What Is Mitochondrial Disease?

Mitochondrial disease occurs when mitochondria are unable to produce enough energy for our cells to do their specific jobs properly.

How Is It Caused?

It may be present at birth but not manifest until the body experiences an illness or environmental insult such as:

- Exposure to certain chemicals
- Bacteria
- Viruses
- Shortage of vitamins and/or minerals
- Stress

Mitochondrial disease can affect one or more organs and typically affects organs that require the most amount of energy, such as the brain, heart, and kidneys.

Symptoms Include:

- Language & Social Impairment
- Weakness or Low Tone
- Fatigue
- Gastointestinal Issues
- Delayed walking
- Seizures

Mitochondrial disease is prevalent in individuals with autism.

A 2010 UC Davis study showed that 80% of the autistic children tested positive for mitochondrial disease.

With symptoms that include:

- Maladaptive behaviors
- Inconsistent performance
- Developmental plateaus or regressions
- Low muscle tone or weakness
- Motor planning issues
- Seizures

For more information or for our sources, visit focusforhealth.org