

PYROLURIA

Pyroluria is the result of a genetically-caused over-production of a group of chemicals called kryptopyrroles. These pyrroles bind with B₆ and zinc and dump them into the urine which is then excreted from the body creating emotional disaster. A high incidence of Pyrrole Disorder is found in individuals on the autism spectrum, individuals with anxiety disorder, depression, obsessive-compulsive disorder, schizophrenia, bipolar disorder, Asperger's, AD(H)D, and alcoholism (44%). However, pyroluria is quickly and easily corrected when diagnosed.

MAJOR INDICATIONS

YES NO

- ___ ___ Do you sunburn easily? Do you have fair or pale skin?
- ___ ___ Do you tend to avoid stressful situations?
- ___ ___ Do you have poor dream recall or only exciting dreams (nightmares)?
- ___ ___ Is it hard to recall what you've just read?
- ___ ___ Are your eyes sensitive to bright lights?
- ___ ___ Do you get frequent colds or infections?
- ___ ___ Are there white spots/flecks on your fingernails?
- ___ ___ Are you prone to acne, eczema, or psoriasis?
- ___ ___ Do you have stretch marks on your skin?
- ___ ___ Do you prefer not to eat breakfast or even experience light nausea in the morning?
- ___ ___ Are there severe mood problems, mental illness, or alcoholism in your family?

INDICATIONS THAT ARE OCCASIONALLY PRESENT

YES

NO

- ___ ___ Do you have a reduced amount of head hair or do you have prematurely gray hair?
- ___ ___ Are you becoming more of a loner as you age?
- ___ ___ Have you been anxious, fearful, or felt a lot of inner tension since childhood?
- ___ ___ If you are over age 16, do you have bouts of depression and/or nervous exhaustion?
- ___ ___ Do you have headaches?
- ___ ___ Did you reach puberty earlier or later than normal?
- ___ ___ Do you sneeze in sunlight?
- ___ ___ Do loud noises bother you?
- ___ ___ Do you prefer the company of one or two close friends rather than a gathering of friends?
- ___ ___ Have you noticed a sweet smell (fruity odor) to your breath or sweat when ill or stressed? (Rare symptom)
- ___ ___ Do you have a poor appetite or a poor sense of taste? Do you enjoy spicy food?
- ___ ___ Do you have any upper abdominal or spleen pain? As a child, did you get a "stitch" in your side when you ran? (1 in 10 have this symptom)
- ___ ___ Do your knees crack or ache?
- ___ ___ Are you anemic? (1 in 10 have this symptom)
- ___ ___ Are you easily upset (internally) by criticism?
- ___ ___ Do you have frequent mood swings?
- ___ ___ Do you tend to carry any excess fat in your lower extremities rather than evenly distributed around your body (a pear-shaped figure)?

If you have any of the disorders listed at the beginning of this test and you answered "yes" to five or more of the MAJOR INDICATIONS and "yes" to some of the OCCASIONALLY PRESENT questions, you should have a Pyrrole urine test.

© 2013 This questionnaire, originally developed by Carl Pfeiffer, PhD., has been updated by Suka Chapel-Horst, RN, PhD, in consultation with William J. Walsh, PhD.

This condition, if present, is 100% correctable with the proper micronutrients and complete recovery can occur in one to three weeks.

To obtain a Pyrrole urine test kit and a medical consultation, go to www.pyroluriatesting.com or contact: Suka-Chapel-Horst, PhD, RN at 417-380-3254 for more information.