

## **2015 Mold Avoidance Survey**

### **Improved vs. Not Improved**

This document looks at the responses of the participants in the 2015 Mold Avoidance Survey who answered questions about their experiences with various therapies on the survey.

It compares “Improved” individuals (who reported improving at least two levels on the activity scale) with “Not Improved” individuals (those who did not report improving at least two levels on the scale).

There were 137 survey participants in this “Improved” group and 196 participants in the “Not Improved” group.

The numbers listed are the percentages from each group who said that they had tried the treatment.

P-values were calculated using a 2-sample z-test.

## MOLD AVOIDANCE

	<u>Not Improved</u>	<u>Improved</u>	<u>P-Value</u>
Staying out of problematic buildings	94%	99%	p<.05
Paying attention to cross-contamination of possessions	81%	91%	p<.05
Staying away from locations with problematic outdoor air	74%	74%	
Showering and changing clothes after exposures	76%	77%	
Avoiding toxins in tap water	63%	62%	
Avoiding toxins in foods	83%	88%	
Avoiding environmental chemicals	99%	99%	

## DETOXIFICATION TREATMENTS

	<u>Not Improved</u>	<u>Improved</u>	<u>P-Value</u>
Sweating (e.g. through sauna, hot springs, heat or exercise)	56%	66%	p<.10
Cholestyramine (CSM)	38%	47%	p<.10
Welchol	11%	10%	
Other intestinal binders (e.g. bentonite clay, activated charcoal or CholestePure)	53%	54%	
Chelation (e.g. EDTA or ALA)	17%	19%	
Nutritional supplements (e.g. to support methylation or address pyroluria)	67%	70%	
Glutathione	43%	51%	
Juicing, green smoothies or raw produce	66%	70%	
Coffee enemas	24%	25%	
Colonics	16%	22%	

## PATHOGEN TREATMENTS

	<u>Not Improved</u>	<u>Improved</u>	<u>P-Value</u>
Antiviral drugs	17%	21%	
<b>Antibiotic drugs</b>	<b>31%</b>	<b>50%</b>	<b>p&lt;.001</b>
Antiparasitical drugs	24%	28%	
Antifungal (or anticandida) drugs	40%	47%	
Treatment of fungal sinus infections	38%	36%	
<b>Treatment of MARCoNS sinus infections</b>	<b>13%</b>	<b>20%</b>	<b>p&lt;.10</b>
Herbs	65%	61%	
Chlorine dioxide (CD)	6%	9%	

## DRUGS AND NATURAL REMEDIES

	<u>Not Improved</u>	<u>Improved</u>	<u>P-Value</u>
Vasoactive intestinal peptide (VIP)	8%	10%	
<b>Desmopressin (DDAVP)</b>	<b>1%</b>	<b>8%</b>	<b>p&lt;.01</b>
Bioidentical Hormones	21%	24%	
Low-dose naltrexone (LDN)	22%	24%	
Benzodiazapines (e.g. Klonopin)	26%	31%	
Anticonvulsants	12%	13%	
Marijuana	23%	25%	
Immune suppressant drugs	8%	9%	
Mast cell inhibitor drugs or supplements	7%	12%	
<b>Probiotic supplements</b>	<b>85%</b>	<b>78%</b>	<b>P&lt;.10</b>
Homeopathic remedies (e.g Hahnemann or Boiron)	43%	37%	

## NUTRITIONAL SUPPLEMENTS

	<u>Not Improved</u>	<u>Improved</u>	<u>P-Value</u>
Nutritional IV's (e.g. Vitamin C, Myers cocktails, ALA or saline solution)	37%	42%	
<b>Vitamin B12</b>	<b>75%</b>	<b>66%</b>	<b>P&lt;.10</b>
Activated folate (e.g. methylfolate)	53%	47%	
<b>Any other B vitamins</b>	<b>66%</b>	<b>39%</b>	<b>p&lt;.001</b>
<b>Vitamin C</b>	<b>80%</b>	<b>72%</b>	<b>P&lt;.10</b>
Vitamin D	75%	75%	
Coenzyme Q10	43%	46%	
Magnesium	75%	73%	
<b>Omega 3 oils (e.g. flax or fish oil)</b>	<b>74%</b>	<b>58%</b>	<b>P&lt;.001</b>
Phosphatidyl choline	25%	24%	

