1 in 31 children born today will eventually be diagnosed with autism [1], linked to a drug everyone has in their medicine cabinet.

Here's what scientists have pieced together. Rather than making an unverifiable claim, we'll just lay out the reasoning so you can make your own decision.

1. Your vet knows something your pediatrician might not.

Every veterinarian knows: never give a cat Tylenol (also called paracetamol or acetaminophen). It can kill them [2-6].

Why? Cats are deficient in a specific process that breaks the drug down safely.

Here's what most people don't know: **newborn babies are deficient in the exact same process** [7,8]**.** People know not to give this drug to cats, but babies are never protected the same way.

This isn't controversial. It's basic pharmacology that's been in the medical literature since the 1980s.

When a baby consumes Tylenol, it's converted into a harmful toxin [9].

2. This doesn't affect every baby, as far as scientists can tell.

About 97% of children who were exposed to acetaminophen do not have autism.

Some babies are born with a reduced ability to process Tylenol [10-13]. It's just a metabolic difference, not a disease.

When a susceptible baby is exposed to Tylenol at the wrong time, the drug has nowhere safe to go in the body, and ends up as a toxin [9].

It takes both things together. The drug alone doesn't cause autism. The susceptibility alone doesn't cause autism. But both, at the same time, in a vulnerable window, that's the problem [9].

3. Autism was rare. Then something changed.

Before 1980, autism was considered extremely rare. It's well-known that scientists will aggressively confront each other for presenting false claims. Scientists who first described autism in the 1920s [14,15] and 1940s [16,17] were not attacked.

Because if it were as common then as it is now, everybody would have noticed.

In the early 1980s, due to safety concerns about aspirin, parents and doctors were widely told to switch to Tylenol (acetaminophen) instead [9].

Autism rates began climbing in children born right around that same time [18,19].

This isn't proof on its own. But it's another piece of evidence in the pile — all pointing the same direction.

4. Timing is everything and the riskiest moment is one most people never think about.

The period right after the umbilical cord is clamped appears to be the most vulnerable window of all [20]. At that exact moment, the baby, who has been protected and filtered by the mother's liver, is suddenly on its own.

A Johns Hopkins study found that mothers who used the most acetaminophen during labor and delivery were **almost 4 times more likely** to have a child diagnosed with autism than mothers who used the least [21].

Scientists estimate that roughly half of all acetaminophen-related autism cases may trace back to this single window in time [20].

5. Abundant evidence, all saying the same thing.

The most convincing factor isn't a single thing. It's the fact that we have all of this information, and that it all points in the same direction [20,22].

1. **Two countries, one drug, one difference**. Denmark and Finland, two very similar countries in many regards, provide a sad example. Denmark had twice the autism rate as Finland. Denmark also used twice as much Tylenol [20]. Nobody could explain it at the time.
2. **Where there's no modern medicine, there's no autism**. Researchers examined schools for children with disabilities. In a country without modern medicine in Central America, they found blindness, deafness, and Down syndrome in these schools (as expected) but could *not* find autism [19]. This is one of the clearest signs that something introduced by modern life is involved.
3. **What animal studies showed**. Young lab mice given just two doses of acetaminophen showed profound, lasting impairments in learning and spatial reasoning skills when they grew up [23]. This study alone would prevent the drug

from being approved for children today. Dozens of additional studies in laboratory animals have confirmed that acetaminophen is not safe for brain development.

4. **Cystic fibrosis patients never seem to get autism**. People with cystic fibrosis are unusually efficient at processing Tylenol [24,25], the exact opposite of susceptible babies. Physicians who treated CF patients for years reported never encountering a single case of autism in that population [9].

5. **The circumcision connection**. A Danish study of over 340 thousand children found a significant increase in autism among circumcised boys [26]. Circumcision is routinely performed with Tylenol. The circumcision itself doesn't cause autism - but babies often receive Tylenol during the procedure, and the parents are often told to give the drug to their baby to alleviate discomfort from circumcision.

6. **Parents kept noticing something and were ignored.** Across multiple studies, 30–50% of parents of children with autism noticed symptoms of autism starting after a vaccination [27-29]. Vaccines don't contain the ingredients that easily explain this, though. But Tylenol is routinely given before and after vaccinations to manage fever and fussiness [30]. The parents weren't wrong that something happened, but it's apparent that the Tylenol was the cause.

7. **Tylenol even changes how healthy adults feel socially**. Independent research labs have found that Tylenol, taken by healthy adults, reduces feelings of social connection and empathy [31-36]. Impaired social awareness is one of the defining features of autism. The drug affects the same parts of the brain that are affected in children with autism.

8. **And so much more**. More than 30 independent and distinct pieces of scientific evidence now tell scientists that acetaminophen and autism spectrum disorder are related just like alcohol and fetal alcohol spectrum disorder [19,37]. Additional evidence includes an increase in childhood brain cancer associated with Tylenol use during pregnancy [38], and the fact that Tylenol was never proven to be safe for babies and children [39] despite hundreds of papers in the medical literature claiming it is safe.

Why don't you already know about this?

- When Tylenol was first approved for children, doctors only checked whether it harmed the liver [39]. It didn't. But a 1984 laboratory animal study showed that acetaminophen doesn't hurt the liver in newborns [40], and it wasn't until 20 years

later that scientists finally tested the drug and found that it hurt the brain of newborn laboratory animals [23]. That study came too late to change the approval.

- A large 2024 study [41] is widely cited as proof the drug was safe. We published a mathematical proof showing that the key assumption of that study is absolutely wrong [19]. That proof was published, but has been largely ignored in major media. In addition, a completely independent analysis published in 2026 [42] also showed that the calculations in the 2024 study cannot be trusted.
- When the U.S. President's announcement brought new attention to this research in late 2025, more than 30 scientific papers rushed to rebut the president — all within 6 months and all relying on the same flawed assumption from the 2024 study. The scientific community followed each other's lead, rather than creating new research. It's a classic case of groupthink.

There is no reasonable doubt.

This can't be proven absolutely. It would require a randomized, controlled trial over at least six years, tested on real families, and that's not practical or ethical. We can only look at all of the evidence and make our own decisions.

While it isn't proven in the most absolute sense, there's simply no reasonable doubt. As these arguments show, autism is very clearly linked to Tylenol.

What do you do now?

If you know anyone wondering about this, forward them this email or send them to PreventAutism.org so they can learn this same information.

If you're still unsure, the entire argument is laid out in scientifically rigorous detail in Dr. William Parker's new book [Tylenol and Autism: Evidence, Scientific Blunders, and Medicine Gon Wrong.] You can pre-order the book here. Tylenol and Autism: Evidence, Scientific Blunders, and Medicine Gone Wrong: 9781648212468: Medicine & Health Science Books @ Amazon.com

Always consult a physician when your baby or child is seriously ill.

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