

### PYROLURIA

Pyroluria is the result of a genetically-caused over-production of a group of chemicals called pyrrolopyrroles. These pyrroles bind with B<sub>6</sub> 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](http://www.pyroluriatesting.com) or contact: Suka-Chapel-Horst, PhD, RN at 417-380-3254 for more information.