## DIETARY CHOICES

	<u>Not Improved</u>	<u>Improved</u>	<u>P-Value</u>
Autoimmune Paleo diet (e.g. GAPS or SCD)	44%	48%	
Paleo diet (e.g. Bulletproof or Wahls)	43%	51%	
Large amounts of produce	71%	73%	
Fermented foods	56%	50%	
Extra dietary electrolytes (e.g. salt or potassium)	62%	61%	
Avoidance of manmade chemicals (e.g. organic diet)	84%	81%	
Low-mycotoxin diet	54%	57%	
<b>Gluten-free diet</b>	<b>85%</b>	<b>77%</b>	<b>p&lt;.01</b>
Avoidance of other problem foods	84%	86%	

## OTHER THERAPIES

	<u>Not Improved</u>	<u>Improved</u>	<u>P-Value</u>
<b>Bodywork (e.g. massage, reflexology or craniosacral)</b>	<b>56%</b>	<b>67%</b>	<b>P&lt;.05</b>
Neural therapy	9%	10%	
Acupuncture	46%	43%	
Chiropractor	54%	54%	
Active exercise (e.g. walking or swimming)	76%	83%	
Stretching exercise (e.g. yoga or tai chi)	67%	75%	
<b>Medical ozone therapy</b>	<b>2%</b>	<b>8%</b>	<b>P&lt;.01</b>
Hyperbaric oxygen therapy	6%	10%	
Environmental air filters	68%	75%	
Filtration mask	49%	41%	
Environmental ozone	17%	19%	

## AMYGDALA RETRAINING

“How helpful have you found brain retraining or amygdala retraining techniques to be for controlling your reactions to MOLD toxins?”

	<u>Not Improved</u>	<u>Improved</u>	<u>P-Value</u>
Brain retraining	25%	18%	

## AVOIDANCE ACTIVITIES

“Which of these mold avoidance activities have you done?”

	<u>Not Improved</u>	<u>Improved</u>	<u>P-Value</u>
I remediated my home for a major toxic mold problem and am living in it now.	14%	18%	
I moved out of a home with a major toxic mold problem.	59%	69%	p<.10
I stopped working or going to school in a building with a major toxic mold problem	28%	35%	
I went on a sabbatical away from my suspect home and possessions to see if it made a difference for me.	23%	40%	p<.001
When moving from a house with a toxic mold problem, I disposed of some or all of my belongings or put them in storage.	56%	72%	p<.01
I had an ERMI or HERTSMI-2 done on my current home and it came up okay for me.	20%	18%	
When I have a choice, I try to stay out of moldy buildings.	91%	93%	
I use my own reactions to determine whether I am being exposed to mold toxins that might be harmful to me.	81%	90%	p<.05
I moved from a location that I suspected or knew had problematic toxins for me in the outdoor air to a location that seemed like it might be better for me.	36%	46%	p<.10
I routinely take a shower and change clothes as soon as possible after being exposed to problematic mold toxins.	53%	63%	p<.10
I periodically spend time in relatively pristine places in order to get clear of toxic exposures.	39%	50%	p<.05
I have been known to shift locations in order to avoid plumes of toxins in the outdoor air.	30%	30%	
I have lived in a tent or vehicle for more than a few weeks in order to reduce my exposure to mold toxins.	23%	25%	

**MOLD AVOIDANCE SKILL**

“How good are you at immediately sensing or guessing whether you currently are being exposed to environmental mold toxins that will turn out to be a problem for you?”

	<b><u>Not Improved</u></b>	<b><u>Improved</u></b>	<b><u>P-Value</u></b>
Percentage stating extremely good or very good	50%	61%	p<.05