



Pyroluria Questionnaire from The Antianxiety Food Solution

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

1. Being anxious, shy, or fearful or experiencing inner tension since childhood, but hiding these feelings from others
2. Having bouts of depression or nervous exhaustion
3. Poor dream recall, stressful or bizarre dreams, or nightmares (low vitamin B₆)
4. Excessive reactions to tranquilizers, barbiturates, alcohol, or other drugs, in which a little produces a powerful response (low vitamin B₆)
5. Preferring not to eat breakfast, experiencing light nausea in the morning, or being prone to motion sickness (low vitamin B₆)
6. White spots or flecks on the fingernails or opaquely white or paper-thin nails (low zinc)
7. Liquid zinc sulfate having a mild taste or tasting like water (low zinc)
8. Poor appetite or having a poor sense of smell or taste (low zinc)
9. Joints popping, cracking, or aching; pain or discomfort between the shoulder blades; or cartilage problems (low zinc)
10. Pale or fair skin or being the palest in the family, or sunburning easily, now or when younger
11. Disliking protein or having ever been a vegetarian or vegan
12. Being sensitive to bright sunlight or noise
13. Upper abdominal pain on your left side under the ribs or, as a child, having a stitch in your side as you ran
14. Frequent fatigue

15. Being prone to iron anemia or low ferritin levels
16. Tending to have cold hands or feet
17. Having frequent colds or infections, or unexplained chills or fever
18. Reaching puberty later than normal or having irregular menstruation or PMS
19. Having allergies, adrenal issues, or problems with sugar metabolism
20. Having gluten sensitivity
21. Neurotransmitter imbalances, especially low serotonin
22. For women, belonging to an all-girl family or having look-alike sisters
23. 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
24. Avoiding stress because it upsets your emotional balance
25. Tending to become dependent on one person whom you build your life around
26. Preferring the company of one or two close friends rather than a gathering of friends; becoming more of a loner as you age
27. Feeling uncomfortable with strangers
28. Being bothered by being seated in the middle of the room in a restaurant
29. Being easily upset by criticism

Less Common Signs and Symptoms

30. Stretch marks or poor wound healing (low zinc)
31. Crowded upper front teeth, many cavities, or inflamed gums or wearing braces (low zinc)
32. Bad breath and body odor (or a sweet, fruity odor), especially when ill or stressed (low zinc)
33. Being prone to acne, eczema, herpes, or psoriasis
34. Reduced amount of hair on your head, eyebrows, or eyelashes, or prematurely gray hair
35. Difficulty recalling past events and people in your life
36. Focusing internally, on yourself, rather than on the external world
37. Tending to have morning constipation
38. Tingling sensations or muscle spasms in your legs or arms
39. Feeling stressed by changes in your routine, such as traveling or being in new situations
40. Your face looking swollen when you're under a lot of stress
41. Cluster headaches or blinding headaches
42. 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 (keep in mind that your pyroluria urine test may come back with a false negative), 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.

I start my clients with zinc (30 mg), vitamin B6 (100mg) or P5P (25mg) and evening primrose oil (1300mg), plus a good multi-vitamin (with manganese and no copper) and a multi-mineral and sometimes additional magnesium.

For the zinc I have found Opti-zinc (Solaray is a good brand that doesn't have copper) to be very well absorbed by most of my clients. Using the liquid zinc sulfate/zinc status test is a useful way to assess your zinc levels (see link below).

We increase zinc based on the zinc test and the vitamin B6 based on dream recall. And obviously social anxiety symptoms too.

This questionnaire and information is taken from chapter 7 of *The Antianxiety Food Solution: How the Foods You Eat Can Help You Calm Your Anxious Mind, Improve Your Mood and End Cravings*, available in major books stores, at Amazon and via www.antianxietyfoodsolution.com. You can find more detailed protocol information in this chapter.

You can find the above questionnaire online at <http://www.everywomanover29.com/blog/pyroluria-questionnaire-from-the-antianxiety-food-solution>

There are many valuable comments so I encourage you to read through them and learn. Feel free to post your own numbers/results from the questionnaire and success with the protocol.

Here are a number of blog posts related to zinc, vitamin B6, pyroluria and even introversion.

Overcome your fear of public speaking

<http://www.everywomanover29.com/blog/overcome-your-fear-of-public-speaking/>

Zinc deficiency is common: using liquid zinc status test as an assessment tool

<http://www.everywomanover29.com/blog/zinc-deficiency-and-using-the-zinc-taste-test/>

Am I an anxious introvert because of low zinc and vitamin B6? My response to Huffington Post blog <http://www.everywomanover29.com/blog/anxious-introvert-because-of-low-zinc-and-vitamin-b6/>

Quiet: introverts on the job – pyroluria, low blood sugar, gluten?

<http://www.everywomanover29.com/blog/quiet-introverts-on-the-job-pyroluria-low-blood-sugar-gluten/>

The comments on the posts about anxious introverts and the possible connection to pyroluria and/or low zinc and low vitamin B6 have been enlightening to say the least! Additional comments and feedback is always appreciated. I do answer all comments and questions!

I am Trudy Scott, a Food-Mood expert and nutritionist and I educate women about real whole food and finding natural solutions for anxiety and stress, depression and low motivation and other mood problems. I am so passionate about what I do because I used to suffer terribly from anxiety, unexplained fears, waking with a sense of doom and even panic attacks - and I have used gluten elimination and the amazing healing powers of foods and nutrients to completely heal.

You can read more in my book *The Antianxiety Food Solution: How The Foods You Eat Can Help You Calm Your Anxious Mind, Improve Your Mood and End Cravings*: all the areas that may affect your anxiety, mood and emotional eating: eating real whole food (including four unique antianxiety food solution diets), avoiding sugar and balancing blood sugar, avoiding caffeine and alcohol, optimizing digestion and eliminating candida, food intolerances such as gluten and carbs in general, more on balancing brain chemistry, addressing zinc and vitamin B6 deficiencies and lifestyle factors. You will be able to use this information to take charge of your mental and physical health – so you can feel on top of the world always and banish anxiety, fears, panic attacks and emotional eating once and for all!

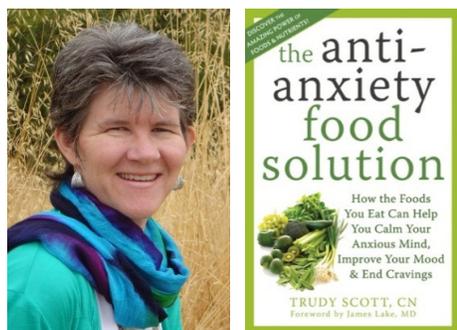
I invite you to sign up for my twice-a-month ezine “*Food, Mood and Gal Stuff*” here www.antianxietyfoodsolution.com or here www.everywomanover29.com. You’ll get up-to-date information, new research, recipes, workshop, new product information and two free Special Reports “*5 Simple Steps to Reduce Anxiety Now*” and “*9 Great Questions Women Ask About Food, Mood and their Health*”. You can also find many great articles on my blog www.everywomanover29.com/blog

Join me on The Anxiety Summit, a wildly popular virtual gathering of international experts sharing research and nutritional solutions for anxiety. www.theanxietysummit.com

And if you need more help and one-one support, please contact me about a consultation. I do work with people all over the world and we start the process with a complimentary 15-minute phone consultation. Again, please just email me trudy@everywomanover29.com
To your health and happiness!

Trudy

Trudy Scott, Food Mood Expert and Certified Nutritionist



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