for a person to have tinnitus with no hearing loss?
- What is the factor that causes tinnitus in some people with hearing loss, and not in others?
- You say that broken stereocilia cause tinnitus. Where is the proof of that? Could you please send it to me?
- If broken stereocilia cause tinnitus, and stereocilia cannot be repaired, then why can people with alleged ‘broken stereocilia’ silence their tinnitus 100% by just ‘giving it time’? Is it that their stereocilia were repaired? Was it that it wasn’t broken in the first place? Or was it that broken stereocilia do not cause tinnitus? Or is it that tinnitus might not actually have as much to do with stereocilia as ENTs say it does?
- If tinnitus is ‘incurable’ then why do you still tell your patients that tinnitus may ‘get better with time’? What events cause tinnitus to get better with time? Can they be controlled?
- How long at university did you actually spend learning about tinnitus and its causes?
- Tell me what the cause of tinnitus is and prove it to me.

These are questions I have asked ENTs in person and via email and have never received answers other than some textbook paragraph they remember or saying, “let me circle back to you with that one.” Of course, there was no circling back.

I am now going to tell you a story that I believe perfectly highlights the current appalling state of what is on offer for tinnitus sufferers. This story takes place in Los Angeles when I was spending time with a woman I was helping who had tinnitus. When she and I first met it was in an ENT’s waiting room. This specific ENT was apparently meant to be one of the top, if not *the* top tinnitus and hyperacusis expert in Los Angeles. So, after waiting, we go into the doctor’s room together, and she explains to him her issue with tinnitus. He seems rather disinterested in her story and her challenges. He moved us both into another room, where he performs an audiogram. He tests her hearing in a soundproof booth which takes roughly ten minutes. After the test has been completed, all three of us then go back into his office. He then begins his sales pitch for ‘habituation training’ and the \$ 6,000 USD earpieces that go along with them. Oddly enough, his demeanor has changed rapidly, and he has perked right up. It seems the opportunity to make money excited him a whole lot more than listening to the woes of a woman in pain. The sales pitch ends, and my friend is scared. Both at the

prospect of having tinnitus for life, and at the cost of the habituation course. She then re-introduces me “This is my friend Liam, he runs a company helping people to achieve silence. He's helped many people, and he is here in the USA doing a documentary on tinnitus. He helps them through diet, fasting, and so on.” The ENT turns slightly towards me, says “Okay...,” and then turns immediately back to my friend and continues trying feverishly to sell her on living with tinnitus for the amazing price of only \$6,000. It was truly quite something to see. He clearly could not have cared less. Anyone might rightly think that if you were an ENT with the sole desire to fix people, fixing any ailment under your purview, you would be very interested in knowing how someone had silenced tinnitus in himself, and many others. But no, he had no interest whatsoever.

Many of my clients have also not had the best of experiences with their local and domestic ENTs. However, I should mention that some doctors are starting to see how powerful my steps are and are even recommending my teachings to their own patients. This is happening on a more regular basis, and I have even started to get doctors (ENTs and other specialists) to reach out to me for advice on treating their own patients with tinnitus. This is fantastic because I believe my message is one that must be shared around the world.



Phil [REDACTED]
to me ▾

Tue, Apr 20, 9:00 PM (4 days ago)

Hi Liam,
Thank you for your response. I appreciate all you do and how you give us hope.

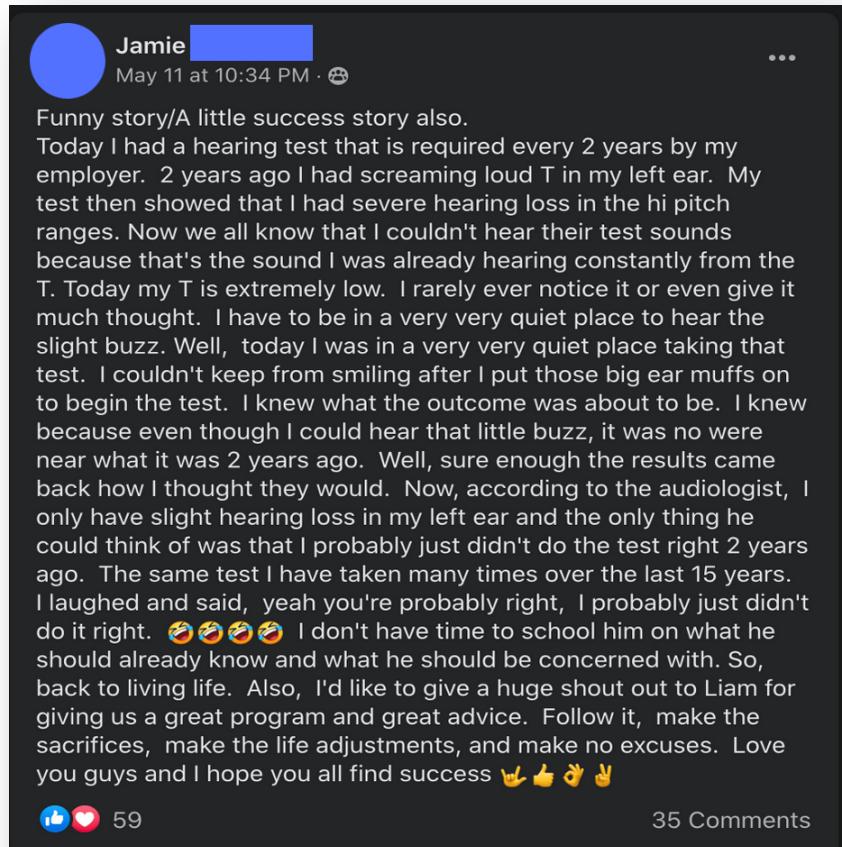
I had Covid 19 in Dec 2020. I had fluid in my ears which I was given an antibiotic. Also, during covid I had gastritis. The tinnitus started after I finished a medication for Gastritis. So could the reason for tinnitus be a virus thing or an antibiotic I'm not sure.

I've had tinnitus since mid February 2021. *My Doctor was the one who actually recommended you.* I have experienced some hours of silence which is inspiring.

However, in this chapter, I now want to focus on understanding why ENTs do what they do. And even though a lot of them are not bad people and are in no way actively trying to harm you, you do need to understand that what they say has no bearing on the outcomes of your tinnitus. None.

Hearing Tests (Interference Tests)

So, let us talk about hearing tests. You may need to loosen your intellectual seatbelt for this one. I don't have a problem with hearing tests if they are used appropriately. But when an ENT or Audiologist uses a hearing test on people with tinnitus, for some reason they don't see an issue with testing the hearing of someone with tinnitus so loud, that it brought them into the ENT's office in the first place. The problem I have with ENTs testing a person with tinnitus for hearing loss using an Audiogram, and then using that Audiogram to tell the person they have hearing loss, is that the confounder in that audiogram is obviously the tinnitus.



Funny story/A little success story also. Today I had a hearing test that is required every 2 years by my employer. 2 years ago I had screaming loud T in my left ear. My test then showed that I had severe hearing loss in the hi pitch ranges. Now we all know that I couldn't hear their test sounds because that's the sound I was already hearing constantly from the T. Today my T is extremely low. I rarely ever notice it or even give it much thought. I have to be in a very very quiet place to hear the slight buzz. Well, today I was in a very very quiet place taking that test. I couldn't keep from smiling after I put those big ear muffs on to begin the test. I knew what the outcome was about to be. I knew because even though I could hear that little buzz, it was no were near what it was 2 years ago. Well, sure enough the results came back how I thought they would. Now, according to the audiologist, I only have slight hearing loss in my left ear and the only thing he could think of was that I probably just didn't do the test right 2 years ago. The same test I have taken many times over the last 15 years. I laughed and said, yeah you're probably right, I probably just didn't do it right. 😂😂😂 I don't have time to school him on what he should already know and what he should be concerned with. So, back to living life. Also, I'd like to give a huge shout out to Liam for giving us a great program and great advice. Follow it, make the sacrifices, make the life adjustments, and make no excuses. Love you guys and I hope you all find success 🤘👍👌👌

35 Comments

If a person has tinnitus in one or both ears, and even around their head, then that will interfere with their capacity to hear the beeps and tones in the Audiogram. The reason Audiograms take place inside soundproof booths is for this exact reason – it's to prevent external noises from causing false positives/fails to occur. This is exactly what happened with my friend in Los Angeles. She missed some sounds on the audiogram, because the tinnitus inside her ears was louder than some sounds on the test, and then those missed tones show up as 'hearing loss' in those respective ranges. It's total nonsense. Now, if a person did not have tinnitus, then yes, that exam would be appropriate and would make sense. But a person with tinnitus? It cannot inform on hearing loss. Not accurately, anyway. I also want to show this video by Joe List talking about his experience getting an audiogram. This

video was sent to me by a client of mine and uploaded onto my YouTube channel with the written permission of Joe List. Please take out your phone, open the camera, and scan the QR code on the next page to be taken to my YouTube channel.

SCAN ME



Now, I want to make it clear that I do suggest that people with tinnitus go to see their local ENTs, to get their ears checked via otoscopes, and so on. And even undergo certain tests, if the doctor suggests them, such as CT scans

and even MRIs to check for anything potentially serious. But I am merely trying to get across the point that I don't want people to always believe their ENTs when they say tinnitus is for life because tinnitus is not a permanent condition. A great example of this is these messages to the left here. I received these from a client of mine who had just started to realize just how flawed the education of ENTs and Audiologists can be.

Hilarious story for you... I went to my ENT for yet another hearing test a few weeks ago and failed miserably because my tinnitus was so loud- 8/10. I recently went back for a follow up test and my tinnitus was at a solid 0.5/10 and, in my doctors words, "aced it." He kept going on about my "sporadic and random" hearing loss and his concerns and I brought up the fact that my T was just so loud that it was interfering with my hearing test and that's why I've passed the 3 times my T was gone or low and failed the 2 times it was loud. I asked his opinion on that and he literally says "hmm..I don't think so. I don't specialize in the hearing tests so I DON'T KNOW, but the audiologist knows what she's doing. She knows what sounds to play that you should be able to hear to give you a accurate test." 1. You're an EAR, nose and throat doctor and you don't know basics about hearing and sound interference?

2. How would the audiologist know what sounds I SHOULD be able to hear? She has no idea what my T sounds to know what I should and shouldn't be able to hear over it

I used to truly trust the ENTs and this would've terrified me that he genuinely thought it was hearing loss, but after following you and reading everybody's stories, I realize that they truly don't know much about this and there's no reason to get worked up. All you can do at this point is laugh.

I would like to again repeat that audiograms are appropriate for people who have hearing loss with no symptoms of tinnitus. This way the symptom of hearing loss can be measured over time to track whether it is getting better or worse, this is crucial and must be done. But for those with tinnitus? It is pointless. The main function of the audiogram is for ENTs to use it to track your tinnitus' pitch and location to match that data with earpieces which they sell to you as a middleman, collecting a large commission. Now, there is nothing wrong with making money, but when there is a better option (obtaining silence) I think anyone would agree that this is not always the most ethical of practices. I would like to remind my readers of the story in Los Angeles. An Audiogram is usually the first medical experience someone has with an ENT, after which the patient is sold earpieces. However, let us imagine that the client (luckily) does not have enough money for earpieces, or the ENT just does not suggest them. What would the ENT's usual next step be?

Otoacoustic Emissions (OAE) tests

Another test that ENTs and Audiologists may order for a person with tinnitus is an OAE test. This a test allegedly used to determine stereocilia issues within patients. However, my belief is that there are again many confounders not accounted for and that instead of determining broken stereocilia, this test instead determines the difference in results in people. And I would still like to see something extremely compelling that shows that broken stereocilia alone cause tinnitus and that there are no people in the world who have broken stereocilia who do not have tinnitus. I don't think you would be able to find it either – but let us get back to the OAE test and my thoughts on it.

To begin, I must lay a foundation of what the test is in the first place, and to do that, I must first explain the hearing ranges of the ear. In the previous chapter, 'How the Ear Works' I gave a rudimentary explanation as to how exactly the ear functions. Now let's go a little bit deeper. Adult human beings can hear from a sound frequency range of 20 Hz to 20,000 Hz. Along this spectrum of frequencies, there are different groupings of stereocilia inside the cochlea that are responsible for picking up and processing different pitches of frequencies. Remember, frequency is a measurement of hertz, this is not a measurement of the volume of something, but rather the sound. Think about notes on a piano, that is what we are talking about here. So, the

idea behind the OAE test is that by using a headphone-looking device, certain frequencies of sound are played into the ear, and those specific stereocilia responsible for registering those frequencies of sound will vibrate, causing a backward response back through the cochleae, through the three ossicles, causing the eardrum to vibrate where the device will pick up the vibration and register that on a computer's software. This makes a whole lot of sense, right? So, if you don't get a message back on the computer, from a certain frequency (pitch/tone/noise), then one would assume that there is an issue with those groupings of stereocilia, right? However, I have some questions: what about the muscles that hold the bones into place, is there an issue with them? That would then cause a communication issue getting the frequency to the inner ear and then back again. For the stereocilia to pick up certain frequencies, the three bones connecting the eardrum to them must also vibrate. If there is an issue with the muscles, that can also cause problems. The same goes for the calcification of those bones causing them to struggle to send messages through to the cochleae. And on top of that, what about mechano-electrical issues within the stereocilia themselves? And the lymph surrounding those Stereocilia? Issues in all these areas are possible and they do happen more than people realize. I believe that the tinnitus community and ENTs put so much emphasis on stereocilia, that they can be blinded to the possibility that just perhaps they aren't as much of a culprit as they believe them to be. We will get to noise-induced trauma, hearing loss and stereocilia in more detail later in this book. But for now, I just want my readers to see that when it comes to analyzing tinnitus, a lot of the measurement and analysis tools ENTs have at their disposal are deeply flawed and often provide false readings. Therefore, I do not think that any results garnered from an OAE test can be safely assumed to be accurate when predicting one's tinnitus prognosis. I truly do group audiograms and OSA tests together, in that they can in some instances be useful, but not when it comes to treating someone with tinnitus.

Corticosteroids

Now that the tests have been done, what comes next? Something ENTs commonly prescribe their patients suffering from tinnitus are some forms of steroid. Corticosteroids are not an uncommon prescription/recommendation handed out by ENTs. I have seen people reverse their tinnitus via the use of steroids before, which is always amazing news. However, I have also had people come to me who had the volume of their tinnitus significantly

increase after a dose/round of steroids. There can be multiple reasons for this, ototoxicity being one, but my belief is that the quick and instant jump in volume is likely caused by the fact that steroids can promote mold growth inside the body at a truly alarming rate. We will discuss mold at length later in this book. Now, corticosteroids can help to silence tinnitus in some people, but I do want my readers to be aware of the potential risks. And do not worry if a spike occurs, it does not mean you will have that spike or even tinnitus itself for life.

Some names of commonly prescribed corticosteroids are:

- Prednisone
- Cortisone
- Methylprednisolone
- Dexamethasone

Corticosteroids also lower the immune system response. A human's immune system (white blood cells, in part) helps to keep mold in check. So, corticosteroids very quickly allow mold to further grow in the body whilst simultaneously stressing the patient out. The immune system also helps to keep viruses 'in check' and 'at bay.' In other words, it prevents any residual viruses from growing too strong and causing further damage. Next is parasites. As is the case with viruses, parasites are also kept 'in check' by the immune system. In my opinion, molds, parasites, and residual viruses can lay in wait for years or even decades, and as soon as the corticosteroid has been taken, that is the moment those parasites (there are usually dozens) have been waiting for. I hope I am not misunderstood. Taking a corticosteroid is not always the best idea, but it does not mean that Armageddon instantly occurs and that all these creatures start breakdancing together in your brain and ears. And on top of that, as mentioned before, some people do get great benefits from taking steroids prescribed by their ENTs.

Antidepressants

Sometimes an ENT will claim, based on their foundational belief that tinnitus cannot be cured, that a person's best bet is to simply learn to live with it. Avoid loud noises, maybe get some therapy, and even visit a psychiatrist to get a prescription of antidepressants and even sleep medications. Most of

these antidepressants are severely ototoxic, meaning they can make the tinnitus and other related symptoms even worse. It is also worth mentioning that I do get a lot of clients to come to me after antidepressants gave them tinnitus in the first place.

To bring this chapter to an end, I would like to make clear that this is not a hit piece on ENTs. Although a lot of them truly show close to no sympathy for my clients and have been very dismissive in more than a few cases, this chapter was simply to allow my readers to understand that asking an ENT to silence their tinnitus is like asking a homeless man for financial advice. If a man living under a bridge told you that your financial situation will never get better, would you believe him? No, of course not. The same can be said of ENTs in the specific issue of tinnitus. Do not let them tell you how your tinnitus will end up, they don't even understand its root cause.

Does Science Equal Silence

Surely the best way to test and ‘control’ the result of silence is to test yourself? How else can you know what you’re thinking, doing, eating... how much you’re exercising, fasting, and the supplements you take. Stop looking at studies (especially if you don’t know how to read them) because all you’re reading is an interpretation of the data. What do I mean? Most tinnitus studies are garbage. Truly. Please, my dear reader, you must understand; studies are funded by people who only funded them because they intend to see a direct or indirect return on investment either immediately or years down the line. Why is this an issue at all? It’s an issue because the study’s results will be twisted to ‘show’ the favorable results that the study’s investors desire. For example, would a pharmaceutical company prefer that a study shows their new tinnitus product works or doesn’t work? Especially after investing \$5,000,000 and 2 years’ worth of time to conduct it. The answer is obvious, and information in studies is twisted, exaggerated and even falsified more than most people realize. Consider the research on the lie that saturated fat causes heart disease – that was an absolute lie and has resulted in millions dying after choosing carbs over meat, and ‘heart healthy’ margarine over butter.

When I get messages from someone asking me about some new tinnitus drug trial, what I see is someone making excuses to not take the action they know they should. After all, any person on the planet would rather take a pill than change their lifestyle – myself included, but the world of medicine does not work like that, and it never has. Even in the world of supplements, when someone says to me something along the lines of ‘Liam, what do you think of CoQ10?’ I say in response ‘How much of my advice have you applied and for how long?’ They have usually done nothing and are looking for an easy way to silence – I’m truly sorry to tell you that this easy route does not exist. Now I’m not against these supplements, but if you’re going to take them then you should change your daily habits too, otherwise it’s a waste of money. When it comes to scientific studies, extrapolation, reductionism, and inferences are all somewhat open to interpretation and are usually skewed to favor the products of the company that funded the study. What I just said here is that when a company has a product that allegedly solves a problem in their marketplace, they pay millions (usually a lot more) to scientists to prove that it does solve that problem. They might do several studies until

they find the right angle that legally allows them to say that their product solves the issue, they claim it solves. Even if it does not solve that problem:

- Long term
- Better, compared to other products
- Safely

This type of research goes for drugs, food, widgets, and more. The point that I am trying to hammer home in this chapter is that waiting for a major scientific breakthrough to happen to silence your tinnitus means you will be waiting forever. The breakthroughs are already here, and they have been here for millions of years. The truth is this: your body is the answer to silence, you just must learn how to ‘drive’ it properly. When it comes to a ‘new tinnitus drug’ arriving on the market, how would a pill remove deadly mold from your home, root canals from your mouth, toxic people from your life, make you get more sun, or stop eating poison? That is a literal impossibility. So please, heed my warning. There will never be a tinnitus drug that arrives on the market that works anywhere near as well as this course and that is a fact. Let’s talk now more specifically about tinnitus drug trials.

Tinnitus Drug Trials

I want to point out the ongoing money-grabbing attempts which only result in false hope and exploitation of people worldwide. I am sure my readers will be familiar with what a clinical drug trial is. However, I want to reiterate it quickly just to ensure my readers and I are on the same page. An experimental interventional drug trial involves (usually) 2 groups of people, with the same symptoms. One group is given the experimental drug as an intervention, the other is given nothing, a placebo. No participant or even scientist knows who gets what. The aim is to test whether the actual drug itself improves the symptom(s) and/or condition of the group who's receiving the drug. Both groups are also monitored for negative side effects. There are many drug trials in the past that claim to be close to a 'cure' for tinnitus. But every year, every single one fails. Whether it is a drug, shock therapy, talk therapy, you name it, it's been tried. Every year or so, a drug gets hyped to the public (through press releases paid for by the drug company) as 'the possible modern cure for tinnitus.' They show how 'close' they are to releasing it to the public by saying it's in stage 2 or 3. Or that it has shown 'promising results in animal trials and they are looking for human participants. They say the test has 'passed phase 2' (which, by the way, just means that no one has died yet). The company then claims that this is 'promising' for tinnitus sufferers worldwide. Did you catch that? 'Yay, our experimental tinnitus drug hasn't killed anyone yet – so that means it's good.' So far, every single one of these drug trials has failed, and after reading this book I'm sure all my readers will know why they did, and why there will never, ever *ever* be a drug or single product that could ever silence tinnitus. It's just not possible because tinnitus is never caused by one thing – hence my coining of the term 'The Domino Theory.'

There are so many causes of tinnitus, and they all stack up. Can a drug remove an infected root canal? Can it get you more sunlight and ensure you are grounded every day? Can it force you to stop using Bluetooth headphones and assess your NNEMF (non-native electromagnetic fields) exposure in your bedroom at night? Can it change your diet, and force you to exercise? Can it release the tight fascia in your neck, and kill parasites in your mastoid bones? The answer is no.

I am aware that anyone reading this book has already decided to follow my advice, and not wait for some magic, miracle drug to come out that will

never come. But I am simply reiterating an important point. I must also warn my readers about various websites, pages, foundations, companies, and charities that claim to have the world of tinnitus sufferers' best interest at heart and ask for donations to run clinical trials to find a 'cure' for tinnitus - usually in pill form. This is ludicrous. As I previously stated; there are so many causes of tinnitus that one pill could never reverse them all. It is in the best-case scenario an impossible goal, and in the worst case deceptive. A lot of social media pages run by ENTs and earpiece companies also unfortunately delete the comments I leave on their posts, explaining that they are wrong when they say diet does not affect tinnitus. I guess you can't have someone saying that you can fix tinnitus right now and that there is almost no need for more expensive research. The pharmaceutical world is heavily corrupt, as is their influence in the field of tinnitus. I do not say this to be dramatic, but at this stage, the writing is on the wall.

Part Three

Understanding Tinnitus and Its Causes

Now we are going to speak about how tinnitus is caused. In this section I will list the most common causes of tinnitus and explain how these causes of tinnitus are fundamentally impacting the functionality of mitochondria in a negative manner. To summarise: tinnitus is mostly caused by mitochondrial dysfunction, and in this section, I am going to attempt to prove that.

The Mitochondrion

Mitochondria are our slaves, it's true. But before I talk about that, let's take a little trip back in time. An estimated 65 million years ago, there was a unicellular organism (a single-cell organism) that one day decided to engulf a prokaryotic cell (bacteria) which we now call the mitochondrion (mitochondria for plural). Over many millions of years, mitochondria were able to grow both in size and complexity. How and why did this occur? Because mitochondria can take in light, nutrients, minerals, and other compounds and convert them into energy for the host bacterial cell to utilize. These adaptations allowed for cellular robustness and defense against foreign invaders such as molds, viruses, funguses, and more. This changed the host cell from what was initially a unicellular organism into a multi-cellular organism. More and more mitochondria were then engulfed, resulting in more energy production (the energy created by a mitochondrion is called 'ATP' or adenosine triphosphate) to help other intra-cellular organelles to not only function but thrive. There is of course some debate as to exactly what did happen, and how human beings, made up of trillions of mitochondrial-rich cells came to be, but what is clear is that this is the reality of today. We are humans, and mitochondria create the energy that every single process in the entire body from digestion to blinking needs to occur.

But there is a catch, mitochondria still needed to be fed. To live, mitochondria need to consume nutrients, minerals, light, and more (we'll discuss what else is needed later in this chapter) - they need food! Just as any human slave of the past or today needs. Otherwise, they die and are useless to their master. To this day, those same mitochondria are still enslaved inside the fatty-rich walls of almost every single cell in the human body. And these mitochondria fuel every reader of this book's ears, too. If treated and fed right, these mitochondria might just decide to hit the off switch on their host's ringing ears.

The Body Is Electric Before it is Chemical

I truly do get asked multiple times a day, every single day "Liam, just tell me step by step how to silence my tinnitus" and I respond with "I can't." I

cannot, I repeat, I cannot provide a step-by-step, chronological, one-size-fits-all, do this and then that, here is the perfect cure system to beat tinnitus. It does not exist, and it never will. I hope this sub-chapter has not disheartened any of my readers, and if it has, I believe the next line will lift their spirits. Because even though beating tinnitus does not have a specific A, B, and then C process, you can still beat tinnitus and beat it easily. All you must do is understand what causes tinnitus, and that, in my opinion, is mitochondrial dysfunction.

