



Signs and Symptoms of PYROLURIA

Signs and symptoms: Familial or Genetic component — belonging to the Porphyrin group of Diseases. It is most often seen in females. A **family history of mental illness** and all-girl families especially if there is also a **history of miscarried boys**. Pyroluria is a **stress-related** condition and when symptoms are brought on by stress, pyroluria should be considered. Symptoms include:

- Pyrolurics often have weak immune systems and may suffer from frequent ear infections as a child, as well as colds, fevers and chills.
- Neurological symptoms include fatigue, nervous exhaustion, insomnia, poor memory, hyperactivity, seizures, mood swings and inability to think clearly.
- Lack of regular periods in girls and impotence in males.
- The pyroluric often has unusual smelling breath and body odour (it has been likened to pear drops).
- Inability to tolerate drugs and alcohol.
- May wake with nausea.
- Cold hands and feet.
- Frequent abdominal pain.
- Disperceptions.
- Constipation.
- Difficulty remembering dreams.
- Frequent upper abdominal pain.
- Stretch marks in the skin.

Belong to **all-girl family** with **look-alike** sisters

CREDIT: IWDL

Not all the symptoms are present in every pyroluric but **any number of the above may indicated Pyrolurria** should be **investigated by testing Urinary Kryptopyrroles**, which can be requested through your nutritional therapist as a solo test (cost £40).

Pyroluric Nutrient Requirements: Vitamin B6 , Zinc and Manganese. Should **only be used under the guidance of a Nutritional Therapist and whilst consulting with your GP** and /or prescribing physician.