

Individual Mold Group Poll Results

“Please participate in this poll only if you have achieved substantial improvements in your health compared to where you were at your worst. Which therapies do you feel have been critically important or of major benefit to you with regard to helping you to achieve improvements in your health? Feel free to add items to the poll if you like.”

Following are the 10 most frequently chosen items for each group.

Mold Avoiders

N = 66

- 92% Avoiding toxic buildings
- 74% Avoiding cross-contaminated possessions
- 63% Quality whole foods diet
- 63% Avoiding gluten, dairy or other reactive foods
- 63% Avoiding toxic locations
- 38% Spending time in pristine locations
- 38% Methylation related supplements
- 31% Vitamins and supplements
- 30% Cholestyramine
- 30% Epsom salt baths

This group has as its foundation the book *A Beginner's Guide to Mold Avoidance* and is sponsored by Paradigm Change. It is described as a recovery help forum with discussions of avoidance issues as well as healing therapies

<https://www.facebook.com/groups/moldavoiders/?fref=ts>

Toxic Mold, CIRS and Lyme Disease Support Group

N = 33

- 88% Avoiding toxic buildings
- 70% Avoiding gluten, dairy or other reactive foods
- 67% Quality whole foods diet
- 67% Vitamins and supplements
- 63% Avoiding cross-contaminated possessions
- 48% Cholestyramine
- 45% Avoiding toxic locations
- 45% Reducing stress
- 42% Probiotics
- 39% Glutathione

This is a patient-run group focusing on largely on the Shoemaker protocol, with some additional discussion of other mold-related issues and therapies.

<https://www.facebook.com/groups/toxicmoldcirssupport/>

Toxic Mold Support Group

N = 27

- 78% Avoiding toxic buildings
- 63% Quality whole foods diet
- 63% Vitamins and supplements
- 56% Reducing stress
- 48% Activated charcoal
- 44% Avoiding gluten, dairy or other reactive foods
- 44% Avoiding cross-contaminated possessions
- 37% Probiotics
- 37% Avoiding toxic locations
- 33% Epsom salt baths

This is a mold support group run by mold physician Dr. Mary Short-Ray, DO.

<https://www.facebook.com/groups/116659898371180/>

Black Mold Symptoms

N = 14

- 57% Avoiding gluten, dairy or other reactive foods
- 50% Vitamins and supplements
- 50% Glutathione
- 50% Antifungals
- 43% Reducing stress
- 36% Avoiding toxic buildings
- 36% Quality whole foods diet
- 36% Activated charcoal
- 36% Avoiding toxic locations
- 36% Epsom salt baths

This is a patient-run group with a focus on helping individuals new to the topic of mold-related illness. It was started subsequent to the publication of a widely circulated blog post on the topic, called “It’s Not Fibromyalgia.”

<https://www.facebook.com/groups/blackmoldsymptoms/>

Toxic Mold – Rediscovering Health and Wellness

N = 18

- 78% Quality whole foods diet
- 78% Avoiding toxic locations
- 72% Vitamins and supplements
- 72% Avoiding toxic buildings
- 72% Probiotics
- 55% Avoiding gluten, dairy or other reactive foods
- 50% Juicing, green smoothies or raw produce
- 44% Reducing stress
- 44% Activated charcoal
- 44% Avoiding cross-contaminated possessions
- 44% Spending time in pristine locations

This is a patient-run group focusing on the topic of healing from mold-related illness.

<https://www.facebook.com/groups/rediscoveringhealth/>