

From the Desk of Steven Templin, D.O.M., Dipl. Ac.



Pyroluria Questionnaire

Maintaining adequate levels of vitamin B6 & zinc in our bodies is an absolute must.

B6 is absolutely essential in over 50 enzymatic brain reactions. B6 plays an important role in your nervous system's balance. It is required to utilize protein for energy. A vitamin B6 deficiency can create ongoing anxiety and depression.

Zinc has a marked effect on mood states. Zinc enhances resistance to stress and helps maintain intellectual function, memory and mood levels.

Poor stress control, nervousness, anxiety, mood swings, inner tension, anger, depression, aggressiveness, learning problems?

These are hallmarks of pyrrole disorder and represent the symptoms of a combined zinc and vitamin B deficiency. You or someone you know could have pyrrole disorder.

Pyroluria runs in families, so if you are pyroluric, chances are the same anxiety and poor stress responses will occur in other family members. Pyroluria is diagnosed by elevated KRYPTOPYRROLES in the urine. Pyroluria is correctable with the appropriate B6 and zinc supplementation.

Take the self-test below.

If you are B6 and zinc deficient, you will easily identify with some of the following symptoms.

CHECK YES TO ANY OF THE FOLLOWING QUESTIONS:

- 1. When you were young, did you sunburn easily? Do you have fair or pale skin?
- 2. Do you have a reduced amount of head hair, eyebrows, or eyelashes, or do you have prematurely gray hair?
- 3. Do you have poor dream recall or nightmares?
- 4. Are you becoming more of a loner as you age? Do you avoid outside stress because it upsets your emotional balance?
- 5. Have you been anxious, fearful, or felt a lot of inner tension since childhood but mostly hide these inner feelings from others?
- 6. Is it hard to clearly recall past events and people in your life?
- 7. Do you have bouts of depression and/or nervous exhaustion?
- 8. Do you have cluster headaches?
- 9. Are your eyes sensitive to sunlight?
- 10. Do you belong to an all-girl family, or have look-alike sisters?
- 11. Do you get frequent colds or infections, or unexplained chills or fevers?
- 12. Do you dislike eating protein? Have you ever been a vegetarian?

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- 13. Did you reach puberty later than normal?
- 14. Are there white spots/flecks on your fingernails, or do you have opaquely or paperthin nails?
- 15. Are you prone to acne, eczema, or psoriasis?
- 16. Do you prefer the company of one or two close friends rather than a gathering of friends?
- 17. Do you have stretch marks on your skin?
- 18. Have you noticed a sweet smell (fruity odor) to your breath or sweat when ill or stressed?
- 19. Do you have or did you have, before braces crowded upper front teeth?
- 20. Do you prefer not to eat breakfast, or even experience light nausea in the morning?
- 21. Does your face sometimes look swollen while under a lot of stress?
- 22. Do you have a poor appetite, or a poor sense of smell or taste?
- 23. Do you have any upper abdominal, splenic pain? As a child, did you get a "stitch" in your side when you ran?
- 24. Do you tend to focus internally (on yourself) rather than on the external world?
- 25. Do you frequently experience fatigue?
- 26. Do you feel uncomfortable with strangers?
- 27. Do your knees crack or ache?
- 28. Do you overreact to tranquilizers, barbiturates, alcohol, or other drugs-mat is, does a little produce a powerful response?
- 29. Does it bother you to be seated in a restaurant in the middle of the room?
- 30. Are you anemic?
- 31. Do you have cold hands and/or feet?
- 32. Are you easily upset (internally) by criticism?
- 33. Do you have a tendency toward morning constipation?
- 34. Do you have tingling sensations or muscle spasms in your legs or arms?
- 35. Do changes in your routine (traveling, new situations) provoke stress?
- 36. Do you tend to become dependent on one person whom you build your life around?

Score _____

A score of 15 or more is an indication for pyroluria.

This questionnaire was originally developed by author, researcher, and clinician Carl Pfeiffer M.D., Ph.D a pioneer in the field of biochemistry.