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/](https://www.facebook.com/groups/rediscoveringhealth/)