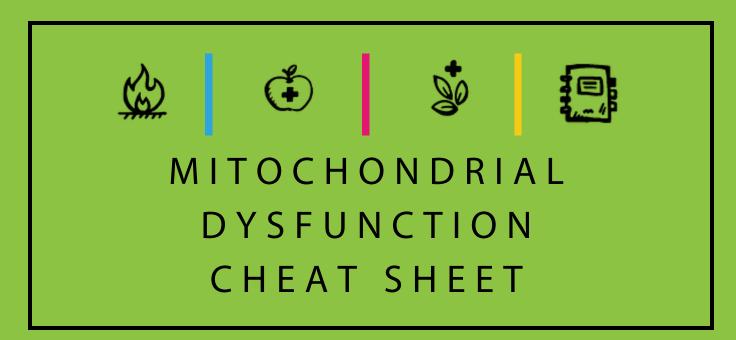
THE ULTIMATE SUMMARY OF MITOCHONDRIAL DYSFUNCTION



A OUICK REFERENCE GUIDE TO HELP YOU INVESTIGATE THE INS AND OUTS OF MITO DYSFUNCTION



Mitochondrial Dysfunction Cheat Sheet

Signs & Symptoms of Mitochondrial Dysfunction	Potential Causes/Contributing Factors to Mitochondrial Dysfunction	Interventions to Restore Mitochondrial Function
 Fatigue Language impairment (apraxia) Social impairment Weakness Clumsiness Poor growth Gastrointestinal dysfunction (constipation or diarrhea) Seizures Headaches Developmental delay or regression Low muscle tone Cognitive delay (usually slow processing) 	 Heavy metal exposure (mercury, lead, arsenic, cadmium, aluminum) Pesticide exposure Diesel exhaust exposure Propionic acid endotoxin exposure from clostridia gut pathogen Acetaminophen (Tylenol) Risperidone Salicylates (like aspirin) Valproic acid Hypoxia (exposure to lower-than-normal oxygen levels) Anemia Decreased metabolic reserves (nutrients, glutathione) 	 Increase meal frequency Improve hydration Avoid Toxicants (see contributing factors) Avoid medications that inhibit mito function (see contributing factors) Minimize illness and apply extra supportive measures when your child is sick Avoid environmental temperature extremes Take additional measure to support your child through medical procedures Encourage moderate exercise. Address gut dysbiosis (Clostridia) Speak to your practitioner about nutrient therapy to support mitochondrial health: L-carnitine Coenzyme Q10 Vitamin B1 (thiamine) Vitamin B6 (pyridoxine) Vitamin B5 (pantothenic acid) Vitamin C Alpha-lipoic acid Vitamin K Folinic acid Methyl-B-12 (methylcobalamin) Selenium Ginkgo biloba D-ribose Acetyl-L-carnitine Glutathione

