$$\frac{1}{\sqrt{\sqrt{23}+4}-1}-\frac{1}{\sqrt{\sqrt{23}+4}+1}=\frac{\sqrt{\sqrt{23}+4}+1-\sqrt{\sqrt{23}+4}+1}{\left(\sqrt{\sqrt{23}+4}-1\right)(\sqrt{\sqrt{23}+4}+1)}=\frac{2}{\sqrt{\sqrt{23}+4}^{2}-1^{2}}=\frac{2}{\sqrt{23}+4-1}=\frac{2}{\sqrt{23}+3}$$