

2015 Mold Avoidance Survey

Less Severe Participants – Improved vs. Not Improved

This document looks at the responses of the participants in the 2015 Mold Avoidance Survey who reported being less severely ill (able to leave the house at least a few times a week) prior to starting mold avoidance and 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 46 survey participants in this “Improved” group and 98 participants in the “Not Improved” group.

The first number in each column is the percentage of those meeting the stated criteria and who had tried the treatment who said that the treatment had been critically important or very helpful for them.

The second number in each column (in parentheses) is the percentage of those meeting the stated criteria who said that they had tried this treatment.

P-values were calculated using a 2-sample z-test, comparing the percentages of those who said that the treatment had been critically important or very helpful to them (compared to all of those who reported trying the treatment) for More Severe vs. Less Severe participants.

Yellow highlighting = significant or marginally significant difference in terms of the % of triers who said they had found the treatment critically important or very helpful

Blue highlighting = significant or marginally significant difference in terms of the percentage of individuals who had tried the treatment

MOLD AVOIDANCE

	<u>Not Improved</u>	<u>Improved</u>	<u>P-Value</u>
Staying out of problematic buildings	87% (95%)	91% (100%)	
Paying attention to cross-contamination of possessions	79% (78%)	76% (91%)	p<.10
Staying away from locations with problematic outdoor air	72% (72%)	58% (67%)	
Showering and changing clothes after exposures	67% (76%)	51% (76%)	
Avoiding toxins in tap water	69% (60%)	50% (57%)	p<.10
Avoiding toxins in foods	76% (83%)	79% (83%)	
Avoiding environmental chemicals	80% (99%)	87% (99%)	

DETOXIFICATION TREATMENTS

	<u>Not Improved</u>	<u>Improved</u>	<u>P-Value</u>
Sweating (e.g. through sauna, hot springs, heat or exercise)	55% (52%)	55% (67%)	p<.10
Cholestyramine (CSM)	59% (42%)	65% (37%)	
Welchol	36% (11%)	50% (13%)	
Other intestinal binders (e.g. bentonite clay, activated charcoal or CholestePure)	49% (54%)	50% (43%)	
Chelation (e.g. EDTA or ALA)	39% (21%)	40% (22%)	
Nutritional supplements (e.g. to support methylation or address pyroluria)	68% (68%)	69% (70%)	
Glutathione	55% (48%)	52% (50%)	
Juicing, green smoothies or raw produce	55% (69%)	39% (78%)	
Coffee enemas	55% (20%)	80% (22%)	
Colonics	58% (12%)	50% (17%)	

PATHOGEN TREATMENTS

	<u>Not Improved</u>	<u>Improved</u>	<u>P-Value</u>
Antiviral drugs	16% (13%)	0% (9%)	
Antibiotic drugs	30% (28%)	30% (37%)	
Antiparasitical drugs	53% (19%)	38% (17%)	
Antifungal (or anticandida) drugs	41% (35%)	67% (52%)	p<.10
Treatment of fungal sinus infections	57% (32%)	68% (41%)	
Treatment of MARCoNS sinus infections	73% (15%)	63% (17%)	
Herbs	54% (62%)	46% (48%)	
Chlorine dioxide (CD)	40% (5%)	75% (9%)	

DRUG TREATMENTS OR NATURAL REMEDIES

	<u>Not Improved</u>	<u>Improved</u>	<u>P-Value</u>
Vasoactive intestinal peptide (VIP)	30% (7%)	66% (7%)	
Desmopressin (DDAVP)	0% (2%)	0% (4%)	
Bioidentical Hormones	30% (20%)	60% (11%)	
Low-dose naltrexone (LDN)	14% (14%)	60% (11%)	
Benzodiazapines (e.g. Klonopin)	69% (16%)	30% (22%)	
Anticonvulsants	17% (6%)	0% (7%)	
Marijuana	41% (24%)	50% (13%)	
Immune suppressant drugs	0% (7%)	0% (2%)	
Mast cell inhibitor drugs or supplements	14% (7%)	33% (7%)	
Probiotic supplements	51% (85%)	58% (74%)	
Homeopathic remedies (e.g Hahnemann or Boiron)	38% (38%)	18% (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)	38% (41%)	58% (41%)	
Vitamin B12	36% (71%)	59% (59%)	p<.05
Activated folate (e.g. methylfolate)	45% (45%)	69% (35%)	
Any other B vitamins	52% (65%)	56% (54%)	
Vitamin C	44% (80%)	65% (67%)	p<.10
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Vitamin D	44% (78%)	48% (74%)	
Coenzyme Q10	42% (51%)	56% (46%)	
Magnesium	56% (78%)	54% (72%)	
Omega 3 oils (e.g. flax or fish oil)	48% (76%)	48% (67%)	
Phosphatidyl choline	44% (26%)	33% (20%)	

DIETARY CHOICES

	<u>Not Improved</u>	<u>Improved</u>	<u>P-Value</u>
Autoimmune Paleo diet (e.g. GAPS or SCD)	59% (40%)	37% (35%)	
Paleo diet (e.g. Bulletproof or Wahls)	68% (42%)	62% (46%)	
Large amounts of produce	64% (62%)	68% (67%)	
Fermented foods	35% (53%)	25% (43%)	
Extra dietary electrolytes (e.g. salt or potassium)	64% (66%)	52% (63%)	
Avoidance of manmade chemicals (e.g. organic diet)	71% (84%)	73% (74%)	
Low-mycotoxin diet	66% (51%)	80% (43%)	
Gluten-free diet	73% (79%)	89% (80%)	p<.10
Avoidance of other problem foods	78% (80%)	82% (85%)	

OTHER THERAPIES

	<u>Not Improved</u>	<u>Improved</u>	<u>P-Value</u>
Bodywork (e.g. massage, reflexology or craniosacral)	48% (53%)	58% (63%)	
Neural therapy	38% (8%)	25% (9%)	
Acupuncture	32% (42%)	18% (24%)	p<.10
Chiropractor	44% (55%)	50% (52%)	
Active exercise (e.g. walking or swimming)	43% (81%)	48% (80%)	
Stretching exercise (e.g. yoga or tai chi)	43% (68%)	50% (78%)	
Medical ozone therapy	25% (4%)	75% (9%)	
Hyperbaric oxygen therapy	28% (7%)	100% (4%)	
Environmental air filters	70% (67%)	51% (72%)	p<.10
Filtration mask	61% (44%)	42% (39%)	
Environmental ozone	45% (11%)	26% (17%)	

BRAIN 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	15% (20%)	25% (9%)	p<.10