

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

Difficulty 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

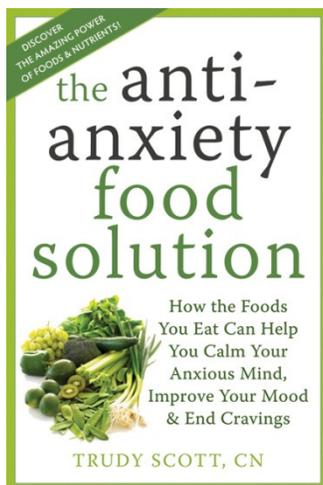
One or more of the following: a psychiatric disorder, schizophrenia, high or low histamine, alcoholism, learning and behavioral disorders, autism, or Down syndrome

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)

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“does an excellent job of explaining the science behind anxiety and then bringing it to a practical level” —Elizabeth Lipski, PhD, CCN, author of *Digestive Wellness*

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