

2015 Mold Avoidance Survey

More Severe Participants – Improved vs. Not Improved

This document looks at the responses of the participants in the 2015 Mold Avoidance Survey who reported being more severely ill (housebound or bedridden) 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 91 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	91% (93%)	95% (99%)	p<.05
Paying attention to cross-contamination of possessions	69% (84%)	85% (91%)	p<.05
Staying away from locations with problematic outdoor air	68% (76%)	75% (78%)	
Showering and changing clothes after exposures	70% (75%)	73% (78%)	
Avoiding toxins in tap water	74% (66%)	69% (65%)	
Avoiding toxins in foods	60% (83%)	78% (90%)	p<.05
Avoiding environmental chemicals	89% (99%)	73% (99%)	p<.01

DETOXIFICATION TREATMENTS

	<u>Not Improved</u>	<u>Improved</u>	<u>P-Value</u>
Sweating (e.g. through sauna, hot springs, heat or exercise)	49% (60%)	56% (65%)	
Cholestyramine (CSM)	40% (34%)	64% (52%)	p<.05
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Welchol	17% (10%)	38% (9%)	
Other intestinal binders (e.g. bentonite clay, activated charcoal or CholestePure)	40% (52%)	61% (59%)	p<.05
Chelation (e.g. EDTA or ALA)	14% (12%)	44% (18%)	p<.10
Nutritional supplements (e.g. to support methylation or address pyrroluria)	66% (66%)	64% (70%)	
Glutathione	55% (38%)	26% (52%)	p<.10
Glutathione	55% (38%)	26% (52%)	p<.01
Juicing, green smoothies or raw produce	83% (62%)	50% (66%)	p<.001
Coffee enemas	31% (28%)	71% (26%)	p<.01
Colonics	36% (19%)	43% (25%)	

PATHOGEN TREATMENTS

	<u>Not Improved</u>	<u>Improved</u>	<u>P-Value</u>
Antiviral drugs	50% (21%)	40% (27%)	
Antibiotic drugs	26% (33%)	26% (56%)	p<.01
Antiparasitical drugs	44% (28%)	36% (34%)	
Antifungal (or anticandida) drugs	46% (45%)	54% (45%)	
Treatment of fungal sinus infections	48% (43%)	63% (33%)	
Treatment of MARCoNS sinus infections	67% (10%)	90% (22%)	p<.05
Herbs	38% (67%)	46% (67%)	
Chlorine dioxide (CD)	0% (7%)	75% (9%)	

DRUG TREATMENTS OR NATURAL REMEDIES

	<u>Not Improved</u>	<u>Improved</u>	<u>P-Value</u>
Vasoactive intestinal peptide (VIP)	0% (8%)	73% (12%)	p<.01
Desmopressin (DDAVP)	0% (0%)	56% (10%)	p<.01
Bioidentical Hormones	23% (22%)	40% (31%)	
Low-dose naltrexone (LDN)	24% (29%)	32% (31%)	
Benzodiazapines (e.g. Klonopin)	48% (36%)	41% (35%)	
Anticonvulsants	10% (17%)	27% (16%)	
Marijuana	46% (22%)	25% (31%)	
Immune suppressant drugs	0% (9%)	18% (12%)	
Mast cell inhibitor drugs or supplements	25% (7%)	28% (15%)	p<.10
Probiotic supplements	45% (84%)	58% (80%)	
Homeopathic remedies (e.g Hahnemann or Boiron)	37% (47%)	33% (46%)	

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% (33%)	55% (42%)	
Vitamin B12	46% (79%)	45% (70%)	
Activated folate (e.g. methylfolate)	49% (60%)	52% (53%)	
Any other B vitamins	45% (66%)	38% (31%)	p<.001
Vitamin C	50% (79%)	41% (74%)	
Vitamin D	49% (71%)	49% (75%)	
Coenzyme Q10	45% (35%)	34% (46%)	
Magnesium	68% (71%)	67% (74%)	
Omega 3 oils (e.g. flax or fish oil)	39% (71%)	70% (53%)	p<.05
Omega 3 oils (e.g. flax or fish oil)	39% (71%)	70% (53%)	p<.001
Phosphatidyl choline	21% (24%)	50% (26%)	p<.05

DIETARY CHOICES

	<u>Not Improved</u>	<u>Improved</u>	<u>P-Value</u>
Autoimmune Paleo diet (e.g. GAPS or SCD)	41% (47%)	66% (55%)	p<.05
Paleo diet (e.g. Bulletproof or Wahls)	44% (43%)	56% (54%)	
Large amounts of produce	41% (79%)	57% (76%)	p<.10
Fermented foods	24% (59%)	22% (54%)	
Extra dietary electrolytes (e.g. salt or potassium)	36% (57%)	57% (60%)	p<.05
Avoidance of manmade chemicals (e.g. organic diet)	69% (84%)	77% (84%)	
Low-mycotoxin diet	55% (57%)	71% (64%)	p<.10
Gluten-free diet	60% (90%)	71% (76%)	p<.01
Avoidance of other problem foods	71% (88%)	74% (86%)	

OTHER THERAPIES

	<u>Not Improved</u>	<u>Improved</u>	<u>P-Value</u>
Bodywork (e.g. massage, reflexology or craniosacral)	47% (59%)	43% (69%)	
Neural therapy	20% (9%)	50% (11%)	
Acupuncture	17% (50%)	29% (53%)	
Chiropractor	37% (52%)	35% (55%)	
Active exercise (e.g. walking or swimming)	29% (71%)	42% (85%)	p<.05
Stretching exercise (e.g. yoga or tai chi)	39% (66%)	38% (74%)	
Medical ozone therapy	0% (0%)	50% (7%)	p<.01
Hyperbaric oxygen therapy	50% (4%)	58% (13%)	
Environmental air filters	52% (69%)	46% (77%)	
Filtration mask	58% (53%)	58% (57%)	
Environmental ozone	23% (22%)	17% (20%)	

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	18% (29%)	39% (23%)	