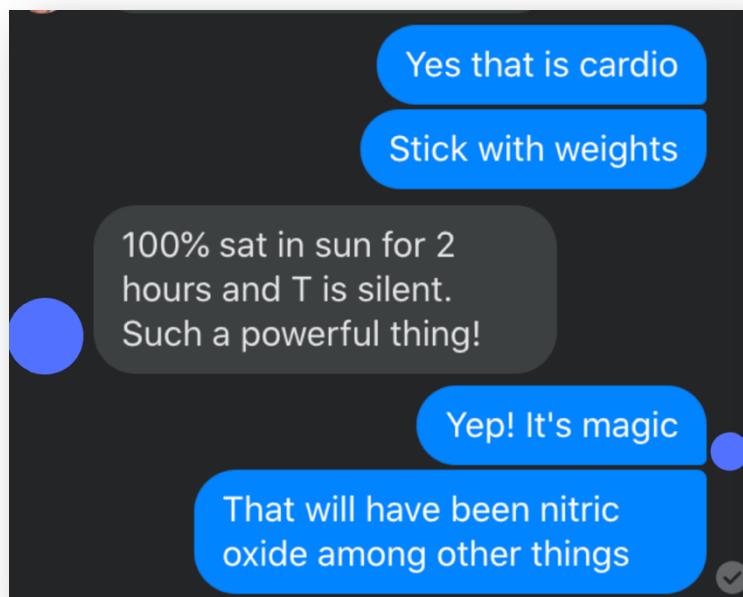
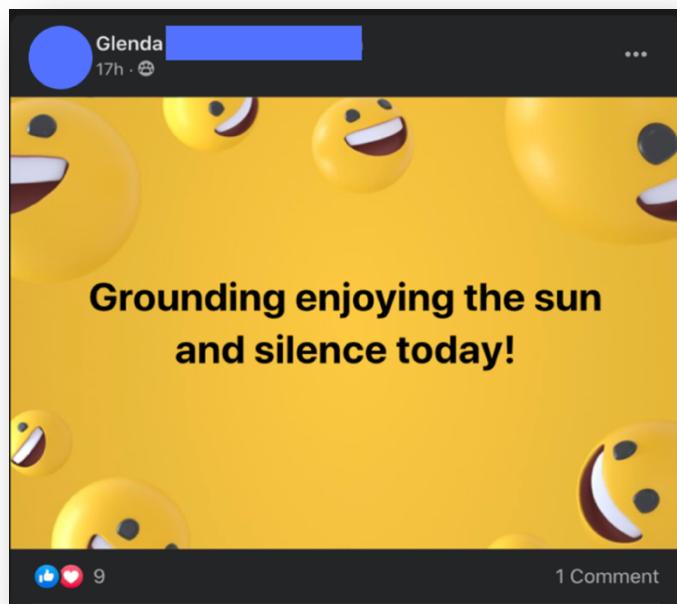
And the first step in understanding mitochondria and tinnitus is realizing that the human cell is electric before it is chemical. What exactly does that mean? It means that for chemicals to be released, hormones to be activated, sexual functionality to occur, hunger to be perceived, and endorphins to flow, there is first an electric charge that kicks chemicals into action. Surely everyone reading this book has heard that anxiety or depression is a ‘chemical imbalance.’ Now, I do not pretend to be a psychiatrist, but shouldn’t the part of the cells responsible for producing the actual chemicals that can be imbalanced be studied, measured, analyzed, and fixed? We have already discussed how the human ear perceives sound by converting vibration into electricity. But that is a very energy-draining process. And what energy are we talking about here? None other than ATP. Take for example hearing loss, how can a person register certain sounds, if they do not have the appropriate amount of ATP to convert those sound vibrations into electricity, and then send those electrical signals via nerves to the brain for further processing? Why are nearly all ENTs focusing on stereocilia, and not on energy production inside the human body? And where does ATP come from? Well mitochondria of course. We feed our mitochondria with what they have wanted for 65 million years, water, nutrients, minerals, lipids, and light. All of those of course breaks down into or are used to process electrons. Those electrons are then sent through the electron transport system, a by-product of which is what? You guessed it! ATP. If you don’t have enough fuel? You get mitochondria dysfunction. The wrong kind of fuel? Mitochondrial dysfunction. Toxins such as stress, mold, viruses, non-native EMF, and more will also cause mitochondrial dysfunction, how are our poor ears ever to survive?

Are Medical Experts Looking at Our Ears All Wrong?

Here is the main thing to understand; ENTs, doctors, learn almost nothing about the inner working of mitochondria. Their training focuses mainly on

chemicals (pharmaceutical drugs, vitamins, minerals, etc) so if a person has a mitochondrial issue (which virtually everyone with tinnitus does) then why would that person ever be able to be helped by a doctor? It has never been more evident to me that doctors are being taught all the wrong things when they prescribe chemicals to a patient suffering from mitochondrial dysfunction. People who have tinnitus are suffering because doctors are prescribing them chemicals for a fundamentally electrical problem. Well, you might say ‘Liam, you talk about food and how that has an impact on tinnitus,’ and I do. But did you know food essentially breaks down to electrons in the body, and that is what is being used by humans as calories and sustenance? Even the word ‘calorie’ is misunderstood. The word calorie is a measurement of heat. Furthermore, the type of food that a person eats breaks down into different electrons. For example, the beginning of the electron chain transport system involves electrons passing through four protein complexes. In between complexes

one and two, it is not uncommon for electrons to fall out of the electron chain, and as a result become free radicals, which can cause inflammation. Electrons from meat and animal products, however, almost entirely bypass complex ones, avoiding that risky area together, resulting in fewer free radicals plaguing the body. There are plenty more examples like this showcasing the



importance of studying the body's electrical systems and not just the chemical systems like everyone else.

Even beneficial supplements such as Coq10 and Cacao fall short of activities like grounding, sunlight, fasting, turning off WIFI, avoiding blue light, and more (which we will get to in this chapter).

Here is an image I took today from the Facebook group I run for tinnitus sufferers. This lady had zero help from ENTs, so decided to join my course, is getting plenty of sun, meat, and electrons from the earth... and now her tinnitus is completely gone. Again, the body is electric before it is chemical. So how exactly does someone fix the electrical component of their mitochondria? Well, firstly some devices can be used to measure the millivolts of certain parts of the body. One such device was created by Jerry Tennant. However, if a person has tinnitus, it is safe to assume that there is almost certainly an electrical issue. Whether the cells are not strong enough voltage-wise or there are negative external influences (WIFI and other non-native EMF for example). Even when clients come to me and explain that their tinnitus started right after a medication, there is still an electrical component. Cells with weaker voltage are more susceptible to damage and heal slower. Cells with a voltage weaker than -20 millivolts cannot properly heal themselves.

So, to simplify my stance regarding the connection between mitochondria and tinnitus, regardless of how a person obtained their tinnitus, there is almost always an electronic component related to the mitochondrial function that:

- allowed the symptom of tinnitus to take place in the beginning.
- exacerbates the symptom of tinnitus.
- is preventing the symptom of tinnitus from being removed

Of course, this also applies to hyperacusis, pulsatile tinnitus, hearing loss, vertigo, and visual snow.

Mitochondrial Dysfunction

I have been looking into the theories that are put forward to patients by their ENTs as hard facts/truths, but that are not at all truths. Two of the most common ‘truths’ people with tinnitus are told are:

- Broken hair cells cause tinnitus.
- Hearing loss causes tinnitus.

Hearing loss is discussed in another chapter, so for now I will focus on the first point, the theory of broken stereocilia being causal regarding tinnitus. There are dozens of causes of tinnitus, at the base of which lies mitochondrial dysfunction, but not all these causes cause stereocilia to break. However, I am yet to find a cause that cannot directly cause mitochondrial dysfunction which then in turn can cause the symptom of tinnitus to occur.

Simply put – if you list all the causes of tinnitus that exist, almost none could potentially be linked to broken stereocilia, but absolutely all of them in some way negatively affect mitochondria. What I am saying is that it is rather likely that ENTs have been given incorrect information. Was it lies? Or was it an incorrect theory? A theory that broken stereocilia are the culprit behind tinnitus, a theory that I am proving, again and again, to be wrong. Now, I am not saying that stereocilia can’t be broken, but what I am saying is why are my clients getting silence after contracting tinnitus which was brought on immediately after noise trauma, or from chronic loud noise exposure (musician, loud workplace, etc) after their ENTs stated their (alleged) broken stereocilia meant their tinnitus would never subside. Did their hair cells regrow? Were they never broken in the first place? Or do broken stereocilia not *cause* tinnitus?

I hear people thinking “But Liam if loud noise(s) occurred right before the onset of tinnitus, how could that be mitochondrial dysfunction? It would make more sense to blame that upon the instant destruction of stereocilia, no?”

Well, let us address this right now. Loud noises cause oxidative stress within the cochleae, which results in the release of free radicals inside the inner ear. What do free radicals do? They strip electrons from mitochondria and damage mitochondrial DNA, causing mitochondrial mutations and

weakening them. What happens when mitochondria are weakened (lower charge, voltage)? They produce less ATP. Remember, this is what we were just discussing. My thoughts are that perhaps loud noises could simultaneously cause inflammatory issues within the inner ears while (in rare cases) breaking stereocilia, too. But ENTs just assume broken cilia are the only cause. And then they conduct flawed Audiograms and OAE tests to ‘prove’ their theory. Please remember what I stated just because hearing loss and tinnitus came on at the same time does not mean that they caused each other, or that the person even has a hearing loss at all. I believe that yes, perhaps a person’s stereocilia may be broken, but it is the inflammation in the inner ear (that occurred at the same time as any breakages) that also occurred due to one loud noise or prolonged loud noise exposure, that is the real cause behind tinnitus.

This would also explain why I have so many cases of my clients silencing their tinnitus after loud noise exposure caused the onset of their symptoms. Furthermore, the broken stereocilia theory is based on the foundation that current commonplace tests used to determine broken stereocilia are reliable and accurate – which they are not. I hope people are now beginning to see the full picture, a picture that makes a lot more sense than confusing doctor visits and hope-destroying tinnitus forums. This is also a great explanation of the prior photo, as standing barefoot on the earth absorbing anti-inflammatory ions that neutralize free radicals caused by loud noise exposure can help people with noise-induced tinnitus. Grounding works for people with noise-induced tinnitus! Who would have thought, right? This is why I implore, no, beg people to mostly forget how they got tinnitus in the first place and implement a more holistic and full-bodied approach to getting silence rather than a localized band-aid approach.

To further explain the point, I am trying to make, I want to list the most common causes of tinnitus, and show how almost none of them could ever damage stereocilia, and how all of them damage mitochondria either directly or indirectly.

Cause	Mitochondria	Stereocilia (hair Cells)
Chronic Stress	Yes	No
Ototoxic Medications	Yes	Potentially
Noise Trauma	Yes	Potentially
Posture Issues	Yes	No
Poor Sleep	Yes	No
Anxiety	Yes	No
Concussion(s)	Yes	No
Mold	Yes	No
Non-Native EMF	Yes	No
Viral Infection	Yes	Potentially
Root Canals	Yes	No
Illicit Drugs	Yes	No

The above table shows the most common causes of tinnitus, and whether they could impact stereocilia, mitochondrial function, or both. This table truly helps to illustrate just how and why all my clients, even those who were told their permanently broken stereocilia was the cause of their tinnitus, hyperacusis, pulsatile tinnitus, vertigo, visual snow, and in a lot of cases hearing loss, were still able to achieve silence. All my clients who now have silence have eliminated their tinnitus the same way regardless of the cause. That sounds like a common denominator to me. And I believe virtually all signs point to mitochondrial dysfunction and not to broken stereocilia.

Dental Issues

Has your ENT ever looked into your mouth? You might be wondering what the inside of your mouth has to do with obtaining silence, but it cannot be underestimated the impact certain types of past dental work can have on causing, exacerbating, and prolonging tinnitus. Residual undetected infections from root canals or metal fillings can perniciously seep straight into the brain. Dental issues usually don't cause tinnitus overnight. Instead, they cause inflammation, one of the symptoms of this slowly growing inflammation being tinnitus. Just know that inflammation can take years to manifest itself as tinnitus. For example, a person can get a root canal done, and then three or more years later go to sleep in silence, only to wake up with constant tinnitus the next morning. This is extremely confusing for the sufferer and ENT alike as neither party thinks to attribute a root canal (of all things) to ringing ears, especially a root canal done years ago. What causes more despair to a person with tinnitus is that they often look for causes in their immediate past, not years or even decades ago. I want to remind my readers of the Domino Theory and how when used properly, reveals the multiple causes of tinnitus that stack up over a lifetime until tinnitus finally occurs. Any toxicologist worth their salt knows that the first step to resolving symptoms brought on by toxicity is to first eliminate the toxins themselves. In the case of tinnitus, sometimes a major contributor is an infected root canal and/or other infections located in the teeth and jawbone. Most people, medically trained or not, would not think to look in someone's mouth for the cause of tinnitus, but if they were to, I would guess that they'd say "a dentist performed that procedure in your mouth? Then it must be okay, they are a doctor, after all." Not all dental work can contribute to tinnitus, but some procedures certainly do. Why certainly? Because these forms of dental work directly (and negatively) impact mitochondria located in the brain, nervous system, and ears (just to name a few affected locations). As we have already mentioned, 'you have idiopathic tinnitus' is what doctors say when they don't know what the cause is. 'Idiopathic' means that a symptom arose from nowhere. No, really. Here is a reminder of the definition.

In the case of dental work that becomes infected, you can empathize with ENTs because their education does not delve deeply into dental work, and even dentists themselves will tell their patients that root canals are safe even though they have an almost 100% chance of failing, becoming infected, and causing serious health issues down the line. Most dentists will also say that

mercury is safe, which to me is ludicrous as mercury is one of the most toxic chemicals on the planet.

From One to Zero

Even though I have an entire chapter dedicated to this concept, I still want to take a moment, before we get into this chapter, to discuss poor dental work and the five other factors most likely to prevent 100% silence. Even if my clients work consistently and persistently for a year or more and are so close to silence, most of the time these issues must be addressed to obtain absolute, unwavering, forever-lasting silence.

The 6 most common issues that can prevent someone from obtaining silence are:

- **Mold**
- **Parasites**
- **Non-native EMF**
- **Neck/posture issues**
- **Toxic relations (family, friends, lovers, colleagues)**
- **And dental work**

Many past clients of mine have achieved silence whilst continuing to take antidepressants and sleep medications. Even though they are neurotoxic and may slow down the process of obtaining silence itself, I do not however see them as something that prevents silence. The above list is worth writing down for any of my readers as a great first step on the sometimes-long road to silence. A person would know of any dental work (metal fillings, root canals) that they have, however it is my belief, based upon nearly a decade of work in the field of tinnitus, that anyone who is seriously adamant and committed to beating their tinnitus must act as though they do have issues with mold, parasites, and neck issues, even without testing, and act accordingly to resolve those issues (see corresponding chapters). When it comes to family members, my readers would do well to see if anyone is manipulating them covertly and using emotionally fueled tactics to exploit them. Parents are, sadly, often the ones who exercise these powers over their children. Both mother and father (see the corresponding chapter). So let us return to dental work by first discussing root canals.

What is A Root Canal?

To put it crassly, yet without exaggeration, a root canal is a procedure in which a dentist will leave an infected tooth in a patient's mouth, completely remove the nerve to prevent the feeling of pain that would usually be there, and then cover it up with a crown (a fake tooth). The patient now has dead tissue that is left inside their mouth. To my readers who're doctors, medically trained at all, or who possess at least two brain cells to rub together; what happens when you leave dead tissue attached to the body? Is that safe?

the pic doesn't do the amount of infection justice. I asked the surgeon (wasn't the guy who did the original root canal) if he thought it was infected and held it to the light and went "yowza.." lol It looked like black lava had formed inside of it.



Was a huge tooth! Anyways, please feel free to share it if you want but I'd prefer if you don't mention my name or tag me or anything like that. Cheers and thanks for all you do! #hero

p.s. they didn't let me keep it



Aa



Does that increase or decrease the risk of infection? That is a rhetorical question. Root canals are festering pools of bacteria sitting in a person's mouth. As previously mentioned, if part of the process of installing a root canal did not involve severing the nerve connected to that tooth, the person with the root canal would be in constant excruciating pain due to the toxic bacteria growth in the person's mouth. The image to the left shows an extracted root canal from the mouth of a client of mine. When extracted, the endodontist explained that it was severely infected, and he was even shocked at the level of infection. Infections occur with nearly all root canals. Any of my readers with one should consider the ramifications of not getting their root canals removed from their mouths and how that might impact their ability to obtain silence. I also want to mention that I have previously had clients obtain complete and consistent silence with a root canal and even multiple root canals. But I have also had some who needed to

get them removed to obtain complete silence. Once again showing that each person's road to silence is different. If any of my clients do have a cracked or infected tooth or any other issue that prompts the dentist to suggest a root

canal as a solution, then I always implore that client to consider the dangers associated with doing so. I believe a root canal can equal a lifetime of chronic issues. And because the tooth will not hurt, meaning there are usually no local symptoms, it becomes quite hard for the average person to point to it as a potential cause of their tinnitus and other chronic issues they will likely be simultaneously experiencing. There are alternatives to root canals such as implants, I suggest all my clients consider them as they are most often a safer and superior option.

A very sinister aspect of root canals is that during the procedure, not only is the nerve severed to ensure no pain is felt by the patient but the blood flow is also disconnected from the tooth (yes, teeth have pumps inside of them and need blood coming in and out). With blood flow comes white blood cells, the immune system, to clean out any pathogens, bacteria, and so on. With the blood supply gone, that tooth's bacteria will flourish, unchecked. What's worse, is that the pathogenic matter can leave the tooth via microtubules and enter the rest of the body. However, the immune system's white blood cells cannot use those same pathways to gain access to the teeth to keep the bacteria under control. Essentially, the bad guys can get into the body, but the good guys cannot get into the source of where they are coming from. Anyone can see how this creates a never-ending problem.



Dental Infections Disrupt Electrical Function

The body is electric first, and chemical second. Chemicals in the body are created because the body's cells are electronically stimulated into doing so. Therefore, any form of electrical disruption can have quite severe effects on digestion, hormonal function, the thyroid gland, the brain and nervous systems, the autonomic nervous system, the ears... you name it. Electricity gets the first say in your body's system's capacity to function, and its ability to function harmoniously with the rest of the body. Anyone with a heart condition will have gone into the hospital to get an EKG. An EKG is a

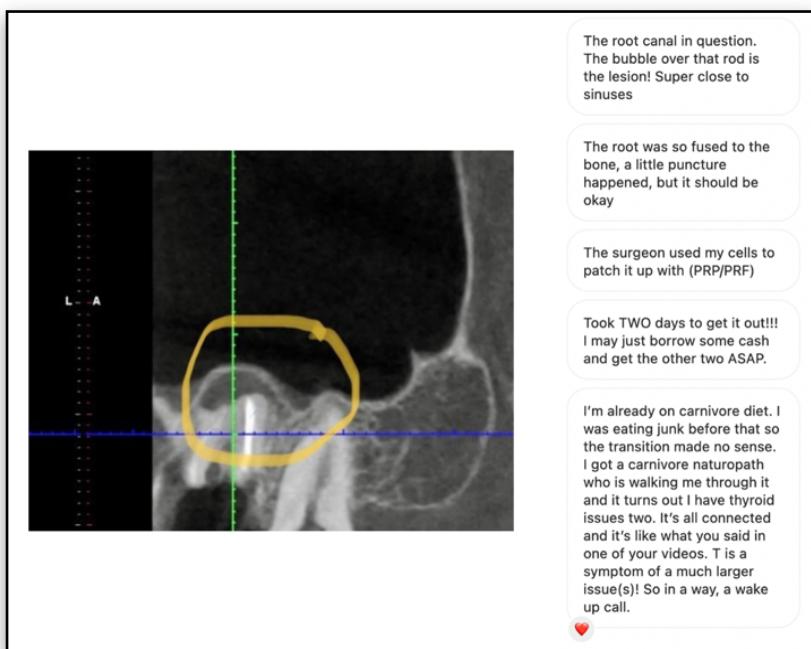
measurement of the body's electrical activity. There are many ways electricity is measured in the human body to determine health. However, did you know that teeth are not only living, electrical parts of the body but that each tooth is connected via electrical meridian lines to other organs in the body? There are meridian lines that are attached to certain points in the body that relay back to the teeth and back again in a constant looping cycle. These meridian lines can also be measured using medical devices. Dental infections cause disruptions in these electrical meridian lines which causes problems in the corresponding parts of the body. To see the body as an electric being truly makes my clients of past and present more aware of the dangers in their lifestyles and homes. WIFI routers, blue light, and so on.

I am hoping this chapter helps to make all my readers aware of the electrical disrupting infections that exist in their very mouths which get far less attention than WIFI routers and smart meters. I implore anyone that does not believe me or thinks that this is pure nonsense to suspend their disbelief on

this matter. Please watch the documentary 'Root Cause.' I am not in any way shape or form proclaiming that dental infections are at the root of every person's ailment or every case of tinnitus, but to say that they are not a large contributing factor would be incorrect.

To the naked eye, dental infections are hard to see and are rarely realized to be a contributing culprit of

chronic issues such as tinnitus until after they are pulled (see picture above, again my client had no idea what to expect, nor did the endodontist who performed the extraction). This causes my clients to um and ah about getting a procedure done. The cost must also be considered, and of course, the aesthetic ramifications, even though an implant would look just as good. For people who are not convinced of what I am saying, or are rightfully hesitant to get a medical procedure, there are some moderately effective ways to check for an infection without pulling out a root canal or metal filling, a 3D



► Photo

Hi Liam. So much respect for you!! I hope you are doing well with.

I just wanted to let you know that I opted for a 3D cone beam scan of my teeth and jaw recently at a routine checkup. I had some minor discomfort in one back tooth. My T is worse on that side too. They discovered I had an infection at the base of the root and a cavitation from a poorly extracted wisdom tooth from 30 years ago.

I had surgery yesterday and despite the swelling from the operation, my T has lowered already and I'm feeling a ton better overall.

I know you are fully aware of the connection between root canals and T. Thought you might like my story.

Sending you lots of positive vibes!! You rock!

It's a back molar so to start I just had it extracted and the infection removed. They cut into the spot where I also had a wisdom tooth and cleaned that out too. I have to wait a few months for the jaw bone to fill in. I can decide then if I'm okay with leaving it as it or get an implant. I'm pretty positive I'll just leave it. The dentist is a wholistic bio dentist. He said a conventional dentist wouldn't have seen the cavitation in my jaw and would have just "cleaned out" and filled the dead tooth. Insane.

Aside from T I was also experiencing strange rashes on my feet, back, chest and upper arm. All on the same side of my body where the dental infections were. I went to a fuckin doctor who just prescribed a cortisone cream. Anyway, I woke up the next day after the surgery and all my rashes were practically gone!

I really think this is going to help me eliminate the tinnitus. Thanks for reading my story



Messenge...

Message...

Message...

cone-beam X-Ray being one. The pictures on the previous pages are X-rays showing an infection on two separate clients' teeth. But I must make it clear that more than a few of my clients have had X-Rays showing no infection in any of their teeth, only to have a root canal pulled days later and have their dentist explain that yes, it was extremely infected and pulling it was a good idea. This shows that technology is not always 100% reliable, no matter how sophisticated it is. When an infected tooth is pulled, not only do bacteria from the tooth stop spilling out into the body, but the electrical meridian lines can also return to their normal function. Please do not expect a drastic reduction in symptoms to occur the next day, it will still take months of hard work to fix the damage done by the infection as well as addressing any other causes of tinnitus present in your lifestyle. But the damage can be fixed. I have included below one of many messages I receive from my clients following one or many root canal extractions.

Amalgam Fillings

For the final section, I would like to discuss amalgam fillings. Amalgam fillings up until about 10-15 years ago contained mercury. Mercury is one of the most toxic, naturally occurring chemicals on planet earth, so what it was doing in people's mouths is anyone's guess. In recent years dentists and especially endodontists have moved away from mercury-containing fillings towards safer methods. I would not particularly be concerned for someone who has received metal fillings in the last few years, they can still contain some heavy metals. The best thing to do for anyone concerned would be to contact the doctor who performed the procedure and ask about what is inside the material they used. But do not get angry at them, there is no win there. If it turns out that the filling(s) contain mercury, then extraction might be a good choice. Mercury is neurotoxic and seeing as the mouth is so close to the ears and brain, anyone can see how this would be problematic. I want to remind my readers that many of my past clients have obtained silence while not removing their mercury-containing fillings. Also, the steps in this book are to be done in a specific order, so please do not start booking an appointment to get them removed just yet.

Plants Are Not Food, But They Are Medicine

Plants hate us more than terrorists hate the west. You can tell everyone you know including your doctor, family, and the internet that Liam Boehm said that plants contribute to tinnitus. Plants are very much alive and do not want to be eaten. Not only that, but it is proven using modern technologies that plants can and do audibly communicate with one another, and some scientists even theorize that plants could potentially even feel some level of pain. All this lends to the fact that plants, do not, in fact, want to be eaten. Now, plants cannot get up and run, but they do however have their defense mechanisms. I imagine some of my readers may be thinking ‘this is utterly ridiculous, plants feeling pain? Talking to one another? What on earth is Liam talking about?’ But would it be so outrageous to think so? Think about it. The Venus Fly Trap can detect prey such as caterpillars, flies, spiders, and more, grab it inside of its ‘mouth,’ and dissolve it whole. The larger Pitcher Plant lures in and dissolves frogs and large rodents into nothing but bone. The now well-known ‘zombie-ant fungus’ can infect the brain of an ant, and before killing it, literally force the ant to stroll up to the highest point it can reach, as close to the sun as possible, before killing the ant. The fungus then sprouts out of its head and body, making a home out of the ant in prime real estate.

But what about defense? Well, certain species of plants have their ways of warding off predators, too. Predators such as ants, worms, termites, caterpillars and so on love to feast on certain plants. As I stated earlier, plants can’t exactly run away, so what do they do? Well, this is when a plant will utilize its inherent toxicity. Toxins such as oxalic acid, salicylate, goitrogens, lectins and more are used to poison and even kill attacking bugs. What is fascinating, is that certain species of plants become aware of when an insect is having a nibble or sniff of them, and they can very quickly create more toxins in their own ‘bloodstream’ and pump it out to their leaves to ward off the predator. The hope is that as the leaves slowly become more toxic, the predator will either die, or move on to another plant, thus saving the plant, as it can always grow more leaves, but once its root is eaten, it’s goodnight forever. But plants don’t just have to detect danger to contain these harmful toxins, in fact, most plants always have varying degrees of these toxins in them.

In this chapter I am going to discuss:

- The common compound in plants that is so ototoxic that it is used in scientific experiments to directly cause tinnitus
- The nutrients every tinnitus sufferer needs that are not available in any plant food
- The lies about ‘healthy’ plants
- Plant toxins
- Meat is healthy, and it does not cause heart disease
- And more

Salicylate

Later in this book, I am going to be discussing many different plant toxins and the effect they have on human health, specifically tinnitus. But for this chapter, I want to focus on one in particular, which is salicylate. Two chapters ago I spoke about mitochondria and explained how when a person contracts tinnitus, they should look to fix their mitochondrial dysfunction, a dysfunction which they almost certainly have. A plant toxin called salicylate (there is also a synthetic salicylate used in aspirin that has similar effects) can have serious consequences on mitochondria and hearing. Many studies use high doses of salicylate to induce not only tinnitus but also mild to moderate to severe hearing loss in both humans and animals. LINK: <https://pubmed.ncbi.nlm.nih.gov/35008469/>. What comes to my mind here, is how many of my past clients have said to me “All of a sudden, I lost hearing in one or both ears, went to my ENT, and they said I have what is known as SSHL or ‘sudden sensorineural hearing loss’ and that nothing really causes it, and then there is nothing that can be done.” Again, the ridiculousness of that statement is shocking. Sudden hearing loss does not just ‘happen from nowhere.’ There was a cause. And if something caused it, then the smart thing to do would be to remove what caused it, and repair the damage, right? Wrong! According to ENTs, people should learn to live with deafness and get on with their new, semi-disabled life. Total nonsense. I even have a testimonial of someone who contracted tinnitus from loudspeakers at a wedding (remember, that was only the last cause, not the only cause) and then removing salicylates from his diet was the main step that helped him to regain 100% silence. Salicylates exist predominantly in plants such as spinach, broccoli, coffee beans, most nuts, blueberries, and avocados. The interesting thing about that list is that you could go and search for the benefits of any one of them and get a whole host of nonsense.

