

NON-SEVERE IMPROVED - TREATMENT CATEGORIES

This analysis looks only at participants in the Mold Avoidance Survey who a) were not severely ill (not housebound and not bedbound) prior to starting avoidance; b) had improved at least two levels on the activity scale since that time; and c) chose to respond to all the questions about treatments in the second half of the survey.

A total of 46 individuals met these three criteria.

The first number on each line shows the percentage of these people who had tried the treatment who said that it had been very helpful for them or critical in their improvements.

The second number on each line shows the percentage of the total participants meeting this description who tried the treatment.

Treatments are organized into seven categories, based on both the effectiveness of the treatment (described by the first number) and the frequency of trial (described by the second number).

“Tried and True” (Very High Effectiveness/High Trial)

Staying out of problematic buildings (91%/100%)

Gluten-free diet (89%/80%)

Avoiding environmental chemicals (87%/99%)

Avoidance of other problem foods (82%/85%)

Low-mycotoxin diet (80%/43%)

Avoiding toxins in foods (79%/83%)

Paying attention to cross-contamination of possessions (76%/91%)

Avoidance of manmade chemicals (e.g. organic diet) (73%/74%)

“Usually Helpful” (High Effectiveness/High Trial)

Detox nutritional supplements (e.g. to support methylation or address pyroluria) (69%/70%)

Treatment of fungal sinus infections (68%/41%)

Large amounts of produce (68%/67%)

Antifungal (or anticandida) drugs (67%/52%)

Vitamin C (65%/67%)

Paleo diet (e.g. Bulletproof or Wahls) (62%/46%)

Vitamin B12 (59%/59%)

Bodywork (e.g. massage, reflexology or craniosacral) (58%/63%)

Nutritional IV's (58%/41%)

Probiotic supplements (58%/74%)

Staying away from locations with problematic outdoor air (58%/67%)

Coenzyme Q10 (56%/46%)

Any other B vitamins (56%/54%)

Sweating (e.g. through sauna, hot springs, heat or exercise) (55%/67%)

Magnesium (54%/72%)

Glutathione (52%/50%)

Extra dietary electrolytes (52%/63%)

Showering and changing clothes after exposures (51%/76%)

Environmental air filters (51%/72%)

Stretching exercise (50%/78%)

Avoiding toxins in tap water (50%/57%)

Other intestinal binders (e.g. bentonite clay, activated charcoal or CholestePure) (50%/43%)

Chiropractor (50%/52%)

“Up and Coming” (High Effectiveness/Low Trial)

Hyperbaric oxygen therapy (HBOT) (100%/4%)

Coffee enemas (80%/22%)

Chlorine dioxide (CD) (75%/9%)

Medical ozone therapy (75%/9%)

Activated folate (e.g. methylfolate) (69%/35%)

Vasoactive intestinal peptide (VIP) (66%/7%)

Cholestyramine (CSM) (65%/37%)

Treatment of MARCoNS sinus infection (63%/17%)

Bioidentical hormones (60%/11%)

Low-dose naltrexone (60%/11%)

Colonics (50%/17%)

Marijuana (50%/13%)

Welchol (50%/13%)

“Worth a Look” (Moderate Effectiveness/High Trial)

Vitamin D (48%/74%)

Active exercise (e.g. walking or swimming) (48%/80%)

Omega 3 oils (e.g. flax or fish oil) (48%/67%)

Pathogen herbs (46%/48%)

Juicing, green smoothies or raw produce (39%/78%)

“Specialty Treatments” (Moderate Effectiveness/Low Trial)

Filtration mask (42%/39%)

Chelation (e.g. EDTA or ALA) (40%/22%)

Antiparasitical drugs (38%/17%)

Autoimmune Paleo diet (e.g. GAPS or SCD) (37%/35%)

Mast cell inhibitor drugs or supplements (33%/7%)

Phosphdtidyl choline (33%/20%)

Antibiotic drugs (30%/37%)

Benzodiazapines (e.g. Klonopin) (30%/22%)

“Overused” (Low Effectiveness/High Trial)

Fermented foods (25%/43%)

“Fringe Treatments” (Low Effectiveness/Low Trial)

Environmental ozone (26%/17%)

Brain retraining (25%/9%)

Neural therapy (25%/9%)

Acupuncture (18%/24%)

Homeopathic remedies (e.g. Hahnemann or Boiron) (18%/37%)

Antiviral drugs (0%/9%)

Anticonvulsants (0%/7%)

Desmopressin (DDAVP) (0%/4%)

Immune suppressant drugs (0%/2%)

Ampligen (0%/0%)