

## Pyrrole Disorder

### Common signs and symptoms of Pyrrole Disorder

Symptoms	Common	Sometimes	Rarely
Anxiety, fear, shy, inner tension, hiding these feeling from others			
Bouts of depression and nervous exhaustion			
Poor dream recall, nightmares, bizarre dreams (low B6)			
Nausea, prefer no breakfast, prone to motion sickness (low B6)			
White spots on nails / thin nails (low zinc)			
Poor smell and/or taste (low zinc)			
Pale skin that burns easy			
Joint pain, cracking or popping, cartilage issues (low zinc)			
Frequent fatigue			
Tendency toward low iron			
Poor immunity/frequent colds or infections			
Cold extremities			
Allergies, gluten sensitivity or blood sugar control problems			
Prefer company of one or two friends, tendency towards being a loner			
Feeling uncomfortable with strangers			
Easily upset by criticism			
Excessive reactions to alcohol, drugs or other pharmaceuticals (low B6)			
Sensitivity to light or noise (low zinc)			
Neurotransmitter imbalances, in particular low serotonin			
Reaching puberty later than normal or irregular menstruation/PMS			
Having sisters that all look very alike or a mother from an all-girl family			
Avoiding stress of conflict as it upsets your emotional balance			

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### Less common signs and symptoms of Pyrrole Disorder

Symptoms	Common	Sometimes	Rarely
Crowded teeth, braces, inflamed gums (low zinc)			
Bad breath and body odour (low zinc)			
Prone to eczema, herpes, psoriasis			
Premature grey hair, reduced hair on head			
Difficulty recalling past events and people			
Stretch marks and/or poor wound healing (low zinc)			
Internally focussing on yourself rather than the external world			
Morning constipation			
Stressed by changes in routine, unplanned events			
Bad headaches			
Alcoholism			
Behavioural disorder			
Histamine issues (high or low)			
Muscle spasms in arms or legs			

Pyrrole disorder, also known as mauve factor, kryptopyrroluria and pyrroluria, it is a biochemical imbalance involving dysfunctional haemoglobin synthesis. The condition causes excess production of a metabolite called hydroxyhemopyrrolin-2-one (HPL), a waste by product from haemoglobin. Elevated levels of HPL bind to vitamin B6 and zinc causing deficiencies of these nutrients in your body.

If you ticked more than 5 of the common signs plus some additional in the less common signs and symptoms it would be advisable to be tested for Pyrrole disorder. This can be done through a simple urine test where the sample is sent under a particular set of conditions to a specialised laboratory.

Supplementing zinc and vitamin B6 may benefit greatly as well as a nutritional balancing program.

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