From antioxidants to better sleep. Absolute garbage. When it comes to plants, my slogan is ‘plants are not food, but they are medicine.’

Herbs and plants have incredible medicinal properties, such as killing mold, parasites, fungi, bacteria, viruses and more! Foods derived from animals are not so great at that. Sure, eating saturated fat and proper proteins will ensure a person’s immune system stays strong and can keep the aforementioned invaders at bay, but to kill them once and for all? That’s where plant medicine comes in! Don’t fear plants, just don’t sit down and have a large salad for dinner every night and think it’s healthy. I do want to also say that most people do not have to go carnivore to get silence, and I have also had some vegetarians and a few vegans get silence, so it is possible. But anyone who avoids meat should know they need to put more effort into the other areas of this course, and that’s okay! But we will discuss that later.

Meat and Heart Disease

For some of the people reading this book, you will have been following me for a while, and know that I speak often about how meat does not cause heart disease, inflammation, or strokes. And that the only ‘science’ showing it does, was fraudulent science paid for by the sugar industry some decades ago so that they could turn people away from a human-appropriate diet (meat, eggs, fish, and so on) towards processed foods and drinks. I will not go too deeply into the corruption surrounding the ‘red meat causes heart disease myth’, but just know that it is total nonsense. As always, do your research, and speak to your doctor before making any changes, but it is total nonsense. It is also incredibly dangerous to lower a person’s cholesterol using statins, and that can also negatively impact a person’s mitochondria, but that is information I will save for later in this book and accompanying digital course. This is the end of this chapter, but my main message is this; plants are not these ‘friendly, happy, healthy alternatives’ to meat. Sure, I would probably choose a salad over cereal or a pizza, but I think a meat-focused diet is the way to go. Please don’t make any changes until you have both finished the book and digital course, and not before speaking with a health professional.

nnEMF (Non-Native Electro Magnetic Frequencies)

In this chapter, we are going to discuss an overlooked and mostly unknown contributor to tinnitus which is non-native electro-magnetic frequencies. When I talk about non-native electromagnetic frequencies (nnEMFs for short), I am talking about:

- WIFI routers
- Mobile phones
- Man-made light
- Computers (desktop/laptops)
- Televisions
- Wireless handheld gaming controllers
- Microwaves
- Smart meters
- 5g towers near homes and workplaces
- Blue tooth headphones
- Wired headphones
- Lamps
- Fans
- And more

Most people don't realize the serious negative health effects that these electronic contraptions can and do have on humans, plants and animals. So, in this chapter, I hope to make clear the extremely worrisome dangers of nnEMFs, specifically my beliefs about how they can induce tinnitus and similar issues such as hyperacusis, hearing loss, and so on.

nnEMFs' Effect on Oxygen

Most people are unaware that nnEMFs, especially 5G, inhibit oxygen from binding to red blood cells. As red blood cells are what carry oxygen from the lungs to the rest of the body, this is obviously a problem. As previously discussed, oxygen is a crucial 'ingredient' when it comes to generating ATP. Jerry Tennant even pointed out in his book 'Healing Is Voltage' that a deficiency of oxygen in the body's cells can mean that what would be thirty two molecules of ATP created by each mitochondria, is

reduced to about three. By now, my readers should be aware that a hindrance of ATP creation is a serious issue for anyone looking to get rid of tinnitus. Readers who experience a sudden loss of hearing should also be aware of their immediate surroundings, and how strong nnEMFs can seriously impact their ears' ability to function. I'll say it again; there is never just one cause of tinnitus, there just isn't. Contributors to tinnitus come on one after another over years, decades, or even a lifetime until the final domino falls. Let's say you have coffee in the morning, while using Bluetooth headphones, under your home's artificial lights, next to your WIFI router. Where does that leave you? Your coffee, headphones, blue light, and router are all dehydrating your brain by slowing blood flow and reducing the oxygen absorption in the brain and ears. When these external factors compound, it is no wonder tens of millions of people in the USA alone have tinnitus, and that hundreds of millions more will likely contract it.

Voltage Gates Inside the Cochleae

There has been research done on nnEMFs' effect on voltage-gated calcium channels inside of human cells. There is still much research to be done, and of course, the science in any field is never really 'settled,' but from what I have seen both in research and my clients, I believe that nnEMFs do have an impact upon calcium-channels inside the cochleae. I have already spoken about how there is an electrical aspect of both hearing and ear functionality. From what I have seen, nnEMFs interrupt, and even directly affect the electrical gated system utilised by the ears. Therefore, it is so dangerous to use headphones (especially wireless) for prolonged periods of time or even hold a phone to your ears. In fact, even having a phone in your pocket is not a great idea at all for people with tinnitus.

Remember, for a human being to process sound, external vibration passes through the ear drums to the inner ear, amplified or dampened by the ossicles, and then picked up by stereocilia which then cause ion channels to open, allowing for calcium and potassium ions to enter the cell. This causes a reaction within the cell, which results in electrical signals being passed on through the cochlear nerve to the brain, where the brain processes them as noise. My belief is that being near, or spending too much time around, nnEMFs causes a disturbance in this process, resulting in the symptom of tinnitus. There are plenty of papers online pointing this out, as well many anecdotal stories by my clients and people online explaining how the onset of their tinnitus correlates with their increased usage of electronics, and how limiting their usage of them helped to reduce or silence their tinnitus.

Lights At Home

People find it shocking when I tell them that the lights coming from the ceilings of their homes, their lamps, their screens, and their offices are contributing to their tinnitus. But as it happens, artificial lights can cause the following issues:

- Dehydration of cells
- Nervous system overwhelm via ‘The Flicker Effect’
- Disruption of the body’s natural circadian rhythm

The Flicker Effect

The flicker effect (also known as the stroboscopic effect) is extremely taxing on the eye’s retinas as well as the nervous system. Anyone who has ever been to a nightclub will likely have had an experience with a strobe light, wherein a light is turned off and on rapidly, causing a flashing effect. This is what artificial lights and screens do, also. The difference is that our devices at home do it so fast that our conscious brain cannot catch it. However, our subconscious and nervous systems certainly do. It is very taxing for our brains to have to look at or be under strobing lights for most of our waking hours. It can cause nervous system distress, as well as headaches, migraines, and so on. It is also not hard to see how this constant barrage of flashes all day long can contribute to tinnitus via stress responses (adrenal hormones, burnout, chronic stress’ direct impact on mitochondrial function, and more). Though incandescent bulbs flash less than LED, I still suggest that the best course of action, when possible, is to avoid artificial light as much as possible.

Interruption of the natural circadian rhythm

It may seem obvious, or perhaps not so obvious to many people, but the world we’re living in these days is almost completely of our own creation. The food, clothes, roads, jobs, furniture, languages, hairstyles, buildings, bags, bottles, chemicals, are all made by a human. And light is no exception. Humans have harnessed light, in order to see at night, and use electronic devices. However, like many modern creations, there is a downside to this seemingly innocuous luxury. I have mentioned the flicker effect already, but

when it comes to lights in the home, I argue that impacting the circadian rhythm is causing even more problems than radiation or the flicker effect. Too many people are looking at screens until 10:00pm at night, or even until 2:00AM-3:00AM, gaming or watching TikTok, and then switching off their phones and expecting to go to sleep. Well, this is extremely damaging to the body. The problem with doing this, is that every single man-made light is on the spectrum of light known as ‘blue light’. This light’s frequency closely resembles morning light, and the human body, through the Suprachiasmatic Nucleus behind the eyes, and through the skin, tells the body’s circadian clock to wake up.

You see, morning sunlight, daytime sunlight, and PM sunlight all have different frequencies of light, and they all tell the body a different thing. Once says wake up, another says go to sleep. If someone is looking straight into a phone while in bed until 2:00AM, the body is being told that it is morning, and even after the phone is off, the body still thinks it is morning. A huge issue with this is that it negatively impacts sleep, specifically REM sleep, which is where trillions of cells in the body are destroyed and remade – all while the person is asleep! I should also mention that sleeping in a nnEMF rich environment also impacts this cellular destruction/regeneration process. And you add caffeine during the day into that mix, which takes over 24 hours to leave the system, keeping cortisol jacked up even through sleep? You have a recipe for disaster! It’s no wonder tinnitus reared its ugly head.

To heal while we sleep, which people with tinnitus need to do, we need AM sunlight, PM sunlight, and to avoid blue light after sunset. Of course, in this modern world that is almost impossible, but I have effective ways of mitigating the circadian confusion caused by blue light, which I will mention later in this book.

Red Light Therapy

Red light therapy is popular among people who seek to improve the functionality of their mitochondria. I am not against using red lights at all, nor am I against infra-red saunas. There are some forms of nnEMF that should be avoided, and others that can help, red light therapy being one of the latter.

In Conclusion

Man-made electronics are quite harmful to the human body and ears, their dangerous effects cannot be underestimated. There are devices that can be bought to measure the levels of nnEMF exposure in a person's home, as well as simple 'best practices,' and even 'EMF blocking' products. We will get into those.

The Para-sympathetic and Sympathetic Nervous Systems

I cannot tell you how many times I have seen people online and even in direct, private messages to me explain how they just *know* that if they could only reduce their stress (sympathetic nervous system) and relax more (para-sympathetic nervous system) that their tinnitus would go away. They then embark on a journey of meditation, tea drinking, yoga/tai chi, massage, candle lighting, cranial sacral therapy, and after three months' time, wonder why their tinnitus is either the same, has decreased only minorly, or is sometimes even getting worse. Yes, some people can experience great results using only these techniques, and I am not against using any of them, yet using them alone is only addressing one piece of the puzzle of silence.

Now, as I said, please do not misunderstand me, I do believe reducing stress is an important step towards silence but relying solely upon stress reduction is not always a winning strategy. This makes me think of the expression ‘your ladder is on the wrong wall.’ I have had hundreds of clients come to me after 6 – 18 months of nervous system-soothing techniques got them almost nowhere, only to get results in one month after applying my advice, and then obtain silence after just three to six months. Again – applying relaxation techniques alongside this course is not a waste of time, but I have seen so many people waste their time applying only relaxation techniques. They simply end up spending more time with tinnitus than they had to.

Stressful Events Are Not the Only Cause of ‘Stress’ and Overwhelm.

Maybe people believe that it is *only* stressful situations that will turn on the sympathetic nervous system, but did you know that environmental and dietary toxins can also keep a nervous system in a state of ‘fight, flight, or freeze?’ Too often I see the line of thinking ‘well, stress caused my tinnitus, so therefore ‘de-stressing’ will resolve my tinnitus. Now although anyone can see the logic in this, the techniques of ‘de-stressing’ I see put forth by psychologists, psychiatrists, ENTs, and ‘tinnitus experts’ are rather faulty, to

be honest. I see people preach to their clients the magic of meditation when what the client really needs to do is to cut off a toxic friend or family member. I see long walks in the park suggested when what would be more beneficial is adding liver to the diet to increase copper intake to have enough ‘fuel’ to properly regulate the nervous system and adrenal hormones. And my ‘favorite’ is CBT (cognitive behavioral therapy) which essentially teaches the patient to learn to live with the permanent pain of tinnitus. The only problem with that is tinnitus is not permanent at all, at least it doesn’t have to be. I do hope that my readers are starting to see just how limited using relaxation as the only technique to deal with tinnitus really is. To return to the first point of this subchapter; if your tinnitus is in part caused by toxins, how will yoga fix environmental toxicity (such as mold)? Is stretching going to pull toxic phthalates from your nervous system and brain? How will massage stop a person from ingesting sugar all day long? Those were rhetorical questions, don’t answer them. I have dedicated other chapters to the importance of meditation, yoga, and so on. But those acts alone pale in comparison to when a person also incorporates them on top of the steps shown in this course. So, let’s get specific on calming the fight, flight, or freeze mechanism by first going through some common methods prescribed by ENTs to their patients and discussing why they might not be so effective after all.

Does Talk Therapy Help to Silence Tinnitus?

I do not recommend using talk therapy as the sole solution when it comes to silencing tinnitus, simply because the therapist usually makes the sufferer feel worse. Phrases like ‘habituation is the only choice’ and ‘are you sure it’s not all just in your head’ are thrown around a lot. Clients of mine who went to therapy before or even after finding me, almost always report feeling worse after leaving the appointment(s) than they did when walking in. This is a very similar outcome to visiting the office of an ENT. I also find that people who dwell on their tinnitus or overthink it and constantly measure its volume almost always have a much harder time obtaining silence, and often scare themselves unnecessarily. Even when they are getting results from my advice, the spikes that always come with obtaining silence (yes, the path to silence is not a straight line down, it always has its peaks and valleys) will scare them and they will overthink things. You tie that in with talk therapy involving diving into the pain, and I often find those clients have a seriously hard time dealing emotionally with this course. Conversely, my clients who

do not engage in talk therapy, and try to actively not measure their tinnitus too often or think too much about it, do have a much easier go of things. Now, obviously, if someone has severe trauma in their past, like sexual abuse, war, and so on – then talk therapy might greatly help. But when someone asks me if they should go to a talk therapist just for their tinnitus? I say no. But again, everyone must make their own decisions.

So, does stress cause tinnitus? I believe that it does, but not in the way people think it does. If you look online for advice on ‘stress and tinnitus,’ you will honestly be handed a bunch of information from people who really don’t know what they are talking about. You will see information about meditation, relaxation, and the nervous system and how it is ‘overloaded.’ I have even seen people talk about how when you are hearing tinnitus, what you are hearing is the nervous system, and that you need to calm both the nervous system and also train your brain to not pay attention to the sound of your nervous system running. I cannot agree with that theory as I really don’t see how that could be possible at all. Sure, your brain is amazing, and it can do things to make your life more convenient, like make your heart beat for you, breathe without you actively thinking about it, and block out your nose from your vision to make daily life easier. But this one? Many of my clients had 10 out of 10 tinnitus volume-wise that was caused by knocks to the head, stress, medication, loud noises, and more. I don’t see how those contributors would suddenly cause somebody to ‘tune into’ their nervous system for the first time. I just don’t buy it. If the nervous system was that loud, how would anybody ever not hear it?

Stop Looking for ‘Tinnitus Cures’ Online

I advise my readers to stay away from most people online discussing anything to do specifically with tinnitus. I should mention that I only really started making headway with my tinnitus when I stopped using search terms online such as ‘how to cure tinnitus’ and instead started searching terms such as ‘how does the brain work’ and ‘how to lower inflammation,’ and ‘how to fix cellular damage’.

If you search for ‘how to silence tinnitus’, you will find videos like this. Please open the camera on your smartphone and point the camera at this QR code. When the link pops up, please click it to be taken to a YouTube video. Please watch the entire YouTube video

SCAN ME



Now, I do believe that the 4 'tinnitus experts' in this video do have the best of intentions, but let's go over some of the video. When asked if they have tinnitus, 3 out of 4 said that they do have tinnitus and that they 'manage' it using sound therapy and cognitive behavioural techniques. This is absolutely shocking to me. This is also known as habituation. I don't understand how someone who still has the ailment is paid to fix it in others. And habituation is not a 'fix.'

One of the experts on the panel even said that 'hearing loss' is a common cause of tinnitus. I hope they are not referring to the flawed audiograms that claim to be able to determine hearing loss but cannot determine the hearing loss in people with tinnitus. If you give someone with tinnitus an audiogram and it shows hearing loss, what you're seeing is not hearing loss at all. What you're showing is that a person's tinnitus is so loud that it interferes with their ability to pass the audiogram because the noises in their own head drown out the quieter beeps on the audiogram. Ridiculous.

Now, I can't speak for the people in this video, but I know a lot of doctors, ENTs, and other specialists who claim to have many tinnitus 'success stories'. Yet, upon further investigation I have found that none of their clients have achieved silence or any meaningful reduction in their tinnitus, they instead are just learning to live with their tinnitus (habituation). To me this is ludicrous, if you have a rock in your shoe, you don't 'learn to live with it', you just take it out, walk without pain and get on with your life. When asked about 'promising tinnitus research' they listed three different drugs and then Susan Shore's research. Susan Shore's device uses electrical stimulation and sounds in certain places of the face and neck to allegedly help alleviate

tinnitus. I am literally yelling at my computer screen as I write this! This is ridiculous! The solution is so simple! Why is it that these doctors cannot use common sense? I have written an entire chapter in this book about why waiting for drug trials is a ridiculous idea.

For a great video explanation as to how so-called medical experts and scientists can be so wrong, please scan the QR code with your smartphone's camera.



Again, the reason I am talking about this video in detail is not to speak ill of other people, but to show you, the reader, that you have no reason to be afraid of what you see on the internet because practically no one online or almost any tinnitus clinics has literally any idea what they are talking about. In fact, I find that the more qualifications a person has, not only are they more likely to give worse advice, and not be open-minded to new ideas, but they also scare their clients more because they are seen as the 'be-all and know all' experts due to their qualifications. You would have the same luck asking a stranger in the street to fix your tinnitus, and that won't cost you a dime and a 4-month waiting period.

So, when someone does not know what they're talking about, why should you feel scared if they give you bad news? Finally, the last question put to everyone on this tinnitus panel says it all:

20. WHAT'S THE SHORTEST AMOUNT OF TIME YOU'VE WORKED WITH A PATIENT TO HELP THEM REACH HABITUATION?

What's the shortest amount of time



Why? Why is habituation the only goal for people with tinnitus? The reason I bring this up in this chapter is that watching videos like this, and similar articles will not only scare you half to death, but they are also usually chock-full of awful advice. If anything is going to be bad for your nervous system, it's content like this, and I'm sure most people reading this book can attest to the common occurrence of watching similar videos and experiencing a loss of hope but a spike in tinnitus. In that same vein, I have had hundreds of people write to me to tell me that by just watching my videos, and the testimonials on my page, and regaining hope – their tinnitus noticeably reduced in that very moment. The moral of this sub-chapter is to stop watching 'how to cure tinnitus' videos because nine times out of ten you will feel worse by doing so. Now, let's get into a topic that will help us better understand stress and its connection to tinnitus. The first topic we will discuss is minerals.

Stress Depletes Minerals

Let's talk about magnesium and copper. These are the first two minerals depleted when stress occurs and are also the two most important minerals when it comes to regulating the ATP that allows the ear to function. Copper is used in most of the complexes involved in the mitochondrial electron chain process, a by-product of which is the creation of ATP, which fuels your ears. Copper cannot be created by the body, and so must be consumed every day. A great way to refuel copper is by consuming beef liver, in fact, that is the very best way to refuel. Something else to consider is that excessive iron

overload (which causes lipofuscinosis) results in the depletion of copper, a follow-on effect of which is the inability to deal with and handle stressful situations. Many (and I mean *many*) vegans have come to me for help after their vegan diet majorly contributed to their tinnitus, and every single one of them have exclaimed that as soon as they ate liver, they felt a wave of calm wash over them that not even steak or eggs could grant them.

Therefore, I am against the concept of using brain retraining and habituation as the be-all and end-all for silencing tinnitus via stress reduction because those tactics alone rarely achieve that goal. How is CBT supposed to replenish copper when there is no way for the human body to manufacture it? Just like CBT cannot remove mold from the body, kill parasites, or pull bromine from iodine receptors, nor can it force the patient to expose themselves to sunlight and protect them from blue light. Utter nonsense.

Speaking of light, did you know that sunlight reacts with copper and that blue light (artificial light) reacts with iron? To keep it simple: blue light will indirectly cause tinnitus and even stress, and sunlight will help to fix those issues. Now you might be wondering how changing the light in your life will have any impact on your ears when your tinnitus was caused (or worsened) by stress. Well, let's look at what needs to be regulated. I had a Zoom call last week with a client who had been trying to achieve silence with the help of talk therapy. And after 4 months on my course, and a 90% reduction in his ears, he could then retrospectively state that the therapy was an absolute waste of his time. But, what actually helped that client? One mineral in particular, magnesium. We'll get to magnesium in just a moment.

Another story I have is about a lady who had been studying to become a therapist herself and booked a call with me 4 years in and about to finish her degree. She explained to me how her teachers weren't really helping any of their own patients, and when she herself went to her teachers for help with her tinnitus, they wrongly claimed that simply 'learning to relax' would cause her ears to become silent again. Stress caused it, so relaxation must fix it. Right? Wrong! This is an oversimplification and, in my opinion, a lazy answer that fails to address the underlying cause of tinnitus.

Let's now talk now about one of my favourite minerals; Magnesium. Magnesium is a mineral that is used to handle stress, but also to break down foods. Not many people realise this, but if a serving a food (a meal, for example) is low in minerals, then the body will actually sacrifice its own stores of minerals from the blood and tissue in order to help digest the food. Natasha Campbell-McBride explains this beautifully in her book Vegetarianism Explained, I would suggest reading it. I believe this is also a

reason why people with tinnitus experience spikes after certain foods. If those foods are mineral deficient, the person consuming the food will feel full, perhaps, but they will literally be sacrificing mineral stores in their own bodies to consume the food. Therefore, foods like liver (cow, pork, chicken) are so crucial for people with tinnitus. For vegans, vegetarians, and people who have had a poor diet for years/decades, supplements are not a bad idea. Magnesium, copper, iodine, minerals like that can help.

Magnesium is also ‘used’ inside of the human body to mitigate stressful situations. Imagine a person stressed from work, family, and their tinnitus, also eating a diet low in minerals that ‘sucks’ and ‘consumes’ the small amount of minerals available from the body. Since minerals like magnesium and copper are required inside of the mitochondria to help the ears to function, I think anyone can see how this could, in my opinion, lead to tinnitus. All this considered is why meditation pales in comparison to proper diet and supplementation when it comes to stress relief. Please do not disregard meditation and mindfulness practices, but do be aware of their limitations.

The Sympathetic and Parasympathetic Nervous Systems

As I have mentioned many times in this chapter, many clients come to me and explain that they are having trouble turning ‘off’ their fight or flight mechanism, parasympathetic and sympathetic nervous system, their cortisol and melatonin cycle, their adrenal hormones – whatever you want to call it and whichever combination you want to reference. Each system has a role to play. You need adrenal hormones to wake up, and the opposite to put you to sleep. As stated at the beginning of this book, we’re not going to get too deep into the weeds on ‘why’. Instead, I am going to show you the ‘how.’ Let’s discuss some effective (but not always simple) ways to calm down your nervous system:

1. Remove salt and other toppings such as pepper from your diet
2. Eat more liver, approximately 200 grams every second day
3. Get Ra Optics blue light blockers to ensure proper sleep
4. Remove WIFI from your home
5. Stop listening to explicit music such as gangster rap, and stop watching violent and horror movies

6. Cut off all toxic people from your life – don't take overly drastic action but use your judgement and make calculated decisions to cut off toxic family members, friends, a lover, or even safely and smartly change your job or role in that company.
7. Stop smoking marijuana immediately. As far as I know, CBD is fine.

We're going to end this chapter here. But the main takeaway I want to show, the main reason people with tinnitus are constantly freaking out, is because they're being fed baseless and scary information. The fear of tinnitus being for life is imaginary, but the solution is real. You're holding it in your hands right now

The Thyroid Gland

Thyroid dysfunction can cause tinnitus indirectly, and anxiety directly (anxiety can certainly cause/worsen tinnitus). It is crucial to know thyroid functionality. Let's talk more about how the thyroid gland can cause, regulate, and reduce tinnitus and anxiety.

People with tinnitus often feel large amounts of fear. A person starts to experience ringing in their ears alongside some potential other symptoms, and their first move is usually to search online.

Here's what they might see:

YouTube: Videos on how tinnitus is 'for life' and incurable

The Mayo Clinic: Many times, **tinnitus** can't be **cured**. But there are treatments that can help make your symptoms less noticeable. Your doctor may suggest using an electronic device to suppress the noise.

The tinnitus sufferer will then seek who 'everyone knows' to be the leading experts.

ENTS, Audiologists, Otolaryngologists, neuro-otologists, psychologists, psychiatrists, therapists, and so on: all of which basically have the exact same answer just worded a little differently: "There is no option other than luck or habituation. Or you can wait for a new tinnitus drug to come out. We have already discussed tinnitus drug trials in a previous chapter so you can see how useless that suggestion is."

Jamie [REDACTED]
Adriane [REDACTED] have helped a few people get results by convincing them to try things that I've learned from Liam's course. Not just with tinnitus. A lot of these things Liam shares with us can have a huge impact on a person's overall health. For instance, my mom has had anxiety and hot flashes for years, but after I learned about calm magnesium powder in this course and got her on it, she hasn't had that in over a year now. And her blood pressure has improved. I got her on selenium and iodine and within weeks the doctors took her off her thyroid meds...

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If the sufferer is exceptionally unlucky then they will have been visiting tinnitus forums within this time, too. Tinnitus forums represent the worst of the worst of humankind. People who have accepted their life of tinnitus, have given up, are not willing to try anything else and who will aggressively shut down and insult any other forum member who suggests any idea or who claims to have helped their tinnitus in some way. I personally have seen forum members telling each other to ‘shut up and just commit suicide already.’ Why the moderators let this kind of talk slide is beyond me. I’m looking at you, tinnitusTalk.com. Of course, all of these websites, experts, and forums are 100% wrong. Tinnitus *is* fixable, and most of the time it isn’t even that hard as long as you know how. But to circle back to the point of this chapter - an average person must be feeling an overwhelming amount of anxiety about their tinnitus, and probably even experiencing a noticeable worsening of their symptoms after being scared. On the flip side, countless people have informed me that after finding me and just hearing me talk some sense into them about how tinnitus is not for life, their symptoms drop rather quickly after they are instilled with newfound hope and relaxation.

So, what is the connection between thy thyroid gland and tinnitus? Well, I believe the most important place to start is not with meditation, massage, acupuncture, breathing exercises or anything else that is a Google search away. But rather, with the thyroid gland. The thyroid gland plays a large role in regulating the adrenal hormones as well as the parasympathetic and sympathetic nervous system. Hence why the chapter on the thyroid gland comes right after the parasympathetic and sympathetic nervous system chapter; because they are linked.

Does the Doctor Know Best?...

Some of you may have seen Rina’s video of silence, a lovely woman who unfortunately had tinnitus since birth. You can scan the QR code with your smart phone’s camera to watch the video now.

SCAN ME



Rina was taking toxic medication for her thyroid issues for years, but after following my course, she is now completely off all her thyroid medication, has completely reversed her anxiety, and is now, of course, 100% tinnitus free. If you're wondering why I am telling you about the thyroid gland, and specifically what this has to do with tinnitus and stress then don't worry, because I'm about to go deeper into that topic now.

