

## This Cat Parasite May Cause Anxiety and Autism

Ronald Grisanti D.C., D.A.B.C.O., DACBN, MS, CFMP

### **The toxoplasma gondii parasite commonly associated with cats has been linked to generalized anxiety disorder and autism.**

The Toxoplasma gondii's eggs are present in cat feces, and one of the most common way people are infected with Toxoplasma gondii is through contact with an infected cat.

A study published in the journal Brain, Behavior, and Immunity found that 500 participants with anxiety disorders had a past Toxoplasma gondii infection. The researchers found that a past Toxoplasma gondii infection was linked to generalized anxiety disorder.

The authors concluded that these findings suggest that Toxoplasma gondii infection is "strongly and significantly" associated with GAD [generalized anxiety disorder]

As for autism there is a body of evidence that the parasite, Toxoplasma gondii may in fact be an underlining cause of autism and be worth ruling out.

In the medical journal, Microbial Pathogenesis, a study from 2020 showed that toxoplasmosis plays an important role as a risk factor for autism.

### References

<https://pubmed.ncbi.nlm.nih.gov/25124709/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4809231/>

<https://pubmed.ncbi.nlm.nih.gov/32777351/>

The information on this website is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Grisanti and his functional medicine community. Dr. Grisanti encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

Visit [www.FunctionalMedicineUniversity.com](http://www.FunctionalMedicineUniversity.com) for more information on our training in functional medicine. Look for practitioners who have successfully completed the Functional Medicine University's Certification Program (CFMP) [www.functionalmedicinedoctors.com](http://www.functionalmedicinedoctors.com). This content may be copied in full, with copyright, contact, creation and information intact, without specific permission, when used only in a not-for-profit format. If any other use is desired, permission in writing from Dr. Grisanti is required