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## Autism Research: Breakthrough Discovery on the Causes of Autism

Dr. Mark Hyman



Imagine being the parent of a young child who is not acting normally and being told by your doctor that your child has autism, that there is no known cause, and there is no known treatment except, perhaps, some behavioral therapy. That is exactly what Jackson's parents were told as their 22-month-old son regressed into the non-verbal psychic prison of social withdrawal, disconnection, and repetitive behaviors typical of autism.

While we don't have all the answers, and more research is needed to identify and validate the causes and treatment of autism, there are new signs of hope. A study just published in *The Journal of the American Medical Association* by researchers from the University of California, Davis called "Mitochondrial Dysfunction in Autism" (i) discovered a profound and serious biological underpinning of autism -- an acquired loss of the ability to produce energy in the cells, damage to mitochondria (the energy factories in your cells), and an increase in oxidative stress (the same chemical reaction that causes cars to rust, apples to turn brown, fat to become rancid, and skin to wrinkle). These disturbances in energy metabolism were not due to genetic mutations, which is often seen in mitochondrial problems, but a condition the children studied acquired in utero or after birth.

Bottom line, if brain cells cannot produce enough energy, and there is too much oxidative stress, then neurons don't fire, connections aren't made and the lights don't go on for these children. In fact, this problem of energy loss is found in most chronic disease and aging -- from diabetes to heart disease to dementia. Brain function and neurodevelopment in particular are highly dependent on energy

This is exactly the problem, I documented and found in Jackson when I first saw him. He had a profound loss of energy in his cells (particularly his brain cells), and indicators of severe oxidative stress. This is the same problem many other researchers have found in similar studies. (ii) Despite the evidence, most physicians don't test for mitochondrial dysfunction, oxidative stress or other myriad factors commonly found in autistic children.

Let's look more closely at what this new study in *The Journal of the American Medical Association* tells us about mitochondrial dysfunction, and how this may lead us to new methods of treatment -- methods similar to the ones I used to help reverse Jackson's autism.

**If you would like to read the rest of this article on autism, or about brain disorders and body-based biological illness, the original article from the huffingtonpost.com can be found at [www.hdrx.com/links](http://www.hdrx.com/links)**



# Michigan Autism Physicians Network **Autism:** Biomedical Treatments • Care • Options

## Seminar Materials NOW AVAILABLE

### Miss the MAPN seminar?

**This is your chance to take home all of the materials from this informative one day event.**

Those with an autistic child or family member are all too familiar with the financial and emotional stress that comes with treating their loved one. We have all heard of caregivers that travel between the states, seeking help and treatment for their autistic child. Although these pursuits offer hope and solutions for some, we believe there are equal therapies available without the costs and strain of traveling. The truth is, there are medical professionals in "our own back yard" that can help your child or family member.

The Michigan Autism Physicians Network is a group of MDs and DOs here in Michigan that treat autistic patients with biomedical therapies. On Saturday, February 12<sup>th</sup>, 2011 these professionals came together to provide a day long seminar to educate you on those therapies.

The first step is knowing what biomedical treatments are available... the materials from this day long conference will accomplish just that.

**Hardcopy of all slides/notes: \$40.00**

**Audio of seminar on CD: \$4.00ea (10 discs total)**

**Notes + Audio CD's: \$70.00 (Sale price)**

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