The Ultimate Stress Regulator

Your thyroid gland is one of the main regulators of your adrenal glands. The adrenals glands secrete adrenal hormones. Adrenal hormones such as cortisol, adrenaline, norepinephrine, and so on. All these hormones are messaging molecules that help control and regulate your fight or flight system. They cause your brain and nervous system to become stimulated, and if there is an issue with your thyroid gland – overstimulated. I want my readers to view it in a simple way, so here is an analogy that I think will help. View your thyroid gland as a musical conductor, and your adrenal glands as the band. There are strings, horns, woodwind, percussion, vocals, and so on. The band has the sheet music and a basic idea of what to play and when. But! If the conductor does not have the same sheet music and must guess what is supposed to happen during the songs, he will not properly conduct the band. The flutes will come in at the wrong time, the percussion will play too loudly, and so on! This is the same with your fight or flight

mechanism. Yes, your fight or flight system is of course regulated also by external stresses, but internal is also a huge influence! The human hormonal cycle of sleep and alertness is in part regulated by adrenal hormones, and is a circle, it's cyclical. You need to wake up, you need to go to sleep, and if any danger or opportunity presents itself during your waking hours – you need a huge squirt of adrenal hormones to keep you alive or help you achieve a goal. But when you're going day by day, and nothing scary or too exciting is happening, yet you still have issues sleeping or are overly stimulated for no reason, what is happening? Well, you likely have thyroid issues. One of the biggest causes of thyroid dysfunction is not old age, it's not menopause, or stress, no – it's the elements on the periodic table named halogens.

Let's Talk About the Toxic Halogens

Let's talk about bromine. Bromine is a toxic element that belongs to the halogen family. The halogen family consists of; Bromine, Iodine, Fluoride, Chlorine, and Astatine. Every single one of these elements is toxic to the human thyroid gland except for Iodine. Iodine is an essential trace mineral. Inside your thyroid gland, you have what are called 'iodine receptors'. These receptors take in iodine, and once placed properly and utilised, enables these cells to function healthily and effectively, which in turn helps the thyroid gland function. This allows for proper communication between the thyroid gland and adrenal glands (remember the analogy between the conductor and the band). However, the other elements I mentioned are very similar to Iodine, and when not enough Iodine is present in the body, or there is too much of the other elements, the confused Iodine receptors will take in the toxic elements instead of Iodine. Now it goes without saying that this is problematic and causes the thyroid gland to become dysfunctional. The thyroid signalling hormones such as T3, T4, and TSH (thyroid stimulating hormone) are not used properly and suddenly there is a trickle-down effect to your adrenal glands and then bam – you have a dysfunction of your fight, flight, or freeze mechanism. Stress levels can escalate disproportionately relative to the external stimuli (spike in tinnitus, stubbed toe, a breakup, watching the news can cause severe anxiety to set in, and even panic attacks), and sleep quality can also deteriorate very rapidly. You can go through my Instagram page, and I suggest going through absolutely every post, to see all my clients telling me about their anxiety literally vanishing,

and sleep improving while following my advice. And I believe this has a whole lot to do with what we are about to talk about now.

Iodine

Iodine is an ‘essential’ trace mineral. ‘Essential’ meaning the body cannot create it. Supplementing with Iodine, selenium, and high-quality Celtic Sea salt (sea salt for the electrolytes) has helped a large number of my clients silence their tinnitus, and completely eradicate their anxiety and thyroid issues. The numbers truly are staggering. Doctors get taught that Iodine is toxic, and that consuming it orally can harm the body. From my research, and listening to experts much smarter than me, I have come to learn that this is not true, and I even believe these doctors have been lied to. Iodine is naturally occurring, cheap, and cannot be patented due to it not being a recipe, but, as I said, naturally occurring. Naturally occurring chemicals and minerals cannot be patented. But drugs like Synthroid can be. It really is a scary world when healthcare experts, even Endocrinologists (specialist in glands, including the thyroid gland) telling their patients that Iodine is toxic and that consuming artificial and toxic drugs for life is the only solution. I mean, what has happened to common sense?

There are many books by experts on Iodine I suggest. One of them is a great book called ‘The Iodine Crisis’ by Lynne Farrow, who even mentions how Iodine has helped more than a few people silence their tinnitus. The second person, who I recommend the most, is somebody who wrote the foreword in Lynne Farrow’s ‘The Iodine Crisis,’ named Dr David Brownstein. Dr Brownstein used to be a medical doctor but quit when he realised that almost everything he was taught at medical school was a lie, and not only a lie, but the complete inverse of the truth about health. He has many books, and I suggest to anyone with a thyroid, sleep, or anxiety problem to read at least three to four of them, it's worth it.

Exercise

Exercise is an important part of silencing tinnitus, but there are so many different forms of it popping up all the time! From Zumba to yoga, HIIT, CrossFit, swimming, jogging, competitive sports, combat sports, rock climbing and more! In this chapter I am going to talk about exercise, and which forms I recommend. I am also going to discuss why some people experience spikes after exercise and what can be done to stop that from happening. I also ask that you consult with your doctor and even local physio before changing your workout routine. Let's first talk about how regular exercise can help to silence tinnitus and related symptoms. First, if you are overweight, then that is more of an issue than most people realize. If you are flabby, are a man with breasts, a woman whose stomach billows over her panties, or don't like what you see in the mirror – you are most likely overweight. Being overweight can hurt your sleep, hormonal function, digestion, and overall self-confidence. Also, toxins you consume and are exposed to are stored in your fat tissue (not your liver, as people are led to believe). So, let's start getting into shape, and stop those toxins from circulating in the body, shall we?

Avoid Long Distance Exercise & Strenuous Exercise for Long Periods of Time

Although hailed as great for the body, long-distance exercise such as jogging for periods over 20-30 minutes, long-distance cycling, long-distance swimming (my sport of choice in my younger years), and similar sports/exercise are quite bad for the body. Not only do they tire out the nervous system, but they also cause issues within the hormonal systems of the body. I also want to include hard-intensity labour jobs into this category as they can also exhaust the human body. But don't worry, you won't have to quit your job to obtain silence.

When it comes to tinnitus, everything is a give and take. You can keep doing long-distance exercise if you need to, but you will have to make up for that damage doubly in other steps of this course. For example, if you continue to run for an hour every day then that is fine, it will not prevent you from

obtaining silence. However, you will then need to be extra sure to get more sun or ground for an extra 30 minutes every day, and so on, it depends. You will have to ‘test’ this out for yourself to see what will get you over the edge to silence. This also applies to other areas. A great example is veganism/vegetarianism. I have more than a few clients who remained vegan/vegetarian throughout my course and still managed to obtain silence. But to get silence even with the shortcoming of the high level of plants in their diet, they implemented steps such as no screens at all after sunset – even with blue-blocking glasses. Or they spent every spare minute they could in the sun. Reading books or listening to podcasts. Or some did extra muscle release and signed up to a local gym for the sole purpose of using their sauna every day – it depends! Either way, I hope you understand the point I am trying to make here in that you may continue your long-distance exercise, but you must make up for that by increasing your involvement in other areas of this course. My suggested form of exercise is high-intensity interval training. This is because H.I.I.T. doesn’t overexert the body, but it does increase the heart rate, and work out the muscles.

Exercise Vs Movement

Most people are over-exercising and under-moving. Now, what does this mean? Again, we are circling back to mitochondria. We have spoken about ATP (adenosine triphosphate) in this book already, but now we need to talk about ATP’s pre-cursor, ADP (Adenosine di-phosphate). ADP is required to make ATP, the energy for the body, and of course, the ears. So, how do we get it? Well, H.I.I.T creates more mitochondria, which is great, however, we also need to create more ADP, and how do we do that? Movement. Walking, moving things around the house, shopping for groceries, scrubbing yourself in the shower – these are all amazing ways to create ADP. My favorite way is also being used by many tech CEOs and successful businessmen, and that is the ‘standing desk.’ The standing desk is essentially where a person has a desk that is raised to perhaps double the height of a normal desk and has a small, very low-speed treadmill below. As they are working on their computer, they are slowly walking. This goes on for many hours. When it comes to mitochondrial health, this is fantastic. It is an excellent way to create ADP. If any of my readers cannot do that at their office desk, you can purchase very small, low-down stationary bike pedals under the desk which are both quiet and effective. For people who do not work at a desk, try to walk, and move as much as you can all day. Even when you get home,

having a small stationary bike pedal in front of the couch when watching TV can be of benefit. However, people should avoid exhausting themselves. Only each person knows their limits, and this step should be introduced slowly. At the end of the book, I will explain more on this topic such as when to introduce it and so on.

Dr. Lee Know, a mitochondrial expert, points out the many studies that show a very, very strong connection between time spent sitting, and the onset of disease due to the mitochondrial dysfunction that ensues after sitting for decades. He points out that exercising for 30 minutes a day is great, but if you are sitting for 80% of the rest of the time, you are seriously affecting your health. Now I added the ‘80%’ figure myself, but from what I can understand about his work, that sounds about right to me.

Spikes During a Workout

When it comes to exercising strenuously, I do believe that this is required when looking to silence tinnitus. However, if going to a gym causes a spike in tinnitus, then it could be a supply and demand issue. By that, I mean that there is a large demand for ATP, and not enough of it to fulfil the order. Anyone who experiences spikes during or after a workout should look to pause the gym for a month and try movement instead. As movement creates more ADP, ADP will create more ATP. Then the person should be able to easily meet the ATP demand associated with more strenuous workouts, and the spikes should subside. I do want to emphasize that I am not suggesting turning every waking minute of the day into a chance to be moving. What I am talking about, however, is not sitting on the couch for hours and hours on end every day. And doing twenty push-ups every fifteen minutes won’t cut it. Remember, we are talking about increasing a person’s movement, not increasing their time spent exercising. I should mention too that I prefer to work out using the X3 bar at home. A regular gym can cause injury, is busy, loud, and with artificial lighting. The X3 bar is usable at home, and the science behind it is solid. I will not get too much into it, but I just want to make clear that that is my personal preference.

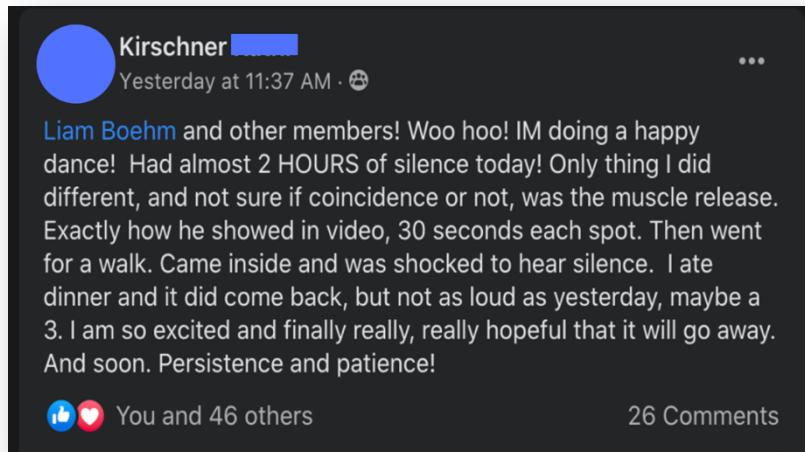
Reduced Tinnitus after a Workout.

A person who experiences a drop in their tinnitus during or after a workout likely has a surplus of electrons. Seeing as food ultimately breaks down into electrons, try eating less food, and see if that lowers your tinnitus throughout the whole day, not just after a workout. Intermittent fasting is a great way to do this. Excessive electrons cause issues as they work their way through the thousands of mitochondria in most of our cells. I won't get too much into the weeds on this one, but just know that excessive electrons that leave mitochondria often become free radicals, which go on to cause inflammation. Eating less and working out the same could yield extremely beneficial results for people whose tinnitus lowers during and/or after a workout.

Neck and Posture

Fixing the neck is truly one of the most underrated and powerful steps when it comes to silencing tinnitus, no matter how it came on in the first place. I urge my readers who contracted tinnitus from causes seemingly unrelated to posture, to not skip this chapter. Remember the domino theory, and how everything is connected. I have had countless people who contracted tinnitus from stress, medications, lack of sleep, and more, explain how fixing their posture, spinal, and neck issues radically improved their symptoms on their way to silence.

My suggestion, when it comes to rectifying posture issues, is not what anyone might usually think of when they look to fix them. Instead of getting the neck and back cracked, or getting massages, I have found something that works much, much better. I am talking about Functional Patterns. Functional Patterns is not the name of a technique, but rather a company started by an ingenious man named Naudi. Though I am not a paid spokesperson for Naudi or his company in any way, I do not hesitate to tell anyone with tinnitus to look at his work.



What I find spectacular about this type of bodywork, is how Naudi focuses on the fascia of the body. Seeing as electrons use the fascia in the body as a highway of sorts and that mitochondria in the body need electrons to function properly, it is very important for fascia to be operating properly, and for them to be able to transport electrons from the earth when grounding, to the brain, nervous system, and cells inside the ear. I hope this is bringing together just how amazing the domino theory is. Everything I teach is all connected! And it is all about mitochondria! All of it!

I will say this, though. Fascia release is not always a pleasant experience, but it is worth it. It shocks people when they see how releasing the fascia in their thighs, the bottom of their feet, calves, back, pectorals, jaw, neck and abdominals, reduces their tinnitus. People need to understand that, just because they got tinnitus from the loud noises in a shooting rage (which damaged their mitochondria) they need to get those mitochondria working at optimum capacity again! And this is a great way to do it! As well as fixing the fascia of the body, the steps shown in the teachings of Functional Patterns can also alleviate pain and the rectified posture issues allow for better sleep. It is because of these reasons that bad posture can contribute to tinnitus, and fixing posture issues can help too. Later on, I will provide more in-depth information, but when it comes to posture, I am going to defer to the experts at Functional Patterns. There are no additional costs, either, as their information is all free on the internet.

Dry Fasting

If you recall, it was dry fasting that eventually got me to silence. Four dry fasts, lasting four days each, over the total span of 4 weeks. That equals four days out of seven for four consecutive weeks. In hindsight, many years later, I realized two things.

1. The dry fasting likely would not have worked without the foundation of five months of healthy living prior to the fasting.
2. I fasted too often, without enough breaks in between fasts.

Regardless, the fasting was what brought me to silence, and in my opinion, dry fasting is still the number one most effective way to silence in the quickest way. Dry fasting can also help to keep silence after it has been obtained. However, even with that being said, I now ask my clients to leave dry fasting to the end, when their tinnitus is very low. I also have many, many clients who have obtained silence without dry fasting at all.

I now treat dry fasting as a ‘last resort.’ Now, I don’t want people to start thinking ‘okay, that must mean it is dangerous, and I must only dry fast if I am desperate’. This is an incorrect way to look at dry fasting. The truth is that dry fasting is extremely effective at silencing tinnitus, hyperacusis, pulsatile tinnitus, vertigo, and even hearing loss and visual snow. This is because dry fasting does so many incredible things!

Dry fasting:

- Dehydrates and kill parasites and mold
- Helps to fix metabolic issues and insulin resistance
- Removes excess body fat which stores toxins
- Moves toxins such as heavy metals from inside of the cells in the body to the drainage system of the body where they are removed altogether
- Forces the body to destroy broken/mutated cells and build new ones (including cells inside of the nervous system)
- Forces the body to destroy broken/genetically mutated/weak mitochondria, and build brand new ones (mitophagy)
- And more!

There has been ongoing research for decades, especially in Russia, showing the incredible effects dry fasting has on issues including but not limited to; tinnitus, cancer, blindness, Parkinson's disease, dermatological issues, arthritis, the olfactory system (smell), diabetes, depression, and more. Dr. Filinov especially has shown amazing results in his clinic, and people have even written books about their positive experiences working with him. One such book is called 'Starving to Heal in Siberia' by Michelle B. Slater wherein Michelle details her journey to save her life from late-stage Lyme disease at Dr. Filinov's dry fasting boot camp in Siberia, Russia.

Things To Note About a Dry Fast

The first thing that anyone looking to dry fast needs to understand is that it is no small undertaking. The type of dry fasting I did, and that my clients have done and are doing now, involves no food, no water, and no supplements. But also, no water contact via the skin at all. This is because the largest organ in the human body, the skin, absorbs water, and runs it through the body and into the cells. Sure, it won't quench a thirst, but it will diminish the positive effects that a dry fast has. Also, anyone looking to do a dry fast, should always get their doctor's consent and permission. Yes, I know most people's doctors would be against it because we all know they prefer the scalpel and medicine way of doing things, so everyone has to make up their minds on this one. But at minimum, pre-existing conditions and the current state of health must be discussed. At the end of the day, undertaking a dry fast, and any associated risks, are the responsibility of the person undergoing the fast.

Water Fasting

It is true, that I used to suggest to people to try water fasting, but I have now changed my mind on this. Mainly because the effectiveness of a water fast compared to a dry fast is night and day, and it is arguably just as hard. On top of that, when consuming water, the cleansing of the cell's internal organelles, and any toxins in them, barely occurs. Yes, there are certainly

benefits, but in my experience and research, dry fasts are safer, as well as more effective. We will end this chapter here, as more details about fasting will be discussed inside of the attached digital course.

Mold

In this chapter, I'm going to explain what mold is, and how it contributes to tinnitus. First, I want to introduce you to the fascinating world of mold. Mold is in some ways not that different from us, humans. You see, just like us, different species of molds fight each other for food and advantageous locations. You could also even accurately compare mold's struggle to live to different species of birds or fish that compete with other sub-species for food and territory. So, what are some of the locations that sub-species of mold fight each other for? And what do they eat? When it comes to locations, they include but are not limited to, your body, home, clothes, furniture, car, and place of work.

And what does mold eat? A harsh reality about mold is that just as it is with parasites, your body is food for mold. Mold is happy to consume the food you put into your mouth, but it will also eat the cells in your body. Truth be told, mold would be happy with you dead and on the ground, rotting so that it can slowly devour you. Sounds grim but it is the reality of mold. It can be and is, a silent killer. Mold has been around for hundreds of millions of years longer than humans and as such has had an evolutionary head start. It has adapted to live inside mammals, plants, and trees, whether living or dead. It also lives inside parasites. So, if you have had a parasitic infection in your life, you would do well to also treat yourself for mold. Mold feeds on ketones quite well, too. But do not let this fact coerce you into eating larger quantities of carbohydrates instead, as mold also feeds on carbohydrates. So just know that practically whatever you eat, mold will find a way to feed off it, too. This is why dry fasting is so effective at starving and killing mold, as it dehydrates the cells, destroying the moisture mold needs to live, as well as removing its food supply, which starves it.

How Does Mold Survive?

So, what happens when the meat or carbohydrates you eat are broken down, in part, into glucose or ketones? Well, glucose and ketones get sent to many places, one of them being the brain, where it is used by the brain as fuel. The brain needs plenty of glucose to ensure proper functionality, as well

as ketones, and mold feeds on both. Glucose is also used by our cells, and mitochondria as one of the many ‘ingredients’ required to create ATP (ATP is a by-product of the electron chain process, so glucose breaks down into electrons, which then go through the electron chain process, and that process creates ATP as a by-product), and that ATP fuels every function in the human body including the ears. However, mold can get in the way, and use this glucose as food to not only keep itself alive but to grow and expand within the body.

Mold loves glucose it *thrives* on it. Bread, pasta, and so on all break down into glucose inside the body. So, let’s say that you believe you have mold, and you’re wondering ‘okay well what should I do, should I eat more meat to fix my tinnitus but feed my mold via ketones, or should I eat more carbohydrates but then also feed it via glucose? The answer, from what I have seen work in my past clients, is to eat more meat and fewer carbohydrates, as mold is not the only cause of tinnitus and other related audible issues. Humans also need saturated fat, minerals, vitamins, and proteins – which are more bioavailable or solely available in meat. So even if you have a mold issue, eat more meat and fewer carbohydrates, at least that would be my advice on that.

Mold also seems to thrive on all forms of dairy, raw or not. It’s also worth mentioning that one of the single most effective treatments for dizziness I have ever found is to eliminate dairy from the diet completely. If you have dizziness and do not eat dairy do not fret, many other causes will also be covered in this book! Also, even if you do not have dizziness, but do have any of the other issues brought you to this book, removing dairy in all forms can help to reduce and eliminate those issues, too. And that’s speaking from experience with dozens and dozens of clients.

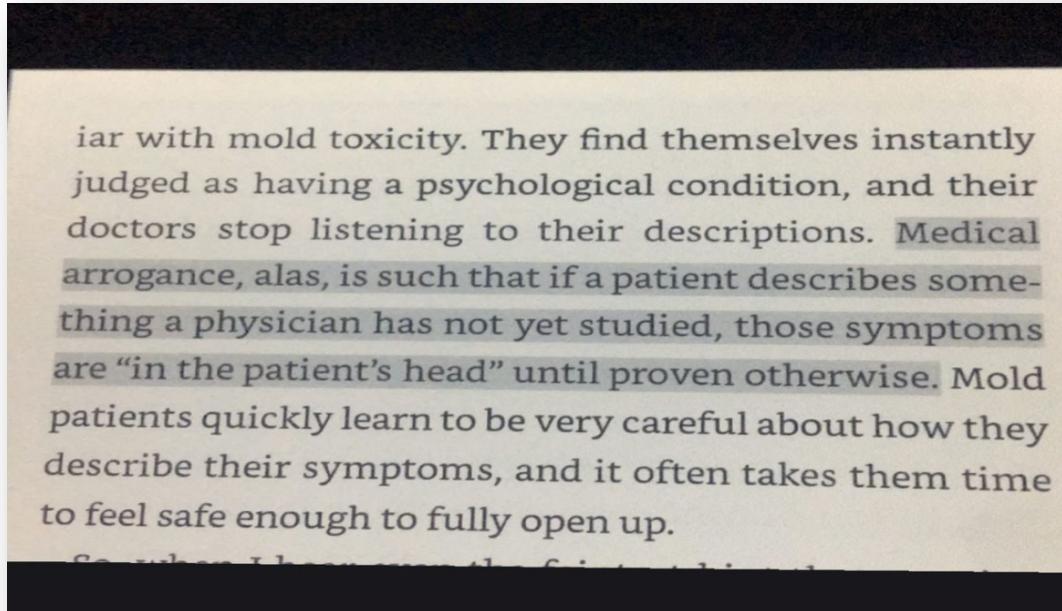
Not Everyone Is Affected by Mold

So, why do some people get affected by mold more than others? Some experts on mold, like Dr. Neil Nathan, believe that our genetics are to blame and that about 25% of the world population do not possess the proper genetics to protect ourselves from mold toxicity, and to fight it off. There is, of course, some debate on this. However, if you are in a family of four, unknowingly living in a moldy home, and start getting symptoms of fatigue, insomnia, dizziness, tinnitus, visual issues, and more, and your family gets

nothing, perhaps their genetics are different from yours? How unfair is that! Not that you want your loved ones to be sick, but you see what I mean. It's not fair to you. This situation tends to mirror what happens to a single family member when they try to explain the pain of their tinnitus. The other family members state "how can you just not deal with it? It's only a ringing in the ears!". But we all know that if they ever had tinnitus themselves, their attitude would change.

So, when you drag yourself to your local doctor, who has zero training on mold, I mean not even one single hour of training on the matter and explain what is happening to you. Is it any surprise that they will assume you just have:

- Depression
- Anxiety
- Hormonal issues
- Or that your symptoms are 'all in your head'



Here is an excellent excerpt from Neil Nathan's book, 'TOXIC':

Where Else Can You Find Mold?

So where can mold exist? you should check

- Air conditioning systems in your home and workplace
- Furniture
- Mattresses
- Closets (especially closets)
- Cars
- Behind appliances (specifically in your kitchen).
- Rugs and carpets
- And more

The following two images are a picture I posted of black mold I detected in a restaurant's toilet, and a screenshot from a client who contracted tinnitus from mold in the first place. Mold should not be underestimated. Not only can mold contribute to tinnitus, but it also causes severe (extremely severe to the point of life-ruining) neurological issues as well as skin and visual issues. And ENTS have rarely ever received 10 seconds of training in the field of mold in their entire education. I need to make one thing clear; mold toxicity is so common that it should be on everyone's domino list, regardless of whether they believe they have an issue with mold or not. Mold is almost always a domino for people with tinnitus, and a large domino at that. Someone can follow this course perfectly, but if they keep getting reinfected with mold daily/weekly/monthly... then their chances of obtaining silence are very low. That is the truth, I do not want to sugarcoat it.



On the following page are more screenshots from clients, this time from



Jamie Hutchens

Literally 2 days after cleaning a shed on my old property of this type mold, I came down with a fever and a bacterial blood infection. And my left ear, which had slight hearing loss, I got a loud screaming ring all of the sudden. I started getting crazy sharp pains in different spots of my brain. I came down with extremely bad anxiety and panic attacks that I had never once experienced before. Horrible brain fog. Blurry vision. I even blacked out a couple times. I attribute all of that to the mold. I could be wrong. But after a little over a year of taking Spanish black radish, fungdx, iodine, selenium, and eating meat and eggs 6 days a week and vegetables one day a week, my T is basically gone. I still can hear a faint hiss but only if I focus on it. But I don't do that. Sometimes it will fluctuate up a little and be noticeable but nothing bad. I have completed 4 dry fast for 48 hours and one for 65 hours. Those seemed to really help and I plan to continue those.

Like · Reply · 9m

2

my old Facebook group. I do need to stress the importance of testing the locations and vehicles that you frequently visit, even if you only visit once a month. Or if you visit and stay at your in-laws once a year for 1-2 weeks. Their home *must* be tested, too. When it comes to cars and vehicles, mold can grow from moisture stemming from leaks in the roof, spilled drinks, rain, and through the window. It can lurk on the floor, roof, and AC system. It can grow in the engine of a car

and get into the air-conditioning filtration system. This means that anytime a person turns on their car's air-conditioning that they are blowing mold spores and mycotoxins right into their face, onto their clothes, and all over their belongings.

Cars can be an incubator for mold seeing as they have varying temperatures and are an enclosed environment that turn into ovens when parked in the street on a hot day.

Anyone seeking to silence their tinnitus must not discount the toxicity mold has on the brain, nervous system, and ears. Anyone with crackling, popping, or feeling of fullness and/or wetness in their ears should test the locations I have mentioned for mold, as well as take a urinary

3 m · 3m

Hi All I had put Mold Armour test kits in five room(6 day) and 4 came negative

I put mold test kit..MOLD ARMOUR in my bedroom and its positive for smalls green and black mold. It was coming from my 15 year portable ac. I got rid of old ac and replaced with new one. My next step is taken Dr Axes MCP and detox my body. I haven't slept in old ac in a couple of days and got 2 day of T silent . Anyway still trying to find the causes of my PT I am really really getting close. So far I know Smoking Cigars and maybe MOLDS are 1 and 2 for T spikes... I think. Anyway I am Thanking Liam and everyone for informations with helping me find out the causes of my PT....Also Grass fed Beef Collagen has been helping my body ..my skin and wrinkles been OUTSTANDING .

