

SEVERE IMPROVED - TREATMENT CATEGORIES

This analysis looks only at participants in the Mold Avoidance Survey who a) were severely ill (housebound or 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 91 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 (95%/99%)

Paying attention to cross-contamination of possessions (85%/91%)

Avoiding toxins in foods (78%/90%)

Avoidance of manmade chemicals in foods (e.g. organic diet) (77%/84%)

Staying away from locations with problematic outdoor air (75%/78%)

Avoidance of other problem foods (74%/86%)

Avoiding environmental chemicals (73%/99%)

Showering and changing clothes after exposures (73%/78%)

Gluten-free diet (71%/76%)

Low-mycotoxin diet (71%/64%)

Omega 3 oils (e.g. flax or fish oil) (70%/53%)

“Usually Helpful” (High Effectiveness/High Trial)

Avoiding toxins in tap water (69%/65%)

Magnesium (67%/74%)

Autoimmune Paleo diet (e.g. GAPS or SCD) (66%/55%)

Nutritional supplements (e.g. to support methylation or address pyroluria)
(64%/70%)

Cholestyramine (CSM) (64%/52%)

Other intestinal binders (e.g. bentonite clay, activate charcoal or CholestePure)
(61%/59%)

Probiotic supplements (58%/80%)

Filtration mask (58%/57%)

Large amounts of produce (57%/76%)

Extra dietary electrolytes (57%/60%)

Sweating (e.g. through sauna, hot springs, heat or exercise) (56%/65%)

Paleo diet (e.g. Bulletproof or Wahls) (56%/54%)

Nutritional IV's (e.g. Vitamin C, Myers cocktails, ALA or saline solution) (55%/42%)

Antifungal (or anticandida) drugs (54%/45%)

Activated folate (52%/53%)

Juicing, green smoothies or raw produce (50%/66%)

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

Treatment of MARCoNS sinus infections (90%/22%)

Chlorine dioxide (75%/9%)

Vasoactive intestinal peptide (VIP) (73%/12%)

Coffee enemas (71%/26%)

Treatment of fungal sinus infections (63%/33%)

Hyperbaric oxygen therapy (58%/13%)

Desmopressin (DDAVP) (56%/10%)

Phosphatidyl choline (50%/26%)

Neural therapy (50%/11%)

Medical ozone therapy (50%/7%)

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

Vitamin D (49%/75%)

Environmental air filters (46%/77%)

Pathogen herbs (46%/67%)

Vitamin B12 (45%/70%)

Bodywork (e.g. massage, reflexology or craniosacral) (43%/69%)

Active exercise (e.g. walking or swimming) (42%/85%)

Vitamin C (41%/74%)

Stretching exercise (e.g. yoga or tai chi) (38%/74%)

Chiropractor (35%/55%)

Coenzyme Q10 (34%/46%)

Homeopathic remedies e.g. Hahnemann or Boiron) (33%/46%)

“Specialty Treatments” (Moderate Effectiveness/Low Trial)

Chelation (e.g. EDTA or ALA) (44%/18%)

Colonics (43%/25%)

Benzodiazapines (e.g. Klonopin) (41%/35%)

Bioidentical hormones (40%/31%)

Antiviral drugs (40%/27%)

Brain retraining (39%/23%)

Any other B vitamins (38%/31%)

Welchol (38%/9%)

Antiparasitical drus (36%/34%)

Low-dose naltrexone (LDN) (32%/31%)

“Overused” (Low Effectiveness/High Trial)

Acupuncture (29%/53%)

Antibiotics (26%/56%)

Glutathione (26%/52%)

Fermented foods (22%/54%)

“Fringe Treatments” (Low Effectiveness/Low Trial)

Mast cell inhibitor drugs or supplements (28%/15%)

Anticonvulsants (27%/16%)

Marijuana (25%/31%)

Immune suppressant drugs (18%/12%)

Environmental ozone (17%/20%)

Ampligen (0%/0%)