



Pyrrole Disorder

Pyroluria or Pyrrole Disorder is a condition caused by stress that depletes that body of certain vitamins and minerals before they are able to be absorbed. It is caused by the overproduction of Hydroxyhemopyrrolin (HPL).

There are three main nutrients that are not properly absorbed in Pyroluria:

- Vitamin B6
- Magnesium
- Zinc

Symptoms:

Severe anxiety and mood swings, mid-morning nausea, poor morning appetite, digestive problems, skin issues, frequent infections, joint pain and sensitivity to noise.

Treatment:

- Assess patient blood work to verify the presence of the condition and to what degree.
- Adding supplementation of B Vitamins, Magnesium, Zinc, Manganese, Glutathione, Fatty Acids and Vitamin C.
- Patients with Pyrrole Disorder often present intestinal permeability. Repairing this is a key part of treatment. To do so, we remove inflammatory foods, add Probiotics and use Glutamine to heal the lining.
- Stress management is important. Consider Yoga, meditation or other stress management techniques.

More Information:

Stress of and kind will increase the production of pyrroles/HPL and this will decrease Zinc and Vitamin B6. The main biochemical features of this condition are severe Zinc and Vitamin B6 deficiency. Zinc is essential for hundreds of processes in the body, especially boosting immune function, digestion, neurotransmitter activation, healing and repair, insulin sensitivity and blood sugar, memory, physical growth and DNA replication. Zinc and B6 are essential for producing serotonin (happy hormone), melatonin (sleep hormone), GABA (relax hormone), cortisol steroids, and Acetyl Choline (memory support).