Thanks All

Love

Comment

You

mycotoxin test. I can almost guarantee that their results will come back with an abundance of mold in their body and home, and of multiple kinds of species of mold. It is worth mentioning, however, that urinary mycotoxin tests are expensive and not always accurate. So, usually, it is best to just act as though you have a mold issue. Because guess what – you almost certainly do.

Mold & Mitochondria

Whether it comes from a building, a vehicle, foods (coffee, grains, and especially nuts are large culprits), or another person - mold contracted in any way can negatively impact mitochondrial function. The mycotoxins that come from mold (ochratoxin, aflatoxins, and more) do target mitochondrial function hugely. Remember, mold is a very smart, sophisticated, and highly evolved predator. It sounds ridiculous, but it is true! So mold knows its best chance at killing a human, is to target a person's energy production, which is, of course, the mitochondria.

It truly has! I still have work to do. It's back up to a 3-5 depending on the day. The .5 lasted a solid 9 days though so it's improvement. It's only been a few weeks of following your stuff so I know I have lots more to go. I still haven't done a dry fast or gotten my blue blockers in yet so hopefully those will help! Also might get a new car because my mold test kit came back with mold in it! (I've spilled a gallon of water in there on 2 separate occasions and left the windows down when it rained once..that's why I thought to test it in the first place 😊)



Mold & Bile

Certain species of mycotoxins also appear to have an affinity for the bile ducts of the gallbladder and liver. When infected with mold, the bile in these bile ducts is thickened and slowed down, causing the digestion of animal fats/proteins to become more difficult and strenuous on the body. With compromised bile movement, the digestion of human-appropriate foods, again – animal products – becomes a more difficult task. One could see how if a person had a mold infection, as well as gallstones (also discussed in this course) that they would have a hard time digesting meats at all and could even suffer from malnutrition as a result of consuming too much meat and

not enough plants. Plants are broken down by microbes in the body, so little to no bile at all is needed to break down and digest them.

Interestingly, coffee helps bile to move, which can offset the problem of mold-infected bile, however, coffee is one of the most common places on planet earth to pick up a mold infection, due to the mishandling of the coffee beans. Hence a vicious cycle can occur. The solution to these problems is discussed later in this book and digital course.

Viruses

When I talk about viruses, I am not only speaking about Covid-19 (or what is being called Covid-19), but also colds, flu, and ear infections. Viruses do not always leave the body after symptoms of a cold or flu disappear. I have started to experience a large influx of clients reaching out to me after contracting tinnitus after contracting what is being labeled Covid 19. So, what was it about Covid 19 (and most any virus/cold/flu) that contributes to tinnitus? As stated just earlier, viruses don't always leave the body after the symptoms do. One may believe that after the coughing, sneezing, and other flu-like issues are gone, the virus is too. This is an incorrect assumption.



I also got Tinnitus from Covid or all the fucking drugs they gave me .. steroids and antibiotics all crazy shit they put in my body during my time in the hospital..who knows .. all I know is that my faith is strong and I'll get there ..

21 MAR, 10:13

Great attitude!!!

Hey brother quick update
The ringing is down about 96% on both ears

And for the first I had silence for about one hr

01:04

An otolaryngologist might claim that stereocilia have been damaged by the virus, which can happen, yes. But it is not always the case. I instead believe that the virus or viruses are still living in the host, inside the cells. Viruses live inside cells and, like mold and parasites, consume the nutrients before your cells have a chance to. This results in cellular starvation and hence cell death. Viruses also obviously weaken cells by restricting nutrient availability to mitochondria. Then, those affected mitochondria are unable to create adequate ATP for proper ear function to occur, and the mechano-electric transduction process becomes severely compromised.

Viruses are also very clever, as well as sophisticated. They use proteins to attach themselves to cellular walls, they can evolve and stand up to most people's immune systems (at least for a while) and can actually cause a lot of cellular damage. And it is for these reasons that viruses absolutely make the list of potential dominos. Not everyone is going to include viruses as a

domino, but people should have a long think about this specific topic. Again, creating your hypothesis comes later, for now, we are just discussing each domino, and touching on them all to varying degrees.

Are Viruses Really Worth Worrying About?

Viruses are yet just another contributing factor to tinnitus. Maybe a virus in your life could be one of your dominos? Even if it was decades ago, do not overlook viruses as a cause, because much like mold and parasites, they will usually never leave your body unless you specifically target, kill, and remove them. So, if you believe a virus could be a contributing factor, or even if you think it might be but aren't 100%, you should still act as if it was certainly a cause. I mean, what do you have to lose besides your tinnitus? At the end of this book, I am going to list an incredible list of virus-killing supplements that have worked great for past clients.

Gallstones

We now come to a topic that is not only one of my favorites but also a controversial one. Gallstones. Before we discuss how the gallbladder and the liver tie into tinnitus, we first must discuss the role that the gallbladder and the bile it secretes play in digestion. Let's take, for example, yourself.

If you have had your gallbladder removed, don't worry, we will discuss that later, but for now, let us imagine that everything is still there. So, you have your gallbladder, and you eat a steak. What happens? How is that steak digested? Well, the first thing that happens when a piece of meat is swallowed, is that it is pushed down through the gastrointestinal tract via the use of both muscles and gravity. Then, the food lands in the stomach and small intestines where it starts to be broken down. But what does 'broken down' mean, exactly? It means that the mouthfuls of meat are being broken down by acid in the stomach. The role of bile is to emulsify and digest fat. This is why people eating a low-fat diet can get gallstones. If the body doesn't need to produce much bile to digest fat on a low-fat diet, then it becomes concentrated and sludgy and can create gallstones. When you eat a high fat diet, the body produces lots of bile and it flushes out the bile ducts.) Bile is secreted from the gallbladder and liver, into the small intestines. Bile consists of bile salts, cholesterol, phospholipids, liquid (H_2O), and electrolytes. Please note that even though bile is itself not acidic, it is perfectly designed to break down fat, to dissolve it. Once dissolved, the proteins (amino acids), lipids (fats), nutrients, minerals, collagens, and so on from the animal products can then seep through the lining of the intestinal walls and stomach, into the bloodstream, where they help to nourish, heal, and grow all parts of the human body.

There are more than a few factors that can inhibit this process, but we are now talking about gallstones. Gallstones can occur inside the liver and gallbladder and block the bile ducts that allow bile to transport from these organs, into the digestive portion of the body. If this process is blocked, then the digestion of animal products becomes hindered significantly.

How are Gallstones Formed?

It is believed that gallstones are a direct result of inflammation. Some causes are alcohol, pharmaceutical drugs, high fructose corn syrup, low fat diets, environmental toxins, heavy metals, and especially oxalate. When examined, gallstones consist of mostly cholesterol. A simple mind might say “well there you have it, cholesterol comes from animals, therefore cholesterol is causing gallstone issues.” Which is not true. Saying that would be the same as proclaiming cholesterol causes heart disease when it does not. Sure, cholesterol is found in arterial plaque as it is in gallstones, but cholesterol is a dampener of inflammation and vascular/tissue inflammation. Without the inflammation from processed foods, toxic green smoothies, smoking, alcohol, and pharmaceuticals, cholesterol would never be deposited in either organ in the first place. Compounds in the body crystalize and form these stones only when there is a source of inflammation. Why they choose to form in the liver and gallbladder, I am not sure. I have checked for research or information pointing to the answer but have found nothing too compelling. However, this does not take away from the fact that they are there and need often need to be removed for anyone with tinnitus.

Why Would Gallstones Contribute to Tinnitus?

In this chapter, I have already discussed how gallstones impact the process of digestion, and previously in this book, I have talked about what the ears need to function. In that list were fats, nutrients, and minerals. Those all mostly come from animal products such as beef, fish, eggs, turkey, chicken and so on. Sure, a human can get some of those from plants, but in small numbers, and with a mouth full of toxins, too. But they cannot get saturated fat, collagen, some amino acids, and some nutrients in their correct form – therefore not only eating animals is important for ear health, but also having a digestive system that can break down the food that is swallowed. Just eating meat is sometimes not enough. I especially find that ex-vegans and vegetarians have a hard time digesting meat. Of course, one reason is that their digestive system is not ready, and their mitochondria are not fat-adapted. But I believe it was just as much to do if not more to do with gallstones blocking the secretion of bile. If bile is blocked, then the meat cannot be dissolved properly. Without properly being broken down, the nutrients and so on cannot be absorbed into the blood and transported via the bloodstream to the brain, ears, nervous system, and so on. Having

gallstones plays an indirect yet significant role in ear health and is something that is very much overlooked.

What if your Gallbladder has been Removed?

Not a problem. However, a person without a gallbladder will need to take ox bile continuously, to offset the lack of bile manufactured by the human body. Some supplements can be bought over the counter at pharmacies and naturopaths, and it would be best for anyone in this situation to consult with their pharmacist and/or naturopath before taking any bile supplements.

What can be done about Gallstones?

We will get to the removal of gallstones at the end of this book. We will discuss what I have seen work best for my clients, as well as what healthcare experts to speak with before attempting to do so.

Grounding - The World's Most Potent Antioxidant is Free

How many times have you seen some sort of fruit drink, athletic formula, or even a beverage marketed to sick people, proclaiming how it is practically riddled with healing and nurturing antioxidants? Well, the truth is that those companies are not lying. These drinks, if you analyse them, do contain antioxidants. However, the types of antioxidants that are in these drinks are not easily absorbed by the human body. Close to 100% of antioxidants from not only processed drinks but also organic fruits, grains, and vegetables cannot be absorbed by the human body. They are destroyed by the human gut before they have a chance to be absorbed. Now, I'm positive that the people who own and run these companies are aware of this. But this chapter isn't about that. This chapter is about grounding, and a great place to start is with antioxidants, what they do, and where to get them from.

Antioxidants

Antioxidants are, to put it simply, an extremely effective family of anti-inflammatory agents. There are many different forms of antioxidants, and as I spoke about at the beginning of this chapter, some are borderline useless.

Davee Ly 

I am not that familiar with TMJ but I tried the grounding and it has ceased my ear pressure and headaches. Watch the Earthing movie on youtube. Remarkable how something so simple can relieve so much inflammation. I am sleeping better as well when in the past I have felt like no matter how many hours of sleep I get, my brain is always on the wire (inflamed) and I never get rest. Rest is so healing...can't express that enough. I hope that was helpful!

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 1

However, some are quite useful. The first antioxidant I wish to discuss is Uric Acid. Uric Acid is available in high amounts in animal products.

Unfortunately, Uric Acid has been wrongly vilified and labeled a cause of gout. Now this is not entirely untrue, but without toxic, processed foods, it is borderline impossible for uric acid to cause gout, giving it an unfair reputation. It is a little-known fact that uric acid is an effective antioxidant. Therefore, eating animal products can provide high amounts of bio-available antioxidants. However, any person who reveals their decision to eat more animal products to their doctor(s), specifically red meat, will likely get met with widened eyes and a dropped jaw.

‘What about your weight!’

“What about your cholesterol getting too high!”

“What about heart disease!”

Doctors these days are truly indoctrinated into believing that animal products should be limited to only a few times a week, if that, all in the name of health. Actively reducing animal products to reduce cholesterol is insanity because cholesterol is perfectly regulated already. Whatever a person’s cholesterol level is, low or high, is what it is supposed to be. Cholesterol is an essential nutrient for health, and it does not cause heart disease. Interfering with cholesterol using statins is an incredibly dangerous thing to be doing.

That being said, it is not a wise idea to eat platefuls of fatty meat with large quantities of carbohydrates in this same sitting, due to something called The Randle Cycle, but we will discuss that more later in this book. So, what do antioxidants do? Well, they have more than one usage, but what we are going to focus on in this chapter, is how they help to neutralize free radicals.

Free Radicals and Antioxidants.

A free radical is essentially an atom that contains one or more unpaired electrons. An antioxidant is an atom that has an ‘extra’ electron (we’re keeping it simple here). Free radicals are like thieves, running around the body and stealing electrons from human cells to fill their lack of electrons. Due to this, some of our cells are one electron short, which leads to dysfunction. What do I mean by dysfunction? I mean a trickle-down effect

inside of the affected cells of the human body, including the ears and nervous system. And again, this leads to mitochondrial dysfunction.

The Connection Between Noise Trauma and Free Radicals

I discuss the connection between noise trauma and free radicals elsewhere in this book, and this topic also ties in with my views on hearing loss, as well as the idea that hearing loss causes tinnitus. But I want to discuss the connection specifically now between noise exposure, free radical creation, the resulting inflammation, inflammation's ability to contribute to the onset of tinnitus, and then how grounding can in part help to reverse that inflammation.

I know that was all just a mouthful or at least a long and complex sentence, but I will explain. As discussed previously, noise exposure causes the indirect creation of free radicals, which can then go on to immediately create inflammation in the local area, the ears, the brain, and connecting nerves. These positively charged free radicals can quickly cause issues, and when further noise exposure occurs, whether from shooting guns, music, or daily life, the number of free radicals increases, causing further inflammation, and even pain. Yes, there are other factors at play, such as stereocilia (which can break but only in the extremely rare situation) and of course, there are muscles, tendons, and ossicles which can play a role in hyperacusis, too. It is my belief that inflammation, via noise-activated positively charged free radicals, is what causes hyperacusis, at its core. Even medications and stress can cause this kind of inflammation. I am hoping that my readers are again seeing that when it comes to tinnitus, everything truly is linked! And due to this, it truly does make sense to commence the steps in this course that are seemingly unrelated to the causes a person believes are associated with the onset of their symptoms.

In other words, no matter what caused a person's tinnitus, they should be grounding and following most of what I talk about in this course.

The Earth Is Negatively Charged

So, where do these free anti-inflammatory, negatively charged electrons come from? One source is the sun. The sun's rays are so powerful, that they travel over one hundred and forty-eight million kilometers to planet earth, where these rays collide with planet earth's ionosphere. The electrons inside of the sun's rays charge the ionosphere, the negatively charged electrons are released down to earth via lightning, charging the entire planet with negatively charged electrons. When a human or animal is 'grounded' to the earth, then those negatively charged electrons are passed from the earth into their body. When lightning hits the earth, it charges the soil, lakes, oceans, sand, land, plants, and trees. Therefore, when a human takes their shoes off, touches the soil, swims in a body of water, or hugs a tree, they start to get a rapid influx of negatively charged electrons instantaneously.

What are some other Benefits of Absorbing Negatively Charged Electrons?

Let's list some of these:

- The destruction of mold and mycotoxins in the human body
- The 'charging' of cells to their proper millivoltage (-25 millivolts or a potential hydrogen level of 7.35)
- Eradication of cell-destroying free radicals
- Promotion of the para-sympathetic nervous system over the sympathetic nervous system
- Stabilising blood pressure
- And much, much more

How long should someone ground for?

Usually, I would leave the 'how to' until the end of the book, but I will place it here because grounding is so simple, so easy, so safe, and with no downside. On top of that, everyone should be doing it, whether they have tinnitus or not. The answer to the question of 'how long?' is: if you can, every

day. You cannot ‘overdose’ on negatively charged electrons, your body knows exactly what to do with them and craves them daily. So, get to work!

Parasites

Now we're getting into some exciting territory! To the uninitiated, it may seem odd to speak about parasites and their causal relationship to tinnitus. This is because every single tinnitus sufferer is told by their ENT 'tinnitus is just an ear problem! The symptoms are in the ears; therefore, it must be an ear problem!' I see the logic in that statement, however, it's incorrect. Yes, tinnitus can be an issue caused by a problem located in the ear, but most of the time it just isn't.

They Live Among Us

This image was taken from a client who achieved silence soon after defecating out this parasite. There have been dozens more who have achieved the same results after passing parasites of similar or much smaller size. Just like mold, parasites come in many species and must be attacked, killed, and pulled from the body using a series of steps and supplements.



Parasites are unique in that they:

- Can carry viruses
- Can move freely in your body without limitations,
- Can control a person's cravings for food and activities
- Lay eggs in a person's body

Full Moons

Parasites are quite active on a full moon, so if a person experiences spikes during a full moon, this is a strong indication that they have parasites in their body. Now, as I stated earlier, parasites truly can travel anywhere they want to inside the body. From the brain, bones, liver, lungs, nervous system, stomach, joints, and more.

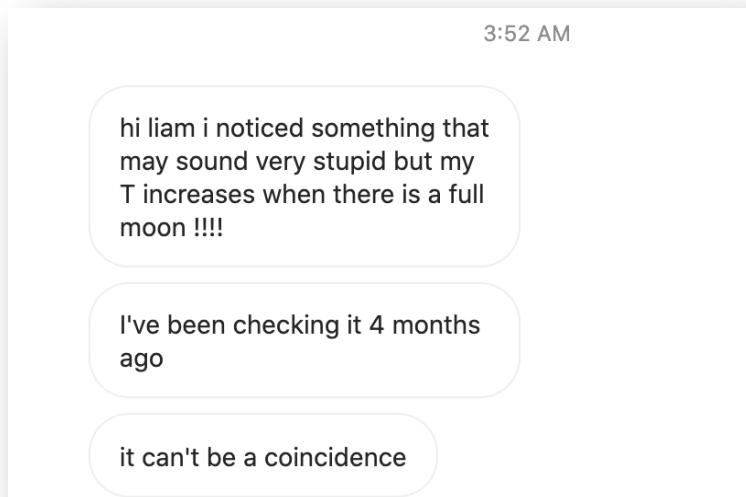
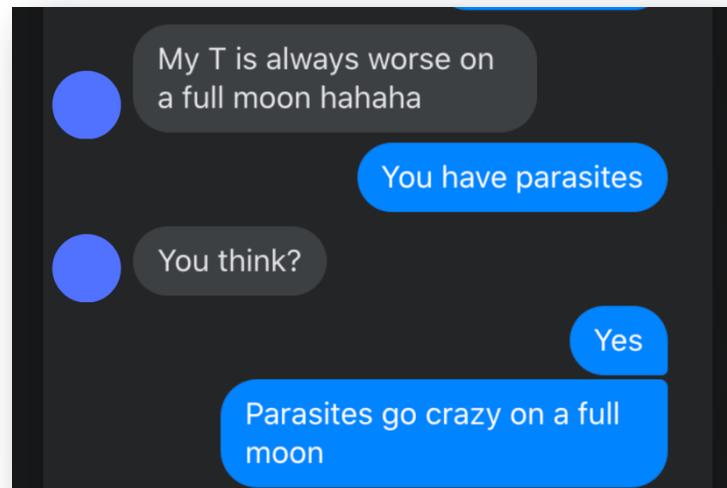
But parasites seem to have an affinity for the mastoid bones. The mastoid bones are located behind both ears.

I have seen papers describing this issue, where patients have been checked into the hospital with extreme ear pain, tinnitus, and swelling, only to have surgery to extract families of worms living in and around their mastoid bones. Disgusting I

know, but better out than in! It is also quite fascinating to me the number of clients I have who get spikes during a full moon, every single month, and then cease getting those spikes after removing parasites and following my advice.

One thing very fascinating about this is that scientists who study parasites note that when there is a full moon, those parasites become a great deal more active, and aggressive, and reproduce more. Other naturopaths and

healthcare experts believe that this is a reason why so many people experience a noticeable worsening of their chronic conditions during full moons. A very fascinating story my mother, who is a nurse, used to tell me. She said that when she would work night shifts on certain medical psych wards, some patients would leave their rooms,



act out more, and some would even stand upright and howl at the moon. Perhaps the old folklore of someone getting bitten by a werewolf and turning into one each full moon was a person getting a parasitic infection from a wild animal bite, which would significantly worsen psychological pathologies during a full moon... something to think about.



Eduardo

March 2 ·

...

Does anyone noticed if your T spikes with full moon?! Mine get worse two days ago! Even during the day (with no moon of course) I started to eat more meat and drink more water and that was the solution though



You and 2 others

10 Comments

Parasites and Serotonin

Parasites are also huge fans of the neurotransmitter, Serotonin. It helps them to flourish, move around, lay eggs, and reproduce. I have had many clients come to me who contracted tinnitus, in part, after taking cocaine or ecstasy, and they tell me how something in the drug must have caused damage to their ear. Sure, that could be possible, but I tell them that it is much more likely that the indulgence of those drugs caused the opportunistic parasites already living in their body to take advantage of the surge of drug-induced dopamine to get a stronger foothold in the person's body. And yes, parasites can and do live in the brain. They love the sinuses, too. Of course, anyone taking these types of drugs should also investigate adrenal fatigue, sleep deprivation, and so on, but parasites still do play a role.

This is why I tell people 'It does not matter how you contracted your tinnitus, please follow the course as it is!'

Parasites and Mental Health

It has always seemed odd to me, how when ‘experts’ on mental health talk about conditions like depression and anxiety, they then instantly proclaim those conditions to be caused by an ‘a chemical imbalance.’ All the while, those same experts will ignore, overlook, or disregard a person’s daily life habits such as exercise, diet, what media they consume, and so on.

I think this is a total cop-out and helps nobody. There have been many psychiatrists who have come out in recent years to explain how the whole ‘chemical imbalance’ notion was just made up to sell antidepressants. This is the same playbook as the American government telling its citizens ‘Fat is bad, sugar is good’ and pushing sugar onto its citizens as the ‘healthy choice.’ But as it turns out, the studies backing up those claims were completely fraudulent. This is not dissimilar to the world of pharmaceuticals, now. One amazing aspect of what I do is that not only do I solve tinnitus for my clients, but my advice also seems to resolve or significantly decrease mental health issues such as depression and anxiety. Now, I make no promises in any way that any mental health issues will be reversed by following this course, but it is so common that I simply must talk about it. I believe, like tinnitus, solving mental health issues is multi-faceted. However, I also believe that removing parasites from the body is the absolute best way to do it. Again, just my opinion, but I just see it happening again and again.



Parasites Do not Need Passports

It doesn’t matter what country you live in; you can still get parasites! It still blows my absolute socks off when doctors in western countries sit there with their chests out and explain to their patients that “no, you don’t have parasites, because you weren’t in Mexico, or the Middle East, or anywhere

similar in the last year". What a load of nonsense! Parasites live in every country, in every state, in every city, in every neighborhood, and all around the world. You can get parasites from your pets, swimming in lakes, your food, touching anything in public, and having sex. It doesn't matter that you aren't on a holiday in Thailand, you can still get plenty of worms living in Chicago. People often have these beliefs that are just baseless. Another is "This is a brand-new home, only 6 months to a year old, there's no mold because there wouldn't be water damage, so I won't check". You should still check! I am truly screaming at my computer now. Your house could be two weeks old, or 200 years, you still need to check. It only takes 48 hours for mold to set in, and most builders these days cut corners, causing leaks. No offense to anyone who is a builder who is reading this, but I see it again and again.

So back to parasites, please don't think that just because you don't live in a second or third-world country, you don't have parasites. Because guess what, if you have never done a parasite cleanse in your life, then you also have plenty of them. Having parasites doesn't mean a person is dirty or doesn't take care of themselves, it's just part of life. Cleansing parasites is just part of being a human being. You don't have to run naked outside right now with a knife and fork to eat last night's roadkill, while fending off the local family of raccoons, to get parasites! It's one of those things that unfortunately just happens over time. So, we will end this chapter here, but my suggestion to most people would be to add this to your list of dominos. Just like mold, parasites come in many species. But, also like mold, they must be starved, attacked, killed, and pulled from the body using a series of actions and supplements.

Parasites are also quite active on a full moon, so if you experience spikes during a full moon, this is a damning indication that you have parasites in your body, probably inside and on your mastoid bones. Parasites are also huge fans of eating serotonin. So, if you got tinnitus after using illicit drugs that spike serotonin such as cocaine, then you might have given any and all parasites living in your body the boost they needed to grow, multiply, and overpower your immune system.

Part 4 – The Final Section: The Domino Theory

Forming a Hypothesis

In this chapter, I am going to start walking you through how to uncover and list all the potential causes of your single or multiple symptoms. In the next chapter, I am going to show you how to test for common causes that can be tested for. And finally, for the remainder of the book, I am going to work with you to create, troubleshoot, and implement the correct plan of silence for you and ENSURE that you implement everything in the correct order. Excited?

There are going to be some causes of tinnitus that you did not know could impact your ears. Perhaps there were some chapters you just read that made you think “you know what, I didn’t realize before opening this book that those could be a cause of my issues, but now I think about it... they just might be.” If that’s the case, then add it as a domino. It is also important to know that the chronological order in which these causes came into your life is not important. Because in the later chapter we are going to re-arrange them starting with which ones need to be addressed first, rather than which ones entered your life first.

For this section, you will need to complete the ‘Domino’ survey located in your digital course to help you understand what your dominos are. Please log in to your private members area and access the ‘The Domino Survey’ lesson in the digital course. You will be taken to an actual survey that you will need to fill out now. Answer the questions as honestly and as accurately as you can because the results of this survey will help you determine whether you should include a domino or not. So, take that survey now, take your time, and then come back here to continue reading. A single domino (cause of your symptoms) fits into one of two categories.

There are two aspects to your domino:

Aspect 1: What happened in your past?

- An example of this could be a death in the family, a bout of loud noise, a medication

Aspect 2: What is happening now?

- Some examples of this are WIFI in the home, a stressful relationship, poor diet, and exposure to blue light.

Why do I categorize dominos into two categories? Allow me to explain; in one category, the (temporary) damage is already done, and in the second category, the damage is continuing to take place. This will help the sufferer understand what requires more attention. I have also included a ‘correct order of implementation’ in a later chapter to help people understand even further exactly what to do.

The Step-by-Step Guide to Silence

In the previous chapter ‘Forming a Hypothesis,’ I outlined how there are 2 aspects that when combined, contribute to, exacerbate and prolong tinnitus:



Aspect 1: What happened in your past.

- An example of this could be a previous death in the family, a previous bout of loud noise, a medication, a dental infection that has been festering for years, and so on.

Aspect 2: What is happening now.

- Some examples of this are nnEMFs in the home, a stressful relationship, poor diet, excessive exposure to blue light...’

