

Potential Medical Causes of Behaviors Associated with Autism

Speech Delay or Lack of Speech	Developmental Delay	Sleep Issues	Irritability and/or Aggression	Anxiety and/or OCD	Sensory Issues	Toe Walking
<ul style="list-style-type: none"> • Seizures • Sleep Apnea • Cerebral Folate Deficiency • Vitamin and/or Mineral Deficiencies: <ul style="list-style-type: none"> • Essential Fatty Acids (EFA) • Vitamin B12 • Vitamin B1 • Vitamin B6 • 5MTHF • Magnesium • Creatine • L-Carnitine • CoQ10 • Sulfur-Rich Compounds • Iron • Butyrate • Tongue-tie • Retained Primitive Reflexes • Mitochondrial Dysfunction 	<ul style="list-style-type: none"> • Cerebral Folate Deficiency • Seizures • Vitamin and/or Mineral Deficiencies: <ul style="list-style-type: none"> • Vitamin B12 • Thiamine • Mitochondrial Dysfunction • Thyroid Disorders: <ul style="list-style-type: none"> • Hypothyroidism • Hyperthyroidism • Hashimoto's • Retained Primitive Reflexes: <ul style="list-style-type: none"> • Asymmetrical Tonic Neck Reflex • Immune Dysfunction • Toxic Mold Exposure 	<ul style="list-style-type: none"> • Seizures • Gastrointestinal Issues: <ul style="list-style-type: none"> • Constipation • GERD (Reflux) • Gut Dysbiosis • Vitamin and/or Mineral Deficiencies: <ul style="list-style-type: none"> • Magnesium • Potassium • Vitamin D • Iron • Methyl Donors • Cerebral Folate Deficiency • Allergies • Enlarged Adenoids and Tonsils • Food Sensitivities • Low Blood Sugar • Problems with Sulfation • EMF Exposure • Excess Glutamate in the Brain • Mitochondrial Dysfunction 	<ul style="list-style-type: none"> • Unrecognized Pain Caused By: <ul style="list-style-type: none"> • Gastrointestinal Issue • Headache/Migraine • Sinus Infection/Congestion • Ear Infection • Dental Issue • Anxiety • Seizures • Vitamin and/or Mineral Deficiencies: <ul style="list-style-type: none"> • Lithium Orotate • Folate • Magnesium • Low Cholesterol • Chronic, Underlying Infection(s): <ul style="list-style-type: none"> • PANS/PANDAS • Lyme or Lyme Co-infections • Clostridia • Low Blood Sugar • Adrenal Fatigue and Low Cortisol • Lead or Other Heavy Metal Toxicity • Elevated Ammonia • Hormonal Imbalance • Food Allergies and/or Sensitivities 	<ul style="list-style-type: none"> • PANS/PANDAS • Cerebral Folate Deficiency • Low Cholesterol • Vitamin and/or Mineral Deficiencies: <ul style="list-style-type: none"> • Iron • Zinc • Vitamin B1 • Vitamin B6 • Folate/Vitamin B9 • Vitamin B12 • Elevated Glutamate and Low GABA • Elevated Histamine • Gastrointestinal Issues: <ul style="list-style-type: none"> • Overgrowth of Pathogenic Bacteria in the Gut • Low Diversity in Gut Flora • Neuroinflammation • Poor Adrenal Function and Nor-epinephrine Regulation • Retained Primitive Reflexes 	<ul style="list-style-type: none"> • Vitamin and/or Mineral Deficiencies: <ul style="list-style-type: none"> • Low B6 (p5p) • Magnesium • Food Intolerance(s) • Gastrointestinal Issues: <ul style="list-style-type: none"> • Fungal or Bacterial Overgrowth in the Gut • Problems with Sulfation • Underlying Infection(s): <ul style="list-style-type: none"> • Strep • Lyme • Excessive Amounts of Heavy Metals in the Blood or Tissues • Retained Primitive Reflexes 	<ul style="list-style-type: none"> • Constipation • Vitamin and/or Mineral Deficiencies: <ul style="list-style-type: none"> • Magnesium • Zinc • Thiamine • Food Allergies and/or Sensitivities • Developmental Vision Problem • Retained Primitive Reflexes: <ul style="list-style-type: none"> • Tonic Labyrinthine Reflex
Stimming	Echolalia	Picky Eating	Pica	Hyperlexia	Hypotonia (Low Muscle Tone)	Inattention or Lack of Focus
<ul style="list-style-type: none"> • Gastrointestinal Issues: <ul style="list-style-type: none"> • Constipation • Gut Dysbiosis • Seizures • Food Allergies and/or Sensitivities • Low Cholesterol • Mineral Deficiencies: <ul style="list-style-type: none"> • Zinc • Magnesium • Elevated Glutamate in the Brain • Elevated Ammonia • Low Cholesterol • Retained Primitive Reflexes • Elevated Ammonia • Asterixis Due to Encephalopathy 	<ul style="list-style-type: none"> • Seizures • Food Allergies and/or Sensitivities • Gastrointestinal Pain: <ul style="list-style-type: none"> • Constipation • Mineral Deficiencies: <ul style="list-style-type: none"> • Zinc • Magnesium • Elevated Glutamate in the Brain • Elevated Ammonia • Low Cholesterol 	<ul style="list-style-type: none"> • Gastrointestinal Issues: <ul style="list-style-type: none"> • Constipation • GERD (Reflux) • Eosinophilic Esophagitis • Gut Dysbiosis • Tooth Pain • Mineral Deficiencies: <ul style="list-style-type: none"> • Zinc • PANS/PANDAS • Food Allergies and/or Sensitivities • Retained Primitive Reflexes 	<ul style="list-style-type: none"> • Vitamin and/or Mineral Deficiencies: <ul style="list-style-type: none"> • Iron • Zinc • Thiamine • Gut Dysbiosis • Parasitic Infection • Tooth Pain 	<ul style="list-style-type: none"> • Brain Imbalance: <ul style="list-style-type: none"> • One Side of the Brain Stronger Than the Other 	<ul style="list-style-type: none"> • Mitochondrial Dysfunction • Mineral Deficiencies: <ul style="list-style-type: none"> • Zinc • Magnesium 	<ul style="list-style-type: none"> • Seizures • Food Sensitivities: <ul style="list-style-type: none"> • Dairy • Gluten • Dyes • Vitamin and/or Mineral Deficiencies: <ul style="list-style-type: none"> • Iron • Magnesium • Vitamin D • Zinc • Folate • Reduced Blood Flow in the Brain • Gut Dysbiosis • Retained Primitive Reflexes: <ul style="list-style-type: none"> • Moro Reflex

Sources for all information contained in this chart can be found on our website: <https://tacanow.org/family-resources/underlying-medical-issues-in-autism/>

Please note: This chart does not contain an exhaustive list of medical issues that can cause behaviors associated with autism. It was created for informational purposes only and should not be used as a substitute for professional advice, diagnosis, or treatment. Always seek the advice of a qualified health care provider with any questions or concerns you may have.

