

2015 Mold Avoidance Survey

Improved vs. Not Improved

This document looks at the responses of the participants in the 2015 Mold Avoidance Survey 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 137 survey participants in this “Improved” group and 196 participants in the “Not Improved” group.

The percentages listed is the percentage of those who had tried the treatment who said that they had found it to be critically important or very helpful.

The numbers in parentheses are the total number of people who tried the treatment.

P-values were calculated using a 2-sample z-test.

MOLD AVOIDANCE

	<u>Not Improved</u>	<u>Improved</u>	<u>P-Value</u>
Staying out of problematic buildings	88% (164)	93% (136)	
Paying attention to cross-contamination of possessions	77% (142)	78% (125)	
Staying away from locations with problematic outdoor air	71% (129)	70% (102)	
Showering and changing clothes after exposures	69% (132)	66% (106)	
Avoiding toxins in tap water	72% (106)	64% (85)	
Avoiding toxins in foods	72% (142)	78% (120)	
Avoiding environmental chemicals	62% (143)	59% (109)	

DETOXIFICATION TREATMENTS

	<u>Not Improved</u>	<u>Improved</u>	<u>P-Value</u>
Sweating (e.g. through sauna, hot springs, heat or exercise)	52% (87)	56% (90)	
Cholestyramine (CSM)	52% (62)	64% (64)	
Welchol	29% (17)	43% (14)	
Other intestinal binders (e.g. bentonite clay, activated charcoal or CholestePure)	46% (84)	58% (74)	
Chelation (e.g. EDTA or ALA)	32% (28)	42% (26)	
Nutritional supplements (e.g. to support methylation or address pyroluria)	68% (105)	66% (96)	
Glutathione	54% (70)	54% (70)	
Juicing, green smoothies or raw produce	47% (104)	46% (96)	
Coffee enemas	44% (36)	74% (34)	p<.05
Colonics	48% (25)	45% (31)	

PATHOGEN TREATMENTS

	<u>Not Improved</u>	<u>Improved</u>	<u>P-Value</u>
Antiviral drugs	32% (25)	34% (29)	
Antibiotic drugs	28% (47)	26% (68)	
Antiparasitical drugs	49% (35)	36% (39)	
Antifungal (or anticandida) drugs	44% (61)	58% (65)	
Treatment of fungal sinus infections	53% (57)	64% (49)	
Treatment of MARCoNS sinus infections	71% (21)	82% (28)	
Herbs	48% (100)	46% (83)	
Chlorine dioxide (CD)	25% (8)	75% (12)	p<.05

DRUGS AND NATURAL REMEDIES

	<u>Not Improved</u>	<u>Improved</u>	<u>P-Value</u>
Vasoactive intestinal peptide (VIP)	9% (11)	71% (14)	p<.001
Desmopressin (DDAVP)	0% (2)	63% (11)	
Bioidentical Hormones	27% (33)	36% (33)	
Low-dose naltrexone (LDN)	19% (31)	36% (33)	
Benzodiazapines (e.g. Klonopin)	42% (38)	38% (42)	
Anticonvulsants	13% (16)	22% (18)	
Marijuana	44% (39)	29% (34)	
Immune suppressant drugs	0% (12)	17% (12)	
Mast cell inhibitor drugs or supplements	17% (12)	29% (17)	
Probiotic supplements	48% (132)	58% (107)	
Homeopathic remedies (e.g Hahnemann or Boiron)	38% (64)	29% (59)	

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% (60)	29% (59)	
Vitamin B12	40% (116)	49% (91)	
Activated folate (e.g. methylfolate)	47% (79)	56% (64)	
Any other B vitamins	49% (102)	43% (88)	
Vitamin C	46% (124)	49% (98)	
Vitamin D	45% (117)	48% (102)	
Coenzyme Q10	43% (70)	41% (63)	
Magnesium	60% (117)	63% (100)	
Omega 3 oils (e.g. flax or fish oil)	44% (115)	52% (95)	
Phosphatidyl choline	36% (39)	45% (33)	

DIETARY CHOICES

	<u>Not Improved</u>	<u>Improved</u>	<u>P-Value</u>
Autoimmune Paleo diet (e.g. GAPS or SCD)	52% (66)	59% (66)	
Paleo diet (e.g. Bulletproof or Wahls)	59% (66)	57% (70)	
Large amounts of produce	54% (107)	60% (100)	
Fermented foods	30% (86)	23% (69)	
Extra dietary electrolytes (e.g. salt or potassium)	45% (118)	55% (84)	
Avoidance of manmade chemicals (e.g. organic diet)	81% (131)	75% (110)	
Low-mycotoxin diet	61% (84)	73% (78)	
Gluten-free diet	68% (130)	77% (106)	
Avoidance of other problem foods	75% (130)	77% (117)	

OTHER THERAPIES

	<u>Not Improved</u>	<u>Improved</u>	<u>P-Value</u>
Bodywork (e.g. massage, reflexology or craniosacral)	48% (86)	48% (92)	
Neural therapy	31% (13)	43% (14)	
Acupuncture	26% (70)	27% (59)	
Chiropractor	42% (85)	39% (74)	
Active exercise (e.g. walking or swimming)	38% (121)	44% (114)	
Stretching exercise (e.g. yoga or tai chi)	42% (106)	42% (103)	
Medical ozone therapy	25% (4)	14% (37)	
Hyperbaric oxygen therapy	33% (9)	64% (14)	
Environmental air filters	62% (108)	48% (103)	p<.05
Filtration mask	59% (75)	57% (70)	
Environmental ozone	11% (73)	9% (57)	

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	16% (37)	36% (25)	p<.10

AVOIDANCE ACTIVITIES

“Which of these mold avoidance activities have you done?”

	<u>Not Improved</u>	<u>Improved</u>	<u>P-Value</u>
I remediated my home for a major toxic mold problem and am living in it now.	14%	18%	
I moved out of a home with a major toxic mold problem.	59%	69%	p<.10
I stopped working or going to school in a building with a major toxic mold problem	28%	35%	
I went on a sabbatical away from my suspect home and possessions to see if it made a difference for me.	23%	40%	p<.001
When moving from a house with a toxic mold problem, I disposed of some or all of my belongings or put them in storage.	56%	72%	p<.01
I had an ERMI or HERTSMI-2 done on my current home and it came up okay for me.	20%	18%	
When I have a choice, I try to stay out of moldy buildings.	91%	93%	
I use my own reactions to determine whether I am being exposed to mold toxins that might be harmful to me.	81%	90%	p<.05
I moved from a location that I suspected or knew had problematic toxins for me in the outdoor air to a location that seemed like it might be better for me.	36%	46%	p<.10
I routinely take a shower and change clothes as soon as possible after being exposed to problematic mold toxins.	53%	63%	p<.10
I periodically spend time in relatively pristine places in order to get clear of toxic exposures.	39%	50%	p<.05
I have been known to shift locations in order to avoid plumes of toxins in the outdoor air.	30%	30%	
I have lived in a tent or vehicle for more than a few weeks in order to reduce my exposure to mold toxins.	23%	25%	

MOLD AVOIDANCE SKILL

“How good are you at immediately sensing or guessing whether you currently are being exposed to environmental mold toxins that will turn out to be a problem for you?”

	<u>Not Improved</u>	<u>Improved</u>	<u>P-Value</u>
Percentage stating extremely good or very good	50%	61%	p<.05