The ‘low-hanging fruit’ I have been talking about are the causes that come from ‘Aspect 2’. Those are the causes that should be addressed first because they are the least invasive (no surgery, no social intervention, no drastic life changes and so on are required), often cheapest to address, and can often give quick results. Quitting coffee is easier than getting a tooth pulled, don’t you think? And I think it is also clear that picking up a pair of Ra Optics blue-blocking glasses is easier than seeing a therapist for 6 months to help process the death of your father. Now, I’m obviously not saying you shouldn’t see a therapist because wearing blue blocking glasses is just as good, what I am saying is that when tinnitus is concerned – I want you to dip a toe into a cold pool, instead of jumping in. Slow and steady really does win the race when it comes to reversing tinnitus, hyperacusis, pulsatile tinnitus, and vertigo. And I have so many instances of clients obtaining silence while barely stepping into Aspect 1 at all.

You should have completed the survey by now, if not, please find it inside of the digital course, and take it now. This will help you to circle or skip the dominos listed below. So, here is the list of contributors, please circle the ones that pertain to you, that you believe are playing a role in causing your tinnitus and ignore the rest. Even if you’re only 51% sure, please still circle them, you don’t have to be perfect. As just stated, in the next chapter, we

will put together these causes in the correct order, and then I will explain how to reverse all the causes, one by one slowly and safely, giving the best chance at obtaining silence in the quickest way possible.

ASPECT 2

(Tinnitus contributors in the present)

- **Frequently visiting tinnitus forums**

Tinnitus forums provide nothing but negativity, stressful environment, and the absolute killing of hope. No one with tinnitus will receive any benefit from visiting those forums.

- **Not getting enough sunlight**

Avoiding sunlight and/or applying sunscreen is detrimental to health, hormonal functionality, Vitamin D synthesis, and more. Living in an overcast and colder country also means its citizens can be vitamin D deficient.

- **Living a mostly sedentary lifestyle**

In this example, the gym does not count towards ‘movement.’ The gym is exercise, not movement. Please note that this is very different to exercise, in fact I would say that even though it involves using the body, ‘movement’ has nothing to do with exercise. As I discussed in my previous chapter, movement and exercise are different, and serve different purposes, but they both play an essential role in silencing tinnitus. For this domino, I am talking about not walking around and moving enough and spending too much time sitting.

- **Doing excessive long distance, cardiovascular exercise**

Activities such as intense jogging and cycling that last for over an hour and are done every day can be problematic. This is because this is a strain on the nervous system and can also result in lowered testosterone which is problematic in both men and women. However, cardiovascular exercise done two to three times a week is not a problem.

- **Not doing any/enough High Intensity Interval Training exercise per week**

My suggested form of exercise for anyone with tinnitus would be workouts like CrossFit, or the gym. These types of workouts promote correct hormonal functionality, help to regulate blood sugar, improve sleep, reduce excessive fat, and more. Of course, each person will have to feel their way around this.

- **Too much Salt & Pepper in your diet (and other seasonings)**



I am going to keep repeating this *fact* to ensure that all the readers of this book understand this. It is almost always irrelevant how you got tinnitus, getting rid of it is always the same. Please scan the above QR code with your phone's camera to hear how a woman who got her tinnitus from noise trauma (a fire alarm) silenced it by changing her diet, especially by removing salt (sodium) and pepper (plant toxins). Did you know sodium switches on the sympathetic nervous system, causing a spike in stress levels? We have already covered how stress levels cause a depletion of minerals, especially magnesium. Did you know magnesium is essential when it comes to ear and mitochondrial function? So, it stands to reason that consuming too much could cause an indirect loss of the minerals required to maintain ear functionality, resulting in spikes and the onset/exacerbation of tinnitus. Are you seeing how everything is connected now? Cool, huh? Of course, there is also dry fasting involved in this book, but if you still think 'stress reduction' is

the only or even ‘best’ way to obtain silence, you need to please go back and re-read this book!

- **Breathing through the mouth instead of the nose (awake and asleep)**

Mouth breathing has many negative health implications, but let’s focus on the ones that pertain specifically to tinnitus. When it comes to functionality of the ears, I have already shown how adequate amounts of oxygen are required for proper regulation of ATP to occur. You breathe 25,000 times a day, and almost all of those breaths should be through your nose. Here’s a test to see whether you are a habitual ‘mouth-breather’. Set a timer on your phone right now for 2 minutes. For those 2 minutes (or as long as you can last) breathe only through your nose. If you feel a sense of urgency to breathe through your mouth, and feel somewhat as though you are underwater, then you are experiencing what is known as ‘air hunger.’ You could have restricted nasal passageways from years of chronic mouth breathing. The nose is almost a ‘use it or lose it’ organ of the body. There was a retrospective study done by Ann Kearney, a breathing therapist at Stanford where she assessed 200 patients who had undergone a laryngectomy which resulted in them no longer ever breathing through their noses. Within 1-2 years, these people’s noses had completely sealed up. This is just to show how it may take some time for habitual mouth breathers to get used to nose-breathing instead. So, it might take you some practice to get used to this. Try setting a timer at least 2 – 3 times a day and see how long you can make it. This may take several months until you’re totally comfortable breathing through your nose as you would your mouth.

- **Using headphones too often, especially Bluetooth**

In the chapter on EMF, I discussed how harmful EMF can be to the ears. If you’re someone who uses Bluetooth or even wired headphones at least once a day, please circle this domino.

- **Exposing the naked eye to blue-light too often**

In that same chapter I discussed how blue light can interrupt sleep. If you look at screens all day without proper eye protection or stay up until 12-2AM watching Netflix or gaming, then please circle this domino.

- **Watching the news and violent/scary movies too often**

Don't underestimate the damage that violent and depressing movies can have on your subconscious. I have spoken about this many times in the past both inside my courses and on my social media pages. Australian psychotherapist Natalie E. West talks about this in her many interviews available on YouTube. She knows plenty more about the harmful impact feeding your brain with negativity can have on the body's stress response than I do, so I suggest looking at her information online. However, the goal should be to avoid all violence, news stations, political debates, aggressiveness, and so on as much as possible.

- **Smoking marijuana (edibles included, CBD not included) too often or at all.**

Smoking marijuana is incredibly bad for a person's mental state and their physical health. Whenever I tell people this I am often met with a barrage of 'studies' showing the benefits of marijuana consumption. Well, there are many more 'studies' showing the benefit of consuming alcohol, or dark chocolate. And those, as we have discussed, are incredibly toxic, too. If you smoke marijuana or take edibles on even a semi-regular basis, please circle this domino.

- **Smoking tobacco too often or at all**

Tobacco is an extremely toxic substance. I have seen Tobacco usage both cause tinnitus, as well as be something that holds people back from obtaining silence after getting close to silence. Stop smoking it entirely not even just for your tinnitus, but for your health overall.

- **Vaping/using E-cigarettes**

Do not buy into the lie that vaping is healthy for you. I have seen many people, especially teenagers, be hospitalised with serious lung issues due to years of vaping. Don't buy into the lies that certain brands of vapes are healthier than others, they are not. That is the exact same lie that was sold to people about cigarettes. Be smarter than that.

- **Drinking alcohol at all, excessive or frequent drinking.**

Alcohol is a neurotoxin. It damages all organs of the body, negatively affects sleep, stokes the fires of anxiety, causes a person to say things they shouldn't have, become violent or even catatonic, depressed, and spend money they shouldn't, causing financial strain and stress. There is not a

single positive benefit to alcohol.

- **Drinking blended juices (fruits and vegetables)**

Juices that contain kale, spinach, fruits, berries, nuts, seeds, and similar plants are incredibly dangerous when drunk on a regular or even semi-regular basis. And I am saying this as someone who used to drink spinach and kale smoothies with ginger and so on, on an almost daily basis for months when I first tried to eliminate my tinnitus. Oh, how little I knew! These plants contain toxins such as oxalate, salicylate, lectins, goitrogens, and more.

- **Eating a high amount of vegetables**

I want to remind my readers that there is no ‘tinnitus’ diet. As much as I would like to give my readers a set list of what to do and not do, there isn’t one, and that is because everyone is different – hence why I created the domino theory. That being said, even though there is no set tinnitus diet, there are some habits that should just be avoided. One of those things being eating excessive amounts of vegetables on a daily or very regular basis. If you’re a vegan, vegetarian, or eat large amounts of vegetables every day, please circle this domino.

- **Eating a high amount of carbohydrates**

Carbohydrates are a pro-inflammatory food and are not needed for human health or to survive. If you eat large amounts of bread, rice, pasta, and so on every day, please circle this domino.

- **Eating a high amount of processed sugar**

If you eat a large amount of processed sugar such as chocolate, cakes, candy, ice cream, and sugary drinks, on a regular or even semi-regular basis, please circle this domino.

- **Living in an environment of high EMF**

The radiation from WIFI routers (both ionizing and non-ionizing) is extremely dangerous and should not be underestimated. I have had dozens of clients who have reduced or even silenced their tinnitus and other symptoms within days of reducing the EMF exposure in their home. You can get EMF readers from Amazon to test for the dirty electricity in your homes. I suggest a Trifeld

Meter, although they can be expensive. I suggest all people test their homes, and even workplaces and their cars (especially electric cars such as a Tesla) to see how bad the exposure is. If a meter cannot be afforded, that is not problem, you can still circle this domino if you believe EMF exposure at home is an issue. Or if you can get a Trifield Meter, once tested, if there is a high amount of exposure, please circle this domino.

- **Living in blue-light rich environments for extended amounts of time**

Blue light (from ceiling lights, phones, computers, streetlights, etc) has quite serious implications when it comes to tinnitus. I have had dozens of clients silence their ears (especially hyperacusis, it seems) from reducing artificial light exposure. It is also important to remember what we have discussed regarding the flicker effect and how that strains the nervous system. But obviously we live in 2023 where blue light is everywhere and cannot always be avoided, yet it can be mitigated. In your home you can reduce your exposure. If you spend most of your waking hours under artificial light, or looking at a screen, please circle this domino.

- **Drinking/eating caffeinated products**

The negative effects caffeine has on the body really must not be underestimated. Caffeine is a drug. Yes, it is. Caffeine can disrupt sleep, cause massive emotional highs and lows, and is jam-packed full of oxalic acid. If you consume caffeinated products such as coffee, energy drinks, certain types of chocolate (especially dark) then please circle this domino.

- **Living, loving, or working with toxic people**

Please understand – this is a step that requires tremendous thought. Yes, living with a toxic person in the same home can cause a lot of grief and stress, so make a pros and cons list. Do not underestimate the drastically negative impact that a toxic spouse can have on your tinnitus and overall health. If you have tried sitting them down and asking them to work with you to solve the issue(s) that are causing you stress, and they gaslight you or are uncooperative in the discussion, then it might be time to leave. However, as I said, think long and hard about your life afterwards. What is your financial situation? Can leaving this person detrimentally affect your career? Are they violent? Can/will they hurt you? Obviously, this might be something you should talk to a social worker or therapist about. But the changes in my clients' ears who left a toxic spouse have been astronomical. No, it is not a

magic bullet, and they were implementing the rest of the course, too. But it still made obvious and noticeable impacts on their ears. If you think this might be you, please circle this domino.

- **Constantly poisoning yourself (this applies especially to women)**

I am talking about the choice all women (and some men) make every day to slowly poison themselves in the name of beauty. Substances such as:

- Moisturisers
- Bath bombs
- Sunscreen (usually very high in salicylate)
- Foundation makeup
- Nail Polish
- Eyeliner
- Eye shadow
- Mascara
- Blush
- Lipstick
- Tampons (change brand)
- Hair dye (I have dozens of stories about women contracting and/or worsening tinnitus from hair dye)
- Shampoo
- Conditioner
- Toothpaste
- Perfume (deodorant for men)
- Shaving creams
- After shave lotions/creams.

It is very important to stop applying these products to your skin because your skin absorbs them. The toxins in these products then make their way into your brain and into the rest of your nervous system. Now, I do understand that there is a level of professionalism required for women in certain jobs, but please at least reduce your usage.

Every time you open that MAC container and put it onto your face you are poisoning yourself, and that's the truth. Also, don't be fooled by 'organic' and 'chemical-free' companies. They're all mostly garbage. And besides, your skin and lymphatic system that has been draining this garbage out of your body since the age of 15 needs a break, don't you think? If you apply any one of these to your body (that are not from a brand that is truly 100% organic and contains zero chemicals) then please circle this domino.

- **Living with pets that you are allergic to**

Yes, living with pets that you're allergic to can cause breathing problems, which lead to sleep issues which obviously have trickle-down effects that can lead to tinnitus. I would suggest to anyone with pets to get a prick-test from an allergist. Even if you believe you have no problems. If you do not have any pets, none whatsoever, then do not circle this domino.

- **Having tight fascia anywhere in the body**

We have spoken about fascia, and how it acts as a runway for electrons. Your ears need electrons to function, so compromised fascia can cause an issue. If you have tight muscles, posture issues, or have never taken the time to release fascia in your body, then please circle this domino.

- **Improper sleep**

Not sleeping in the correct environment, or not preparing for sleep properly. If your sleep is low quality, and you wake up not feeling rested, then please circle this domino.

ASPECT 1

(Tinnitus contributors from the past that are still prolonging or exacerbating tinnitus today)

Okay, so now we're going to address Aspect 1. Sometimes all a person needs to get permanent silence is to address the steps mentioned previously in Aspect 2, but there are some people who also need to dig a little deeper and put in a little more time. That is where Aspect 1 comes in. An example of this might be a person who changes their lifestyle for 5 months and gets rid of their hyperacusis. Even though their tinnitus reduced from an 8 to a 3, they just can't seem to get rid of it no matter how many steps from Aspect 2 that they perform. So, it's at this stage that we look to remove root canals, mesh, toxic people and more. As you can see, steps in Aspect 1 can be invasive, which is why I always suggest leaving these steps to the very end.

- **Having a parasitic infection**

If you get spikes during a full moon, contracted tinnitus shortly after a food poisoning, have constant digestive and/or skin issues that you cannot seem to shake, then please circle this domino.

- **Having an untreated viral infection**

If your tinnitus came on shortly after contracting a flu, couch, ear infection, or Covid-19, then please circle this domino.

- **Having tight sternocleidomastoid muscles**

These muscles do indeed play a role in tinnitus, as well as TMJ. Releasing them can be painful, but unlike releasing fascia in the rest of the body, which can be done at home, releasing these muscles should be done only by an expert. Consult with a local physio to see if they can help. But please be aware, this can be a painful process.

- **Having an untreated mold problem in the body, home, workplace, or car**

Mold is a huge contributor to the onset, exacerbation, and prolonging of tinnitus. Many people still do not understand the fundamentals of mold. For example, when I ask someone struggling with their tinnitus if they might have a mold issue, they might say something like ‘well, I used to live in moldy apartment, but that was years ago’ not realising that once a person is exposed to mold, it stays in the body. It doesn’t matter if you are no longer physically living in the source location of the mold, because mold now lives in the person’s body (especially the sinuses). Another one is when I ask a person to get their home professionally checked for mold, and they say ‘There’s no need, this is a brand-new building, only six months old’ as if that matters. Water damage in new buildings is extremely common and it only takes 48 hours for a leak to turn into mold, and then weeks for that issue to turn into something extremely serious. It doesn’t matter if a home is 1 week or 60 years old, it may have mold or it may not. If you have had mold exposure in the past at any age, no matter how long ago, or believe you currently live in a moldy home or work in a moldy environment, or just believe you do have a mold infection, please circle this domino.

- **Having Gallstones**

The inability to digest meat is a problem that can lead to many symptoms and issues. Even for people without tinnitus, having gallstones blocking the bile ducts that allow for bile flow is an issue. If you have continual digestive issues when increasing your meat intake (issues that last for over 6 weeks) then please circle this domino.

- **Living, loving, or working with Toxic People (aspect 1 and 2)**

This is one of the most effective steps as well as one that requires the most amount of thought. When I talk about toxic people, I am talking specifically about a toxic spouse, whether that be your wife, girlfriend, husband, or boyfriend. There is a story that I often tell my clients that I am going to tell you right now. This story perfectly exemplifies just how detrimental to obtaining silence that a toxic spouse can be. I had a client who was of the Christian religious faith, and his fiancé was Islamic, as were her family. Now, his tinnitus had gone from a 10 to a 2 in 6 months from following my advice, and this is after having tinnitus for 4 years. He put in a lot of work, and he earned it. Now, he couldn't get it to a zero, even after 5 additional month, so we're coming up to a year of following my advice where he is at near silence, but not 100% silence. As it turns out, his fiancé and her family were pressuring him to convert to the religion of Islam on an almost daily basis. Eventually it got so bad, that he broke off the engagement. And wouldn't you know it, he obtained silence 3 weeks later. Never underestimate the effect stress can have on your tinnitus. If you live with, work with, or love a toxic person or people, circle this domino.

- **Having Root Canals**

Root canals fail practically 100% of the time. There is a documentary I suggest you watch called 'Root Cause' that shows what I am talking about. If you Google search this documentary, you will see nothing but negative reviews and claims of 'poor scientific backing' which is ludicrous. All of the studies shown in the documentary are high powered, meaning they have a high volume of participants and have used rigorous scientific methods. The fact of the matter is that root canals become infected almost 100% of the time. Every single one of my clients who have had them removed have seen just how black and infected they were. The endodontist and/or dentist who removed them are always seemingly shocked as to how infected they are.

But why are they shocked if there is plenty of literature showing that root canals become infected almost 100% of the time? They're shocked because

their belief that root canals are safe are just that, beliefs. They were told in dental school that root canals are safe, and they believed it, never challenging it. It is up to you whether you want to replace your root canal(s) or not.

You can replace the root canal with a dental implant of your choice.

- **Having Amalgam Fillings**

Amalgam fillings are extremely toxic because they leak mercury directly into the brain. Even if your filings are made of silver, most of that is mercury. Also, if you're going to remove a filling that contains mercury, you *must* go to a specialist to get the filling removed. This is an image showing exactly how careful dentists must be when removing amalgam fillings. This shows exactly how dangerous mercury is. In fact, mercury is one of the most toxic substances on the planet. So why is it included in metal fillings? Well, that's for you to decide...



- **Having breast implants**

The amount of people getting sick from breast implants is becoming glaringly obvious. Don't listen to plastic surgeons or doctors if they tell you they're safe. They're either idiots that haven't bothered to look into this, or they're trying to sell you bigger boobs. Don't listen to them. The amount of clients I have who obtain silence or close to it weeks after removing their breast implants is staggering. This is a very invasive procedure, so think long and hard before having them explanted. But then again, isn't it worth having a smaller bust if it means having silence?

Combining ASPECT 1 and ASPECT 2 into the correct order

Let's use this example to help you understand what you're going to do. Below we have steps 1 through 8. There are obviously more contributors to tinnitus than this, but this is merely an example.

- Step 1
- Step 2
- Step 3
- Step 4
- Step 5
- Step 6
- Step 7
- Step 8

So, you've gone through and circled the causes that apply to you. For example, maybe you don't need to remove your WIFI router because you already have ethernet, but you do need to reduce your makeup usage. You do need to change the lightbulbs in your home, but you really don't use headphones. So now let's cross out the causes that don't apply to you:

- Step 1
- Step 2
- Step 3
- Step 4
- Step 5
- Step 6
- Step 7
- Step 8

So now we're left with steps 1, 3, 7, and 8:

- Step 1
- Step 3
- Step 7
- Step 8

And this is also the order that you're going to do them in:

- Step 1 > (**implemented first**)
- Step 3 > (**implemented second**)

- Step 7 > **(implemented third)**
- Step 8 > **(implemented fourth)**

I have already ordered everything, through aspect 2 to aspect 1 into the correct order. Remember, it does not matter what happened right before your tinnitus, or what has happened recently that spiked it. This order is what matters. I would suggest writing this list out on a digital document or a piece of paper to make it easier for you to have access to and remember.

I now suggest you go to the ‘creating your domino theory’ section of the SILENCE course, to watch the explainer videos I order to ensure you complete this final section of the course correctly.

I would like you to now write down the main causes of your tinnitus (that you are aware of so far):

Reversing the Causes

Okay! So, by now hopefully you have your domino theory in front of you. Please remember that it doesn't matter if you have forgotten anything and need to add it in later, this does not have to be perfect. In this chapter I am going to show you exactly how to reverse the past contributors that most likely resulted in your tinnitus, as well as remove the daily/current causes. We will start with the daily causes. So, let's begin knocking out all of the causes of tinnitus, step by step. Remember, ignore the steps that you did not circle above, those will be skipped.

- **Frequently visiting tinnitus forums**

Solving this problem is easier said than done, as it can always be tempting to visit forums in case some sort of revolutionary technology has been found that can cure tinnitus in under a week – but I promise you that no such technology is coming. Instead, your best bet is right here, creating a personalized, systemized plan, tailored just to you, and implementing it properly, slowly, and for a long enough time. Stop visiting tinnitus forums once and for all, your mental health will thank you for it.

- **Not getting enough sunlight**

If you live in a sunny country, the solution to this problem is simple, just go outside in the sun more often with less sunscreen and less clothes. However, if you work nights, or live in an area which is void of strong sunlight, vitamin D can be used. I have had clients take between 3,000 and 7,000 IU of vitamin D per day to great success, but everyone should talk to their doctor first and decide what is right for them.

- **Living a mostly sedentary lifestyle**

If you are a person who spends most of their time sitting, whether at home, at the office, in a car, and so on, then getting up and moving is an absolute must. I would suggest walking for at least an hour a day, and on top of that, please take intermittent breaks when you're at the office to walk around when possible.

- **Doing excessive long distance, cardiovascular exercise**

I would suggest taking a break from not long distance/cardiovascular exercise all together, but rather from doing it too often. For example, if you are a person who cycles an hour a day 5 times a week, consider doing it only twice a week. Now, this must be tested, and see how you feel, but this is my suggestion to you.

- **Not doing any/enough High Intensity Interval Training exercise per week**

The style of exercise I suggest people with tinnitus partake in is high intensity interval training. This could be a 20–30-minute gym workout, sprints (this one is excellent because it can be done outside), high intensity swimming, kettle bell workouts, a strenuous aerobics class, and anything that matches or is similar to this list.

- **Too much Salt & Pepper in your diet (and other seasonings)**



I am going to keep repeating this fact to ensure that all the readers of this book understand this; It is almost always irrelevant how you got tinnitus, getting rid of it is always the same. Please scan the above QR code with your phone's camera to learn how a woman who got her tinnitus from noise trauma (a fire alarm) silenced it by changing her diet, especially by removing

salt (sodium) and pepper (plant toxins). Did you know sodium switches on the sympathetic nervous system, causing a spike in stress levels? We have already covered how stress levels cause a depletion of minerals, especially magnesium. Did you know magnesium is essential when it comes to ear and mitochondrial function? So, it stands to consider that consuming too much could cause an indirect loss of the minerals required to maintain ear functionality, resulting in spikes and the onset/exacerbation of tinnitus. Are you seeing how everything is connected now? Cool, huh? Of course, there is also dry fasting involved in this book, but If you still think ‘stress reduction’ is the only or even ‘best’ way to obtain silence, you need to please go back and re-read this book!

- **Breathing through the mouth instead of the nose (awake and asleep)**

This something that is often overlooked for people with tinnitus. One ‘rule’ or ‘lesson’ I teach to my clients with tinnitus is this, ‘the mouth is for eating, the nose is for breathing’. Certain steps can be taken such as mouth-taping at night, which I do suggest after obtaining permission from a doctor. I also highly suggest reading James Nestor’s book ‘Breath’

- **Using headphones too often, especially Bluetooth**

The solution to this domino is quite simple, stop using Bluetooth headphones! I don’t think people seriously realise just how incredibly dangerous and I would say ‘reckless’ using Bluetooth headphones all day can be. I understand if you want to wear them for short periods of time when at the gym and so forth, but if you are serious about getting silence, switch to wired, or better yet, stop using headphones all together.

- **Exposing the naked eye to blue-light too often**

As previously mentioned, exposing the human eye to blue light too often each day, and especially late at night, not only damages the retinal cells in the eye, but also causes confusion within the human’s natural circadian rhythm resulting in poor sleep. The solution to this is twofold:

1. Physically avoid blue light when possible
2. Wear blue blocking glasses in the daytime and night-time.

I suggest wearing Ra Optics. Please scan the QR code below and for a discount, please use the coupon code ‘LiamStopsTinnitus’.

SCAN ME



- **Watching the news and violent/scary movies too often**

Again, this one is an easy fix, too. Stop watching the news on main stream media, stop listening to violent and aggressive music, and stop watching horror movies! How is it normal to watch people get butchered or eaten by zombies? You may know you're watching a movie, but your subconscious does not, please stop hurting yourself emotionally!

- **Smoking marijuana (edibles included, CBD not included) too often or at all**

I will likely get push back on this due to all the 'articles' and 'scientific papers' showing how beneficial marijuana is, but marijuana is not a good idea for people with tinnitus. CBD is something I am not against, and it can even help people with tinnitus, but smoking joints, bongs, and eating edibles is a terrible idea. The solution to this might be easier said than done, but please stop using products containing any THC.

- **Smoking tobacco too often or at all**

This goes without saying, but stop smoking tobacco. Now, there is proof that nicotine actually helps mitochondrial function, however, I'm sure we can agree that the bad does outweigh the good with this. Also, please do not go out and buy a whole bunch of nicotine patches, that is also a terrible idea. The solution to this step is also easier said than done, but please stop smoking.

- **Vaping/using E-cigarettes**

I see vaping like I see smoking marijuana. The people who sell them also fund research to tell you how safe and amazing it is. The solution is simple, stop buying and using vapes.

- **Drinking alcohol at all, binge drinking, or drinking too often**

Whenever I tell people to stop drinking alcohol, a response I often get is ‘well, how am I supposed to enjoy life?’ And the sad part about that phrase is, if you really enjoyed your life, you wouldn’t need alcohol to block out your feelings about it. The truth about alcohol is that it is essentially a numbing agent for the mind. It impairs sleep, causes anxiety, neurological issues, and more. If any of my readers are alcoholics, borderline alcoholics, or are just having a hard time quitting alcohol, please take a look at the YouTube channels of Sober Leon and James Swanwick.

- **Eating a high amount of processed sugar**

When it comes to solving this domino, the solution is rather simple, cut out processed foods. Coca Cola, Doritos, McDonald’s, chocolate milks, Chocolate bars, and so on. Unlike the other dietary steps, this can be done cold turkey.

- **Drinking blended juices (fruits and vegetables)**

I have already gone into the dangers of green juices, so I will make the solution very easy. Please stop drinking blended green juices.

- **Eating a high amount of vegetables**

When it comes to eating vegetables, please do NOT just stop eating them cold turkey, you can make yourself sick. My advice is to ever so slowly transition to lower amounts of vegetables and remember that not many people at all need to go completely carnivore in order to obtain silence.

