

## **Mold Groups - All Respondents**

“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 percentages of total respondents (N=158) who marked each item.

- 82% Avoiding toxic buildings
- 64% Quality whole foods diet
- 60% Avoiding gluten, dairy or other reactive foods
- 59% Avoiding cross-contaminated possessions
- 54% Avoiding toxic locations
- 51% Vitamins and supplements
- 39% Reducing stress
- 32% Spending time in pristine locations
- 30% Cholestyramine
- 29% Epsom salt baths
- 28% Activated charcoal
- 28% Probiotics
- 25% Juicing, green smoothies or raw produce
- 24% Glutathione
- 24% Methylation related supplements
- 22% Avoiding foods with mycotoxins and molds
- 22% Essential oils

- 18% Avoiding glyphosate in food
- 18% Coffee enemas
- 16% Homeopathy
- 16% Infrared sauna
- 15% Consistent decontamination before returning to safe space
- 13% Antifungals
- 13% Fermented foods
- 11% Minerals
- 11% Mold free diet for four months minimum
- 10% Rapid decontamination (e.g. within minutes of exposure)
- 10% Sweating (not via sauna)
- 9% Fiber such as psyllium to keep things moving
- 9% Ionic detox footbath
- 8% Antibiotics
- 8% Antivirals
- 8% Cannabis
- 8% Glutathione precursors
- 8% IV vitamin therapy
- 8% Treating Lyme and its co-infections
- 8% Vasoactive intestinal peptide (VIP)
- 7% Systemic enzymes
- 6% Antiparasitics
- 6% BEG spray
- 5% EDTA

- 5% Oral and intranasal antifungal treatments
- 4% Acupuncture
- 4% Treating co-occurring illnesses (mast cell disorder, POTS, etc.)
- 3% Exposure to natural sunlight in dry climate
- 3% Modified citrus pectin
- 3% Oxygen therapy
- 3% Ozone therapy
- 3% Pyroluria related supplements
- 3% Treating dysautonomia
- 3% UV blood therapy
- 2% Amalgam removal
- 1% Agar agar as a binder
- 1% Belief in ability to get better
- 1% Coffee daily
- 1% Craniosacral therapy
- 1% Desmopressin
- 1% Exercise
- 1% Family constellation
- 1% Light activity/exercise
- 1% qEEG
- 1% Rife
- 1% Treating hypercoagulation

Single mentions:

7-day bowel and gut cleanse

ACC chelation

CholestePure

Colloidal silver

Colon hydrotherapy

Consistently getting plenty of sleep

Detox foot pads

DMPS

Doug Kaufman's Phase 1 Diet

Equilibrant

Field control therapy

Grapefruit seed extract (GSE)

GSH IV

HBOT

High-dose vitamin C

Immune modulators (LDN, Plaquinal)

Intermittent fasting/block fasting

IV phosphatidyl choline

MCT oil

Meditation

Microchitosan

MMS/CD (chlorine dioxide)

Organic Linghi mushrooms

Perhidrol (H<sub>2</sub>O<sub>2</sub>) spray

Quantum collapse

Quantum sound therapy

Restore

Splint for TMJ issues

Wet sauna