Pyroluria Questionnaire

This questionnaire will help you identify whether you might have pyroluria. The physical and emotional symptoms below are caused by deficiencies of vitamin B₆ and zinc. When you experience high levels of stress, vitamin B₆ and zinc will be further depleted, so you may notice worsening symptoms and more anxiety.

Based on my review of questionnaires and results of pyroluria tests for hundreds of clients, I’ve grouped the most common or classic signs and symptoms first. I’ve also labeled the symptoms that could be directly related to low levels of vitamin B₆ or zinc so you can individualize your supplements and dosages. Symptoms without these designations are due to a deficiency of both vitamin B₆ and zinc. Check off any of the following signs or symptoms that apply to you:

Most Common Signs and Symptoms

Being anxious, shy, or fearful or experiencing inner tension since childhood, but hiding these feelings from others

Having bouts of depression or nervous exhaustion

Poor dream recall, stressful or bizarre dreams, or nightmares (low vitamin B₆)

Excessive reactions to tranquilizers, barbiturates, alcohol, or other drugs, in which a little produces a powerful response (low vitamin B₆)

Preferring not to eat breakfast, experiencing light nausea in the morning, or being prone to motion sickness (low vitamin B₆)

White spots or flecks on the fingernails or opaquely white or paper-thin nails (low zinc)

Liquid zinc sulfate having a mild taste or tasting like water (low zinc)

Poor appetite or having a poor sense of smell or taste (low zinc)

Joints popping, cracking, or aching; pain or discomfort between the shoulder blades; or cartilage problems (low zinc)

Pale or fair skin or being the palest in the family, or sunburning easily, now or when younger

Disliking protein or having ever been a vegetarian or vegan

Being sensitive to bright sunlight or noise

Upper abdominal pain on your left side under the ribs or, as a child, having a stitch in your side as you ran

Frequent fatigue

Being prone to iron anemia or low ferritin levels
Tending to have cold hands or feet
Having frequent colds or infections, or unexplained chills or fever
Reaching puberty later than normal or having irregular menstruation or PMS
Having allergies, adrenal issues, or problems with sugar metabolism
Having gluten sensitivity
Neurotransmitter imbalances, especially low serotonin
For women, belonging to an all-girl family or having look-alike sisters
For men, having a mother from an all-girl family or a mother with look-alike sisters, or all the females in the mother’s family bearing a strong resemblance to each other
Avoiding stress because it upsets your emotional balance
Tending to become dependent on one person whom you build your life around
Preferring the company of one or two close friends rather than a gathering of friends; becoming more of a loner as you age
Feeling uncomfortable with strangers
Being bothered by being seated in the middle of the room in a restaurant
Being easily upset by criticism

**Less Common Signs and Symptoms**

Stretch marks or poor wound healing (low zinc)
Crowded upper front teeth, many cavities, or inflamed gums or wearing braces (low zinc)
Bad breath and body odor (or a sweet, fruity odor), especially when ill or stressed (low zinc)
Being prone to acne, eczema, herpes, or psoriasis
Reduced amount of hair on your head, eyebrows, or eyelashes, or prematurely gray hair
Difficultly recalling past events and people in your life
Focusing internally, on yourself, rather than on the external world
Tending to have morning constipation
Tingling sensations or muscle spasms in your legs or arms
Feeling stressed by changes in your routine, such as traveling or being in new situations
Your face looking swollen when you’re under a lot of stress

Cluster headaches or blinding headaches

One or more of the following: a psychiatric disorder, schizophrenia, high or low histamine, alcoholism, learning and behavioral disorders, autism, or Down syndrome

If you check off 15 or more items, especially the more common ones, it’s highly probable that you have pyroluria and will benefit from taking zinc and vitamin B₆ supplements. I encourage you to be tested, but if this isn’t possible, or even if you don’t have pyroluria, supplementing with zinc and vitamin B₆ may be worthwhile if you have a large number of these symptoms.

This questionnaire is based on my experience working with many clients with pyroluria, along with information from Depression-Free Naturally (2001), by Joan Mathews-Larson, Nutrition and Mental Illness (1987), by Carl Pfeiffer, and Natural Healing for Schizophrenia and Other Common Mental Disorders (2001), by Eva Edelman.

From The Antianxiety Food Solution: How the Foods You Eat Can Help You Calm Your Anxious Mind, Improve Your Mood, and End Cravings (New Harbinger 2011)

© 2011 Trudy Scott All Rights Reserved