- **Eating a high amount of carbohydrates**

The human requirement for carbohydrates is zero. They are not essential for life or health and are pro inflammatory. I would suggest slowly limiting carbohydrates, even at the same time as lowering vegetables. I also want to

mention that if any vegans or vegetarians are following this course, just ignore my advice regarding consuming more meat and less plants, instead, please focus on the aspects of the course that do not pertain to food. Also, I get asked “I am a vegetarian/vegan, what plants should I be eating”. There isn’t really a right answer for that. However, I would suggest getting an allergy prick test, to determine whether you’re allergic to something you’re eating.

- **Living in an environment of high EMF**

The first step anyone who believes they live in a high-EMF environment should take is to get a Trifield Meter from Amazon and test your home, especially your bedroom. If high EMF is detected, then steps such as unplugging WIFI, disconnecting electrical appliances when possible, removing smart devices from bedrooms is all a great idea. However, sometimes a person might live in an apartment building, in which case, other tenants’ WIFI radiation will spill over into your home, and there is not a whole lot that can be done about this. I do see such products as orgone and so on as solution, but it is mostly nonsense, the same goes for those stickers and ‘blockers’. Those little sticker-like buttons that are to be placed onto a device to reduce EMF. This is absolute nonsense. If a device still works, and is still on, then it is emitting radiation. The only things I have seen that work are turning the devices off, moving the devices to a far distance, and faraday cages.

I also want to mention that no one should have their mobile phones in their jeans/pants pocket. It’s too close to the skin, and the radiation is dangerous. Women, you should have your phones in your purses. And men, when you’re stationary, please remove your phones from your pockets and place them away from you.

- **Living blue-light rich environments for extended amounts of time**

The solution to this is simply said but complicated to do. Spend the least amount of time under artificial light as possible. That’s it.

- **Drinking/eating caffeinated products at all**

Caffeine is a dangerous, sleep destroying, and anxiety inducing drug. I’m not being dramatic, and I’m sorry if you feel I am taking away a joy in your life. I’m not just talking about coffee, either. Energy drinks, certain chocolates, and certain foods have caffeine in them. Please check what you are

eating/drinking, and slowly remove anything that contains caffeine. On top of that, coffee beans contain an extremely high level of oxalic acid, which as we have already discussed, seriously harms the body. Slowly transition off coffee. However, if constipation occurs to a large or consistent degree after quitting caffeinated products, that could be a sign that mold has infiltrated your bile ducts. Coffee helps bile to move. So, if severe constipation occurs, please resume coffee consumption, and deal with mold first. We will talk about solving mold later in this very chapter.

- **Living, loving, or working with toxic people**

In the previous chapter I explained the story about my Christian client and his Islamic fiancé. As fascinating as that is, please do not take this as a sign to instantly cut off every single person that you do not like from your life. Instead, if you truly believe there is a problem with someone in your life, and that they might be treating you unfairly, or may even be a narcissist, then seek out help from a therapist in dealing with them. You might be able to come to a resolution with that person that you both like, or, perhaps, you do need to cut them from your life forever. Either way, take a long time to think about it, and seek professional help in this decision-making process from a qualified person.

- **Constantly poisoning yourself (this applies especially to women)**

It is hard for me, as a man with no experience in beatification via makeup, to find a solution for women when looking for a replacement for standard makeup. What I can say though, is that when a person fixes their diet and lifestyles, their skin and hair become much softer, and their pimples almost always disappear, causing a lessened requirement for toxic makeup in the first place. Anyone can take a look at one of Bart Kay's interviews (check YouTube) and see plenty of women explaining how their acne cleared up, their skin improved, and they started smelling better without perfume, all without the use of almost any products. There are also skin moisturizers like VanMan's balms which seem to have incredible effects on skin. And there are other companies who provide very natural shampoos and moisturizers. I am not saying to cease all products. But it might be worth removing most, replacing some, and limiting the times toxic and often unnecessary makeup items are used.

- **Living with pets that you are allergic to**

If you ticked this domino, the first thing to look at would be what pets you have. If you have hamsters, birds, something like that, just have the cage

outside of the bedroom. Even tarantulas can flick their own hair through the air that can cause skin and sinus aggravation. As for dogs and cats, I must implore my readers to stop letting their pets sleep in their beds with them. Not only is this an excellent way to get constant parasitic infections over and over again and again, but if you have an allergy to them, this will seriously impact your quality of sleep. You can get allergy tested based upon what pets you have, that is a great start, but even if you are not allergic, no more pets in the bedroom. Ever. Please note that I am not saying that if a person has an allergy that they should get rid of their pets, they are practically part of the family. However, just remember that they are still animals, and keeping some parts of the house off limits to them is not always the worst idea.

- **Having tight fascia anywhere in the body**

Releasing fascia is often overlooked by people who believe their symptoms have nothing to do with tight muscles, but I promise you it does. The best methods I have seen to loosen tight fascia is to follow the methods put forth by a company called Functional Patterns. I would suggest to anyone to go to YouTube now, and type in Functional Patterns. You can type in ‘Functional Patterns Neck’ or ‘Functional Patterns Back’ and get some great exercises. You may have to purchase a small, hard ball from your local physio. But they are inexpensive and necessary.

- **Improper sleep**

The reasons for poor sleep are many, however I am going to list the main causes of poor sleep here, as well as what to do about them.

- Not sleeping in a pitch-black room. The solution to this is quite obvious. Ensure that you are sleeping in a totally dark room. That means covering all lights coming from TV monitors, air-conditioners,
- Eating and drinking too close to bedtime
- Drinking coffee at any time during the day
- Breathing through the mouth while sleeping instead of the nose
- Sleeping in a room that is too warm
- Not wearing blue-blocking glasses after sunset

- Not getting enough AM and PM (sunrise and sunset) sunlight during the day
- Sleeping in a room that is a high Non-Native EMF environment (WIFI routers, etc).

ASPECT 1

(Tinnitus contributors from the past that are still prolonging or exacerbating tinnitus today)

Okay, so now we're going to address Aspect 1. Sometimes all a person needs to get permanent silence is to address the steps mentioned previously in Aspect 2, but there are some people who also need to dig a little deeper and put in a little more time. That is where Aspect 1 comes in. An example of this might be a person who changes their lifestyle for 5 months, and gets rid of their hyperacusis, and even though their tinnitus has reduced from an 8 to a 3, they just can't seem to get rid of it no matter how many steps from Aspect 2 that they perform. So, it's at this stage that we look to remove root canals, mesh, toxic people and more. As you can see, steps in Aspect 1 can be invasive, which is why I always suggest leaving these steps to the very end.

- **Having a parasitic infection**

Solving a parasitic infection can take time and should be done slowly. There are certain supplements that I suggest. They are:

Parify by Rogers Hood Apothecary

Para 1, 2, and 3 by Cell Core Biosciences.

Black Walnut

Wormwood

Each product comes with their own set of instructions, but my advice would be to take them daily for 3 weeks on, then 1 week off. Continue for 3 months in total. Then take a break for a month and see how your body reacts. Also, if a spike occurs immediately after commencing one or some of these

supplements, stop taking them. The spikes likely stem from biotoxins released from parasites as the herbs attack them. It is a good idea to get a binder from Cell Core Biosciences, a Biotoxin binder will work. Alternatively, activated charcoal taken one hour before each dose of any of the above supplements should also work well.

- **Having an untreated viral infection**

To start with, here is the list of what I have found to be the best supplements for killing viruses living in the body:

Zinc Liver Chelate

St Johns Wort

HP Enzymes

Astragulus & Licorice

ZLC & GTCAT

Berberine

Eleuthero

Wormwood & Artemisinin

Monolaurin

Core Sambucas

Lymphatic Support

Pulmonest Lung Support

BioMolecular Oxygen

GFSE

ACS Silver

Echinacea Premium

L-Lysine

Myrrh Forte

Garlic

Quercetin

I do not suggest going and purchasing all of these supplements, but simply pick up the ones that are available to you, and no more than 3-4 are needed. Take as directed by the brands.

- **Having tight sternocleidomastoid muscles**

The sternocleidomastoid muscles are located from behind the ears the front of the collarbone on both sides and can be an issue relating to tinnitus. If you have posture issues, I suggest seeing a local chiropractor who specialises in fascia. This will not necessarily be a visit to 'crack' anything, but rather an (often painful) experience of releasing tight muscles and fascia.

- **Having an untreated mold problem in the body, home, workplace, or car**

Mold is a huge contributor to the onset, exacerbation, and prolonging of tinnitus. Many people still do not understand the fundamentals of mold. For example, when I ask someone struggling with their tinnitus if they might have a mold issue, they might say something like 'well, I used to live in moldy apartment, but that was years ago' not realising that once a person is exposed to mold, it stays in the body. It doesn't matter if you are no longer physically living in the source location of the mold, because mold now lives in the person's body (especially the sinuses). Another one is when I ask a person to get their home professionally checked for mold, and they say 'There's no need, this is a brand-new building, only six months old' as if that matters. Water damage in new buildings is extremely damaging, and it only takes 48 hours for a leak to turn into mold, and then weeks for that issue to turn into something extremely serious. It doesn't matter if a home is 1 week or 60 years old, it may have mold, or it may not. If you have had mold exposure in the past at any age, no matter how long ago, or believe you currently live in a moldy home or work in a moldy environment, or just believe you do have a mold infection, please circle this domino.

- **Having Gallstones**

Removing gallstones from both the liver and gallbladder is not an act that should be taken lightly. It involves preparation, common sense, and safety. I would suggest reading the book 'The Amazing Gallbladder and Liver Flush' by Andres Moritz to learn exact how to do it. However, please note that 7

days of veganism prior to the flush are not needed. I have had plenty of people eat mostly meat, nothing but meat, and variations of those eating patterns who still completed very successful flushes.



This is an image from a client in the UK. This image is from his third flush. The first two flushes saw him passing a few dozen smaller stones each time, and it was not until this third flush that he passed as many stones as shown here. The client also claims that he passed three rounds of this many stones. Sometimes it can take a few rounds to really start opening the bile ducts and getting some movement.

- **Having Root Canals**

When it comes to root canals, removing them has helped many of my past clients. However, there is a right and a wrong way to extract them. The right way, in my opinion, is to see an endodontist. Endodontists will clear out the infection, as well as extract the root canal properly and safely. The specialist will suggest that antibiotics be taken after the procedure and I second that motion. As long as it is not gentamicin as that is extremely ototoxic. In my opinion, antibiotics such as Amoxicillin are more preferable.

- **Having Amalgam Fillings**

Amalgam fillings are extremely toxic because they leak mercury directly into the brain. Even if your fillings are made of silver, most of that is mercury. Also, if you're going to remove a filling that contains mercury, you *must* go to a specialist to get the filling removed. This is an image showing exactly how careful dentists must be when removing amalgam fillings. This shows exactly how dangerous mercury is. In fact, mercury is one of the most toxic substances on the planet. So why is it included in metal fillings? Well, that's for you to decide...



- **Having breast implants**

The amount of people getting sick from breast implants is becoming glaringly obvious. Don't listen to plastic surgeons or doctors if they tell you they're safe. They're either idiots that haven't bothered to look into this, or they're trying to sell you bigger boobs. Don't listen to them. The number of clients I have who obtain silence or close to it weeks after removing their breast implants is staggering. This is a very invasive procedure, so think long and hard before having them explanted. But then again, isn't it worth having a smaller bust if it means having silence? Remember, this is invasive surgery, so please think long and hard before implementing it. This includes dental work, too.

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, 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

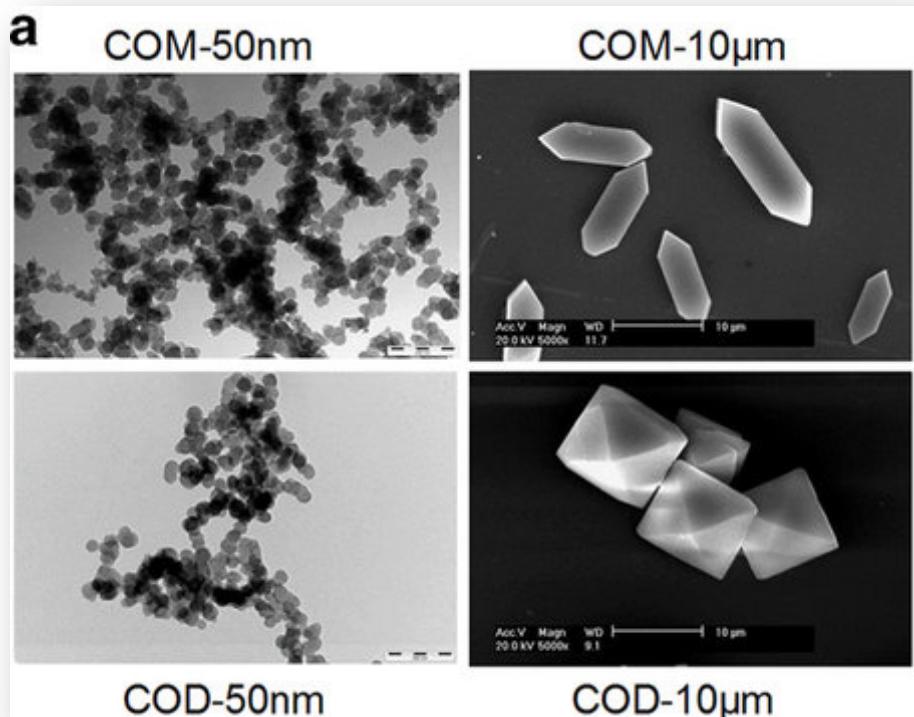
Oxalate

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 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 adaption (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.

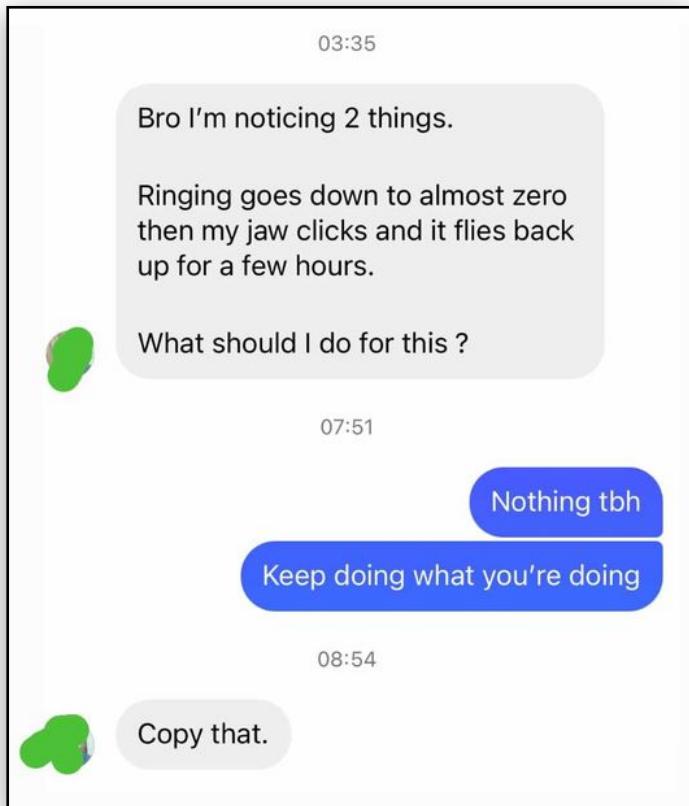
What Does Progress Look Like, and How Long Will This Take

It is very common for many people who are correctly applying my advice to experience similar occurrences on the road to silence. Most people walk a similar path, consisting of symptom changes until they eventually arrive at complete silence. The most important thing a person should be looking for to determine that they are on the right track is indeed changes, however, they (usually) must be changes that did not occur before implementing any of my advice. Meaning that the changes are something the person only started experiencing after the commencement of this course. They are new changes in tone, sound, location, or pitch. These fluctuations could come and go all the time until the very last day before silence. And fluctuations, unless it is a severe spike, do not mean the person is doing anything wrong and that they need to make

some pivot or alteration.

Let me give you an example of what I mean.

This is a screenshot of a message I received from someone who is probably weeks away from obtaining silence. This man is experiencing a new occurrence, jaw clicking, and he wants to know what to do about it. My answer? Nothing. He is already applying what works and just like practically every other one of my past clients who came before him and got silence, things like this can happen. But they pass. It



can be scary for people with tinnitus to think that they now have some new symptom that they must identify and then beat alongside tinnitus. Or that they did something wrong, or that they should be doing more. But the truth is that if someone is getting good results, none of those aforementioned things are true. This guy should just keep on doing what he's doing in a safe,

slow, and common-sense manner. As I was saying, the number 1 most important thing a person should look for to identify that they're personally applying the right steps for their case and symptoms, alongside a reduction in their tinnitus, is change. What could this mean? Here are some common examples and symptoms people experience when they are implementing this course correctly.

- **A decrease in volume**
- **A temporary increase in volume (spikes)**
- **The appearance of a brand-new sound in either ear or emanating from the head**
- **The disappearance of an old sound that used to emanate from the head or ears.**
- **Noises switching from ear to ear.**
- **The onset of almost any audible occurrence that began only after applying this course that did not exist before application.**

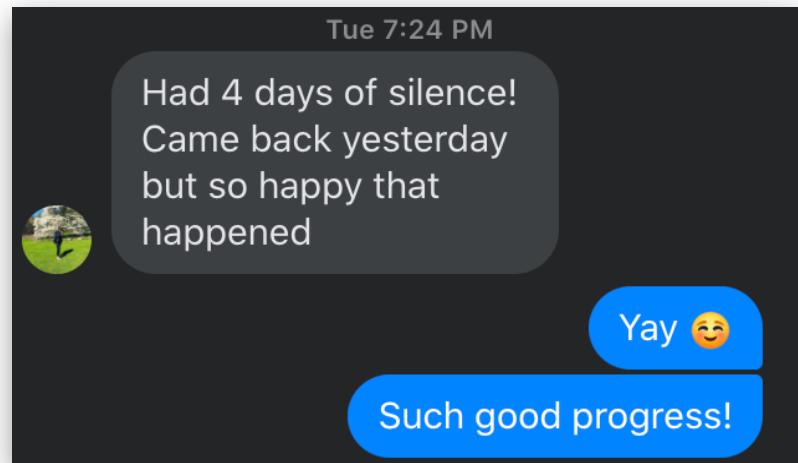
Kirschner Kathi shared a link.
· 23h ·

After a spike yesterday from I think a cold shower OR an earthing pillow, I am QUIET TODAY!! Praise God! It went from a 6 to a 3. Sometimes today maybe a 2! I'm so excited....I KNOW this is working.

What a person with tinnitus should be looking for to indicate that they're on the right track is almost any fluctuation in their audible symptoms. An exception to this is if a severe and sustained spike occurs that lasts over 48 hours. In that instance, that person should stop what they're applying and revert to their previous lifestyle. A reason for a sustained spike is often doing too much too quickly. So, they should stop, go back, and apply the same steps slower, or even exclude that certain step from their regime either for some time or permanently. Let's go deeper into the concept of 'doing too much too quickly.' You see, the name of the game when it comes to beating tinnitus is the following points:

- **Consistency and persistency**
- **Taking it slow**
- **Introducing one thing at a time to check whether the introduction/removal of something causes a benefit or a problem.**

I want to now give examples of when to cease specific actions. When someone starts to implement my advice, many things can happen, and a lot of the time, new people do have trouble understanding what it means. “Is this good or bad?” Well, let me help straighten some things out.



- **Cold Water:**

If a person experiences spikes during or after a cold shower, on four separate occasions, then they should stop taking cold showers. That person likely has issues with their nervous system and the shock to the system brought forth by the freezing water is too intense.

- **Fasting:**

If a significant spike occurs during any type of fast, one that seriously impedes a person's ability to remain optimistic during a fast, then that fast should be broken. However, if the person's symptoms spike just slightly, or to a tolerable level then the fast can be continued. It should also be noted that the aim of a fast is not to have tinnitus decrease during the fast and stay decreased after it is broken. We have spoken about this already but to recap, the actual major benefits of fasting occur in the weeks and months after the fast is broken, only minor benefits occur during the actual fast itself. That's a writer-downer, by the way.

- **Muscle Release:**

If spikes occur during a muscle/fascia release session when a specific part of the body is being targeted, then that specific part of the body should cease to be targeted. However, if other parts of the body can be released with no significant spike, then those areas should be continued to be worked upon. The person can try the problem area(s) again a few weeks later if needed.

- **Iodine:**

Iodine is an essential trace mineral. ‘Essential’ means the body needs it

but cannot make it. Iodine can cause very severe spikes because Iodine pulls bromine and other toxic halides from Iodine receptors inside of cells and pushes them out into the extra-cellular matrix. The body then must deal with those toxic halides, and this is not always easy or pleasant. Some people do extremely well on Iodine, I have even had people take just a few drops of Iodine alongside selenium inside a glass of clean water to experience almost instantaneous relief from their tinnitus as well as experience improvements in their hearing. However, other people have the complete opposite reaction. Their tinnitus spikes quite high and stays high if they continue to take Iodine daily and may even linger for a few days after. In this instance, it is much better for that person experiencing the consistent spike to cease Iodine intake immediately. However, they may want to consider continuing to take selenium to test for a spike from it. No spike? Then selenium should be taken from there on as directed on the label.

D Highlighted comment ⋮

David Rubio Madrigal 1 day ago

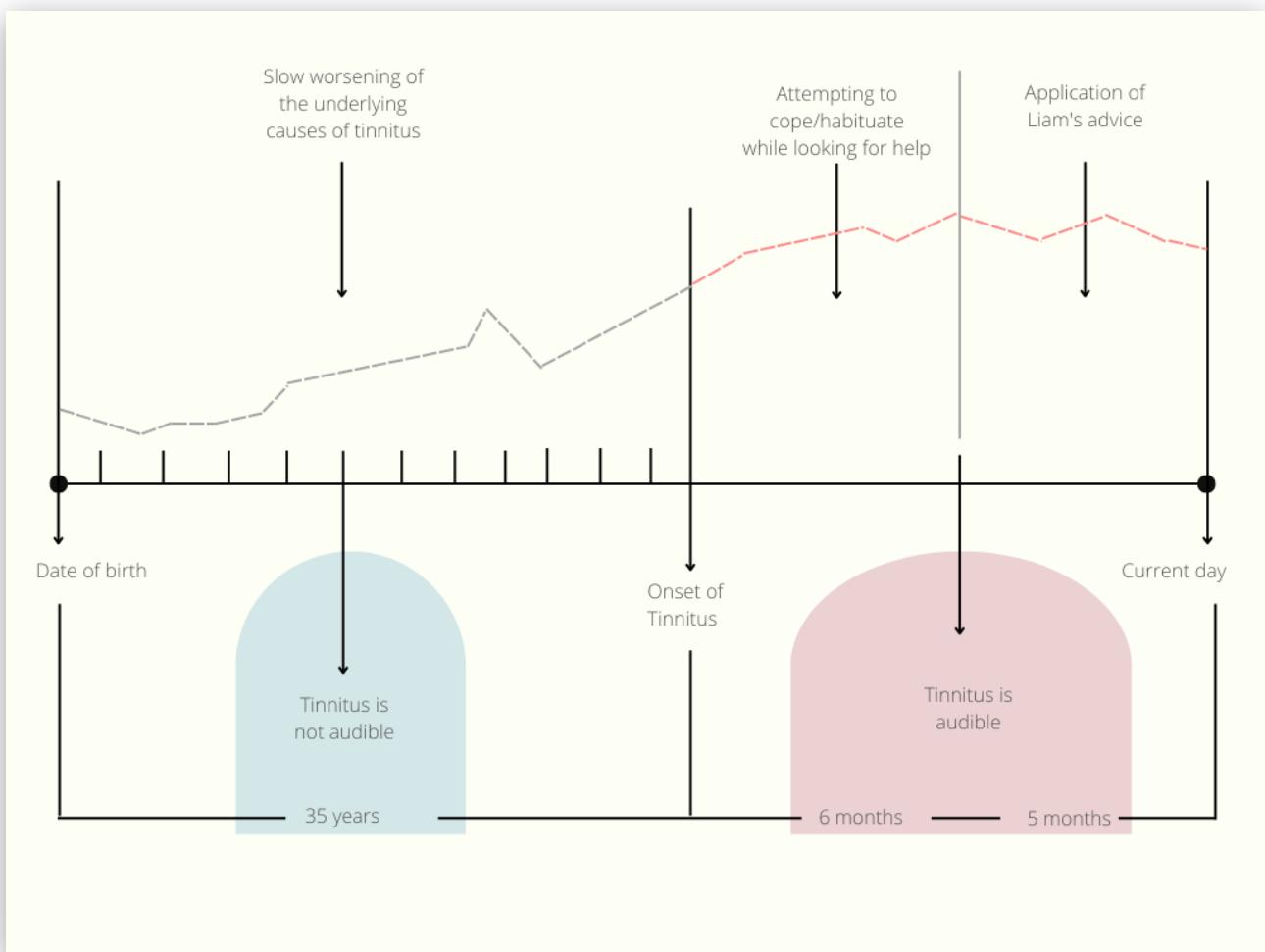
Hi Liam! I'm from Spain and I'm much better since following your advice. I no longer have ringing, now it's turned into a hissing. I have a question for you. What supplements should I be taking? Thank you very much Liam keep Up the good job. THANKS!!!

Show less

I have just spoken about the most common causes of spikes that I have seen. Now, these will not happen to everyone. These same steps can be used to stop spikes brought on through practically any steps implemented on a person's journey to silence. I also want to add that it will be mostly up to the person to determine what is a spike, and what is a fluctuation.

Visual Representation: Tinnitus to Silence

Here is a diagram I have used before that shows how people need to not focus on the time they have had tinnitus compared to the time of effort they have put in obtaining silence. Rather compare that to the decades spent inadvertently damaging their mitochondria. Obtaining silence can take time, but in practically every single case 100% silence is possible.



The Different Forms of Silence

To start, I first want to say that the classifications detailed in this chapter are ones I have surmised myself. I have coined these terms based on my own experience through the observation of my clients which would equate to what I estimate to be hundreds of person-years (the combined total of each person's time under observation). This chapter is different from chapter 18 about what to expect as you implement this course. In chapter 18 I detailed what usually happens when a person starts to implement this course correctly:

- **Fluctuation**
- **The sound(s) goes from ear to ear.**
- **Fleeting spikes and decreases in tinnitus (periods of highs and silence that come and go)**
- **The sound(s) goes from a ringing to a hissing.**
- **New sounds occur.**

In this chapter, however, I will be detailing what I believe to be the three forms of silence.

