

Pyroluria Screening Test

- 1. Did you sunburn easily when younger or have fair/pale skin?
- 2. Do you have a reduced amount of head hair, eyebrows, or eyelashes, or do you have prematurely gray hair?
- 3. Do you have poor dream recall or nightmares?
- 4. Are you becoming more of a loner as you age? Do you avoid outside stress because it upsets your emotional balance?
- 5. Have you been anxious, fearful, or felt a lot of inner tension since childhood but mostly hide these inner feelings from others?
- 6. Is it hard to clearly remember past events and people in your life?
- 7. Do you have bouts of depression and/ or nervous exhaustion?
- 8. Do you suffer from cluster headaches?
- 9. Are your eyes sensitive to sunlight?
- 10. Do you belong to an all-girl family? Have look-alike sisters?
- 11. Do you get frequent colds or infections, or unexplained chills or fevers?
- 12. Do you dislike eating protein? Have you ever been a vegetarian?
- 13. Did you reach puberty later than normal?
- 14. Are there white spots/ flecks on your fingernails, or do you have opaquely white or paper-thin nails?
- 15. Are you prone to acne, eczema, or psoriasis?
- 16. Do you prefer the company of one or two close friends rather than a gathering of friends?
- 17. Do you have stretch marks on your skin?
- 18. Have you noticed a sweet smell (fruity odor) to your breath or sweat when ill or stressed?
- 19. Have you had or currently have crowded upper front teeth?
- 20. Do you prefer not to eat breakfast or experience light nausea in the morning?
- 21. Does your face sometimes look swollen while under a lot of stress?
- 22. Do you have a poor appetite or a poor sense of smell or taste?
- 23. Do you have any upper abdominal, splenic pain? As a child, did you get a "stitch" in your side when you ran?
- 24. Do you tend to focus internally (on yourself) rather than on the external world?
- 25. Do you frequently experience fatigue?
- 26. Do you feel uncomfortable with strangers?
- 27. Do your knees crack or ache?
- 28. Do you overreact to tranquilizers, barbiturates, alcohol, or other drugs— that is, does a little produce a powerful response?
- 29. Does it bother you to be seated in a restaurant in the middle of the room?
- 30. Are you anemic?
- 31. Do you have cold hands and/ or feet?
- 32. Are you easily upset (internally) by criticism?
- 33. Do you have a tendency toward morning constipation?
- 34. Do you have tingling sensations or muscle spasms in your legs or arms?
- 35. Do changes in your routine (traveling, new situations) provoke stress?
- 36. Do you tend to become dependent on one person whom you build your life around?

A score of 15 or more indicates that it would be worth your time and money to get tested for pyroluria.

If you have pyroluria, make sure to check if you have adrenal fatigue. Pyroluria causes adrenaline to be released more often in response to anxiety which wears out the adrenal glands.

This test was taken and modified from [*Depression-Free. Naturally*, by Joan Mathews Larson.](#)