Habituation Silence

This is more of a mental state, an acceptance of tinnitus. I do want to point out that habituation/acceptance as a final step and something to be done forever is not a real solution, and that anyone promoting habituation as the 'only' solution possible for tinnitus sufferers should please be aware of the damage they are doing to countless lives. Practically every single one of my clients who now have silence was first told by their ENTs and the internet that 'tinnitus is for life' and that habituation was the only option. This seriously scares people and is completely unnecessary.

Fleeting Silence

'Fleeting silence' is still silence, even though it is not permanent. This stage is where a person can have silence:

- A few hours a day for between 1-7 days a week
- For the entire day for 1-7 days a week

- Intermittent throughout the day for minutes or hours at a time between 1-7 days a week
- Or any other variation, as long as some periods of complete and absolute silence are being experienced.

Sustained Silence

This is what everyone reading this book is here for. Not only do I speak of tinnitus here, but also hyperacusis, pulsatile tinnitus, and vertigo. Eradication of all issues.

Once a person has had silence for over a year then they should rest assured that they have accomplished what they bought this course to achieve - silence. I do believe that after 4 months of complete silence that a person can safely say they have silence and have addressed the underlying issues, but I still say a year just to be safe. What I am saying here, is that whenever someone follows my advice and achieves Sustained Silence, they should then continue to implement what got them to Sustained Silence for an additional 365 days to cement in silence. The point I am about to make is crucial for anyone who still has tinnitus to understand: Just because your ears have stopped ringing does not mean the underlying issue that caused it is still not running rampant inside of your body. Tinnitus is just one symptom of whatever your issues were, and silence does not mean they are not still bubbling away under the surface, waiting for you to go back to your old ways so that the symptoms of tinnitus can spark up again.

Getting From a One to a Zero

If there was ever a phrase that perfectly summarized how to get silence, it would be ‘persistency and consistency.’ In other words, you must do what you know you should do for as long as it takes until you have silence. How long until you get silence? I don’t know. Maybe 18 months, maybe 3. Maybe more, maybe less. It will be you who tells me the answer to that question when you wake up one day and realize you forgot your ears ever used to ring. Now, let’s get you to that total and complete zero, shall we? This chapter will be dedicated to getting your tinnitus from a one to a zero, the next chapter will be all about keeping it at a zero for the rest of your life.

It’s also worth mentioning that one of the greatest steps a person can make to get from a low volume of tinnitus down to a zero is to stay off tinnitus forums and away from online tinnitus content that is not mine. I have countless stories of clients who I lost touch with, who stopped viewing tinnitus content online and claimed that weeks later their already very low tinnitus had been silenced by that change. I implore people to consider it. I want people to take their minds off tinnitus when it is near zero, because usually, that is a huge step towards real silence that lasts a lifetime I am *not* suggesting that ‘close to zero’ is the best some people can hope for, because if you can get your tinnitus close to zero, then you can get it to zero. It’s that simple. Toxic relationships can also prevent silence because they can cause perpetual stress when a person is both directly interacting with that toxic person, and thinking about the near future when they must again interact with that person. There is a story of a past client of mine which perfectly exemplifies exactly how detrimental to silence toxic and narcissistic people can be.

This story starts with the Quran and ends in silence. I had a male client who was dating a Muslim woman and had been for 6 years. As the relationship grew, discussions of marriage and kids did, too. The man was Christian, but his potential future bride was of the Islamic faith, as were her parents, and vehemently so. As time went on, the parents pressured my client (who still had some lingering tinnitus at this point) to convert to Islam. They pressured him more and more, and sadly, so did his wife-to-be. My client did not see anything wrong with Islam, but he wanted to maintain his Christian faith. This went on for a year until he finally could not stand the pressure and closed-mindedness. He ended his relationship with the woman and 2 weeks later he

had silence. The moral of this story is not to spend time with people who pressure you to do what you do not want to, and who do not treat you or your views with respect.

My summary of the best steps to take to get from 1 to zero are:

- Stay off tinnitus forums
- Cease watching even my content online for a while
- Consider mold, parasites, heavy metal toxicity, and nnEMF toxicity
- Consider root canals and dental infections
- Consider consistent posture issues
- And finally, you may just need more time to undo decades worth of damage

These are the things I see that often keep something from silence even when they are so close to it.

The Siren's Silent Song



Most people will have heard the tale of Ulysses and how he strapped himself to the mast of his boat to hear the sirens' beautiful song. As the tale goes, Sirens are mystical ocean creatures that come in the form of beautiful women. Sailors would fear them because these female creatures sang a song so beautiful that they lured sailors over the edge of their boats and into the water where they were drowned. Anyone could claim the sailors were drunk, hypnotized, or maybe even bewitched. Either way, they were tempted by a type of noise they had never heard before and followed it to their demise. Believe it or not, I have seen the opposite happen to my clients, and it still happens to this day. Of course, this does not involve mythical creatures, but it does involve people making poor decisions due to noise, or rather – a noise that they no longer hear. There are a few instances in which clients of mine have gotten silence, and claimed

"I've gotten silence before, so if I 'cheat' and get tinnitus again, I know how to fix it!" Believe it or not, this is something people who have achieved silence in the last 30 days do sometimes say.

This also applies to people who are near to silence; “*I’m so close to silence, and I have worked so hard for so many months, I just want to take a break and go off the course completely and enjoy life for a few weeks*”. A few weeks always turn into a month and then a few months. It’s not as though those people don’t deserve a break, but I believe I have shown, or at least done my best to show that nothing worthwhile in life must stop to get silence and that life can quite easily be better on this course. Obtaining silence does not have to be boring and stressful.

One of the best things a person can do is to see that alcohol, recreational drugs, video games, porn, and other detrimental habits are not needed to have fun. Please understand that I still smoke cigars when I hit a personal milestone, and I do sometimes have a whisky with that, but I don’t drink half a bottle of it and feel awful the next day. And I also know it’s stupid and serves no purpose. But I do it because I love it and I accept that as a human being, I am imperfect. I also realize that not allowing myself any release ever no matter what may be detrimental to my mental health.

One phrase I have heard from people is “Must I remove these things from my life? I want to have some semblance of a quality life!” And I ask them, harshly but still, “you have tinnitus now, correct? How is the quality of your life now?” I also want to repeat myself for emphasis: this course does not need to be done 100% for silence, use the tools in this book, the digital PDFs, surveys and videos in the member area to see what has a high chance of working for you and then implement that and go from there. But for a person to go off the course totally when they are so close to silence or have just achieved it, is not a great idea.

So, to summarize; close-to-silence is not an indication to take a huge break. And just because you have silence, does not mean you cannot get tinnitus again by going back to your old ways. Do not allow a Siren’s ‘song of silence’ or close to it to take you off your path as you are sailing to your destination of silence. You must be strong and consistent. Silence will come to those who are.

Keeping Silence

In this chapter, I am going to now break down the minimum level of implementation, and then tell you about something that happened to me in late 2019, and throughout the front end of 2020. There probably isn't a better example of just how resilient your ears can become when it comes to preventing tinnitus from ever coming back so long as you know how to put up a 'shield' of sorts. Here are some fundamental truths you need to know about keeping silence once you have it.

- Yes, you will need to adopt some of the teachings in this book forever, but you need not implement them every single day.
- Keeping silence only involves (I estimate) about 10% of the same amount of work that was required to achieve silence in the first place.
- Once tinnitus is gone, you can certainly get it again if you abuse your body emotionally, physically, and/or chemically.
- You will need to cleanse your body of parasites and mold once a year as well as test your home for mold (this is something that every person on the planet should be implementing anyway, for their health and that of their family). Don't worry, these are cheap and quick processes.
- Stay away from tinnitus forums forever. They were first erected to help those in need, but now their only function seems to be to starve the desperate of hope.
- You must wear hearing protection in noisy environments like playing in bands, worksites, concerts, nightclubs, etc.... this is what any sensible human should do, not just people who used to have tinnitus.

I do want to hammer in the point that most steps that got you silence don't necessarily need to be continued to maintain silence. However, if you're still at all thinking "Well, I don't want my lifestyle to be in any way dictated to me by tinnitus and the concern of its potential return" please ask yourself; what kind of a life do you have now with tinnitus? Continuing to implement a small, personalized set of steps is a small trade-off for a lifetime of silence. And don't forget the side benefits. I guess that you are going to feel so

amazing and be so pleased with your improved sleep, happiness, muscle density, hair strength, reduced body odor, and soft skin - that even before your tinnitus is 100% gone you will never even dream of going back to the way you were when you had tinnitus. Your life can be so much different, so much better than it is now once tinnitus is gone so long as you can keep a grasp on some of the habits you picked up to obtain silence in the first place. Specifically which habits you might ask? We will cover that later in this chapter.

Maintaining Silence in Adversity

So, we have just briefly spoken about the 1,000-mile up look at what it takes to maintain silence, and later I will get more specific, but now let's talk about maintaining complete and absolute silence and how it is possible to keep tinnitus at bay no matter what happens to you. There is no better way to prove and demonstrate this than with a story of my own. So, let's go back to December 2019. The month I died.

Some of my readers will already know that I used to live in Chiang Mai, Thailand. Thailand is well known for its 'hot pot' restaurants. It was in one of these restaurants that I consumed what I believe made me sick, and what ultimately resulted in my death. My day was like any other day, I had fasted until 4 pm (usually a dry fast, sometimes water due to the Thai heat) at which point I would head to one of a few hot pots to select a variety of beef, chicken, pork, and organs to cook on my own designated small table-cooker and eat approximately between 700 grams to 1 kilogram of meat. The day I got sick I had a friend from Melbourne visiting me, he also chose to include plants from the nightshade family, as well as lettuce, and pre-made chicken balls (similar looking to chicken nuggets) which I had never chosen to eat before. I indulged and tried everything, including most of the usual meat. We then left the restaurant, and I took him for a ride on my motorbike to show him around Chiang Mai. At 6 PM we went our separate ways, and both went home. Within about two hours of being home (three hours after leaving the restaurant) I knew something was wrong, and that it was food poisoning. Having been in Mexico a year prior and getting incredibly sick there, I was familiar with the feeling. I started vomiting profusely and although it was hugely unpleasant, it was nothing I hadn't experienced before. What was unusual though was that severe pain started to set in all over my body, especially my lower back which to me indicated my kidneys were suffering.

My symptoms started to worsen over the next four hours until 10 PM. I still thought my best bet was simply sleeping it off.

I had to crawl from my bed to the bathroom, where I would vomit stomach acid into the bowl which burnt my throat, tongue, the roof of my mouth, and lips. I also started to have violent diarrhea which would fire out of my backside and onto the wall behind me as I was on my hands and knees vomiting. It was graphic. I also hope you aren't eating right now or reading this book to your kids. I didn't sleep that whole night and spent it crawling from the bedroom to the bathroom on repeat. I also started to hallucinate. I began to hear voices talking to me and see faces. Random day-to-day objects appeared in the corners of my ceiling alongside the faces and voices. Morning came and I began to get worse and worse. At this stage, I messaged my friend to bring me some water and electrolytes to try and fix me. He took 20 minutes and when he arrived, he had serious concerns. I asked him to call an ambulance which arrived within fifteen minutes, during which time I was going further and further downhill symptomatically. I could hear the paramedics walking down the hall laughing, however, as soon as they walked into my bedroom to see me in bed, it hit Defcon 5. They stopped laughing, their faces dropped, and they put me into their wheelchair and ran me down the hall, into the ambulance, and sped down the street with lights and sirens blaring, running every red light, and flying down the roads and corners. When we arrived at the emergency room, my friend and I found out that unfortunately it was a public holiday and there were no emergency doctors in this ward, only day-to-day nurses not specially trained to cater to the severity of my situation.

I laid down on one of the emergency room beds in a large room next to about 10 other patients who were suffering from issues ranging from cut hands to fevers. The staff hooked me up to a drip of antibiotics to flush out whatever pathogens or parasites were in yesterday's meal that was wreaking havoc on my insides and that's exactly when the pain set in. It felt like someone had just stabbed me in the stomach and was slowly twisting the blade. I was squirming and trying to keep it together, but the pain got so bad that I started to moan and eventually scream out loud. I simply cannot describe to you just how horrific the pain was. My friend was still by my side at this stage, and so he stood up to grab one of the nurses, but they had obviously heard me and were walking over already. I had immediately gone from being the patient of higher concern to being the only patient with any attention at all. Every nurse gathered around me, helping, insisting the pain would pass, but it got worse, and my friend insisted that they gave me something for the pain. That was my first ever experience with fentanyl. Over

the next seventeen days, I would need a high dose of fentanyl every 3 hours to quell the pain to prevent me from passing out from it, but we'll get to that. Right now, we are only at the beginning of the nightmare that would eventually cost me over \$130,000.00AUD and all ten of my toes. But all the while, my ears remained completely silent. So, let's get into it. But a warning, this story is extremely confronting and graphic and contains medical images that may be confronting to some.

Pain

So, back to the Emergency room where I'm screaming in pain. The nurse had just administered the highest safe amount of fentanyl into the bung attached to my drip so it went straight into my bloodstream. I now know how people can become addicted to such a drug. Fentanyl hits immediately. It is no exaggeration to say that 90% of my pain vanished in under twenty seconds alongside all my worries, concerns, and anxiety about my current situation. I felt a loving warmth rush all over my hands, and feet. My body felt such pleasure that I never wanted it to end. But about forty minutes later the drug wore off and the pain came back. Only this time the pain was worse than before, much worse. The staff informed my friend that I should be taken to the Bangkok International Hospital in Chiang Mai to their ICU (Intensive Care Unit) as my condition was deteriorating quickly and explained that tests needed to be run on me by people who were more qualified than them. So, back into the ambulance, I went, with my situation worsening pain-wise. By the time I arrived at Bangkok Hospital, I was screaming again from the pain and vomiting on myself. At this stage, it truly felt like some sort of creature was eating me from the inside out. They put me into my room and attached an oxygen mask to my face. My oxygen levels had hit low levels of ninety-four which is a state of hypoxia (oxygen deprivation).

As the doctors finished questioning me and my friend about what had happened, the nurse who was drawing blood from me to test for the cause of my condition asked me what had happened to my face. My face? I thought. I had no idea what she was referring to. Perhaps I was pale, I thought. I said I didn't know what she meant. She then took a photo of my face to show me. My entire face had started breaking out in what I can only describe as a horrific-looking red rash. It turns out that thrombocytopenia had started to set in. This meant my blood could no longer clot to stop any

severe bleeding. A cardiologist then came in to listen to my heart. He explained that my heart had become extremely weak and that it was becoming weaker. My pain increased and the red rash spread further across my body. I was administered another dose of fentanyl after an agonizing 90 minutes of waiting (only certain doses of fentanyl are allowed every 90 minutes due to the risk of overdose). I had become somewhat stabilized, but my hands, feet, nose, and ears had started to break out into a red rash now, too. The pain in them was becoming increasingly unbearable, but at least my stomach pain had somewhat subsided.

At this stage, my friend left as it seemed I had somewhat stabilized. However, this was not true. Although my situation stabilized for about an hour, it then got even worse. The pain in my extremities continued to increase to such a level that I began to hallucinate again. It felt as though someone was holding the palms of my hands and the soles of my feet onto searing hot frying pans, that is not an exaggeration in the slightest. I began to puke, further hallucinate, and defecate all over myself from the pain. I lost track of time and space. Dizziness set in. It had been five hours since first being checked into the first local emergency room. I then began to lose my vision and see floaters everywhere until quickly went 90% blind, seeing not black but simply nothingness. This was still tied in with having full-blown hallucinations of people sitting in the corner of the room talking to me who was not even in the country. Old school friends who I had not even thought about in over a decade were sitting together around my bed talking to me as I screamed in pain.

As anyone could imagine, at this stage I had lost myself mentally. I started to tell the nurses that I needed to go home. They were not on my side with the idea of me leaving and told me I would die on the way home. I tried to get out of bed and began to yell at the nurses that I needed to get home because I needed to have a bath. You can see the state I was in. Complete and utter incomprehensible delirium. It was around this time, perhaps 11 PM, the machines that were monitoring my oxygen and heart started simultaneously flashing and beeping loudly. About three different doctors and five nurses rushed in. One of them attached a manual breathing pump to my face and started to pump oxygen while telling me to relax, I had no idea what was happening as more nurses came, rolling with them various machines, talking quickly to each other in Thai, then everything went black.

Death

I woke up handcuffed to the bed and catheterized. I remember how quiet it was. So quiet. I had just died of a cardiac arrest due to severe myocarditis. The medical staff resuscitated me, and I was in an induced coma, on a ventilator for 6 days. I was handcuffed to the bed because the hospital staff was concerned that with me being 6ft 4" and 115 kilograms in my delirious state I might hurt one of the smaller, Thai female nurses if I tried to escape again. I later found out that there were a handful of other people admitted to the hospitals around Chiang Mai with similar health outcomes to mine indicating that there was some sort of pathogenic outbreak in the food supply chain. The doctors said they had never seen anything like it. Most of the other people died, too. But unlike myself, they had not woken up.

Let's review the story so far

- I had been eating nothing but meat for roughly six months and the first time I ate plants + processed foods I got extremely sick.
- There was an outbreak of severe food poisoning in Chiang Mai and many other people got sick, some died (and stayed dead), or lost all limbs. I had the best health outcome.
- Neither my tinnitus nor hyperacusis had come back in any way whatsoever.

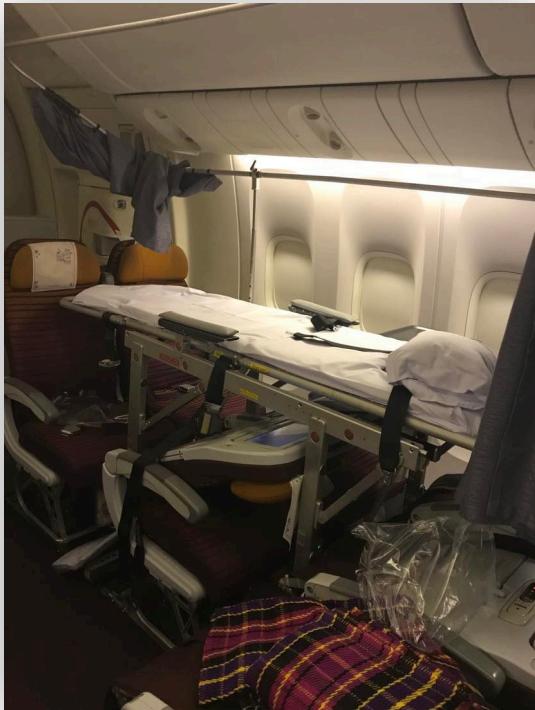
I don't want any of my readers to be under the misconception that meat did this to me. No, on the contrary, meat saved my life and delivered a more favorable health outcome. No one should be afraid of meat; it is a healthy food and the human body needs it to thrive. To interject with an anecdotal story, the same friend who was with me when I got sick, went to Mexico with me one year later. We went to a restaurant and ordered steaks that came with a side of beans. He ate the beans, I did not. He knocked on my door later that night after he had been throwing up all night and had started to lose feeling in his hands and feet, I had to take him to the local hospital in Cancun where he was immediately taken to intensive care where he stayed under observation all night long. I had zero symptoms. I did not eat the plants. He did. I hope my readers are starting to see that a lot of the time meat can be blamed for what the plant has done. Stop. Eating. Too. Many. Plants. Short-term and long-term, they're toxic, anyone who says otherwise

simply does not understand what they are talking about. Sure, as medicine, plants are great, but when used as food? That, in my opinion, is a mistake.

From Awful to Devastating

Let's continue with my story. Very soon after waking up from my six-day coma, I realized that the same friend I mentioned before in Mexico, had called my parents, as the doctors said I was surely about to die, so they should come and say goodbye. My parents plus my twin brother arrived 24 hours after I sunk into my coma. The doctors told my parents that to save my life, my hands and feet would have to be surgically removed to stop the gangrene from spreading to my central organs which could kill me. My parents decided against it, which is what I would have wanted. Better to roll the dice and either die or live with all appendages, than to certainly live but with no hands or feet. That is not a life I would have wanted.

Twenty-four hours after waking, a nephrologist walked into my room to tell me that I had had a complete and utter renal failure (my kidneys had stopped working) but thankfully were now recovering. After her, a cardiologist walked in to inform me that my heart had indeed stopped (which is what caused my death) and that I had died for a few minutes. And, also, I now had myocarditis (inflammation of the heart muscle). The cardiologist pointed to a tube that had been inserted over my collarbone and explained how it led directly into my heart. This direct line to my heart allowed drugs (such as noradrenaline) to be infused to keep my blood pressure up and keep me alive. It was also there in the event of another cardiac arrest (in case my heart stopped, again). I looked down at my body and noticed my hands and feet had gone from red to black. My vision was still impacted, and my nose and ears had started to turn a crusty black, also. The skin all over my face had also started to burn. And believe it or not, the pain was worsening. The amount of pain medication I was given on 90-minute cycles could have sedated Dumbo. Lyrica, Morphine, Fentanyl, Panadol, and more. They just kept on coming. I was hooked up to bags of antibiotics, and Saline flushes. But still, my ears remained silent. Neither tinnitus nor hyperacusis had returned. But that did not mean I was not in serious trouble. My tongue blistered with painful ulcers making speech impossible. Due to the vomiting



insurance application had not gone through properly (entirely my fault) and that Medi Bank would not be covering me. This was quite a shame as each night in the ICU was costing roughly \$20,000. And I had been in there for over a week already. I was moved from the ICU to the ward upstairs. Luckily, I did have a private room and it was quite nice. The preceding two weeks were a blur of painkillers, pain, more defecating in the bed and all over myself, being baked by the hot Thai sun through a floor-to-ceiling window with poor cooling. And watching my fingers and toes turn even darker and harder. Eventually, it became all too clear that I would lose all 10 of my toes, and maybe even some of my fingers. However, by that stage of realization, my nose and ears had recovered almost fully, and my vision had also returned by 90%. The nurses and treatment at the Bangkok Hospital in Chiang Mai, I must say, were the best I have ever received. Eventually, I was medevac home in a

and nausea, I could barely eat. I lost roughly 15 kilograms of weight within 10 days, during which time my vision started to quickly worsen. I had inflammation in my shoulders and knees, making it impossible to even raise my arms at all. All I could do was lay there, defecate myself, vomit, pass out, wonder if I would ever recover, watch my hands and feet harden as the tissue died (my hands looked and felt like I was wearing gloves of leather), and moan in pain, waiting for the next dose of pain medication to take away the agony and grant me the sleep I so dearly craved and needed. I was truly in hell... fucking salad. The next day was when I found out that my health



special section of a commercial plane, accompanied by an ICU doctor and nurse.

These Little Piggies went to Market.

The next few months of my life back in Melbourne involved high doses of ketamine and morphine. The drugs I took to sleep caused urinary retention, meaning I had to get catheterized every 7 days for about 2 months, that was an unbelievable agony as it meant the inside of my penis was constantly being scraped and pulled on. My toes were black and started to slowly rot and eventually fall off my body. This photo is a picture of my left pinky toe after I pulled it from my left foot whilst watching television. Eventually, I went in for surgery to get all ten toes removed. That was followed by more drugs, more hospital stays, and daily bandage changes that required more ketamine and more drugs. I am shortening the story, but I want you to imagine the worst pain and anguish of your life and then triple it. But even still, I just got on with life. And even still, not even for a second did my

tinnitus or hyperacusis come back.

Not even death could do that. Why? Because of the lifestyle, I had.

Having my mother bring in steak and liver to my hospital room and throwing the hospital food into the trash is a big reason I did not lose all my fingers, too, and the entirety of both feet. The point I am trying to make is that after you get silence, so long as you don't completely fall off the wagon, you can keep it forever.



I hope my readers can take inspiration from my life story so far. Understand that no matter what happens to you, or how bad it gets, provided you don't quit on yourself; things do get better.

Why I Believe Habituation is a Mistake

Whenever somebody tells me that meditation and habituation are the best way to deal with tinnitus, I wonder truly if they are missing a brain. Best of intentions or not, they should be ashamed of themselves, apologize to the tinnitus community at large, and be exiled from discussing tinnitus forever or only until after they commit to further research and see the error of their ways. And I mean that. Many new clients have a certain level of apprehension or even disbelief in my methods when they first find me, simply because they have spent so much time absorbing lies online about how tinnitus is for life and that there is nothing you can do. So, if you truly thought that tinnitus was for life, then you would assume that the suggestion of habituation would make sense, seeing as tinnitus is for life, correct? But what if tinnitus was not for life, after all? People get confused because of the incorrect advice they see online. The advice online for people with tinnitus is:

- It's a hair-cell issue.
- Learn to live with it.
- Anyone who says they can fix it is a scammer.
- ENTs are highly educated in the field of tinnitus and their word should be believed.

All of which are provably false. I have even seen some 'habituation' experts offer cognitive-retraining therapy for \$350 per month (this would be forever because habituation is forever). I have contacted these people (plural, as there is more than one) and asked them if they thought wouldn't it first be prudent to have the client fill out a questionnaire or undergo an interview to see if there are any obvious causes (or not so obvious causes, as this course has shown) of tinnitus that can be fixed in order to silence tinnitus. But I get back ad hominem attacks on me or no response at all. After all, what use would they have silencing a client's tinnitus for a one-time fee when they could have a client for life? The fact that most ENTs refuse to look at/accept any evidence that their view of tinnitus is wrong is truly upsetting to me and I cannot believe how quickly these people who put themselves forward as pillars of society have forgotten their oath to do no harm. These scam artists and snake-oil salesmen who are truly intentionally lying to vulnerable people on purpose to get their hard-earned money need to be stripped of their medical licenses. Habituation is not the only option. It's not an option at all, is it? How could someone learn to live with tinnitus? Would you ask

someone to live with a rock in their shoe? Don't listen to anyone, no matter their credentials who says tinnitus is for life. Because it's not. And therefore, habituation is not required. Why would anyone habituate to something they can eradicate?

The End

So, that's it. This signals the end of this book. I had two goals when writing this book; to show you that tinnitus is not for life because silence is possible and how to have the best chance at silencing your tinnitus and other related symptoms.

I hope that you will now do something with the information you have learned, but just make sure you get your doctor's permission first and then apply this course slowly and safely. Try not to spend any time on tinnitus forums as all that they will do is destroy your hope. And tell you that habituation is the only option. I hope one day to meet you in real life, dear reader, but for now, I would suggest reading this book a second time in case you missed something (there is a lot to it). But more importantly, start planning what your life will look like when you have silence. I wrote this book for you and everyone else who suffers from tinnitus who doesn't have to. Please take care of it, and in return, hopefully, it will take care of you.

With love,
Liam Boehm

P.S. Tinnitus is not for life.

