

CHART OF PYROLURIA SYMPTOMS INDICATING DEFICIENCY IN VITAMIN B6 AND ZINC

Zinc Deficiency		B6 Deficiency	
<input type="checkbox"/>	• White spots or flecks on the fingernails, or opaquely white or paper-thin nails	<input type="checkbox"/>	• Poor dream recall, stressful or bizarre dreams, or nightmares
<input type="checkbox"/>	• Liquid zinc sulfate having a mild taste or tasting like water	<input type="checkbox"/>	• Excessive reactions to tranquilizers, barbiturates, alcohol, or other drugs, in which a little produces a powerful response
<input type="checkbox"/>	• Poor appetite or having a poor sense of smell or taste	<input type="checkbox"/>	• Preferring not to eat breakfast, experiencing light nausea in the morning, or being prone to motion sickness
<input type="checkbox"/>	• Joints popping, cracking, or aching; pain or discomfort between the shoulder blades; or cartilage problems	<input type="checkbox"/>	
<input type="checkbox"/>	• Stretch marks or poor wound healing	<input type="checkbox"/>	
<input type="checkbox"/>	• Crowded upper front teeth, many cavities, or inflamed gums or wearing braces	<input type="checkbox"/>	
<input type="checkbox"/>	• Bad breath and body odor (or a sweet, fruity odor), especially when ill or stressed	<input type="checkbox"/>	
Symptoms that indicate both B6 and Zinc Deficiency		Symptoms that indicate both B6 and Zinc Deficiency	
<input type="checkbox"/>	• Being anxious, shy, or fearful, or experiencing inner tension since childhood, but hiding these feelings from others	<input type="checkbox"/>	• Avoiding stress because it upsets your emotional balance
<input type="checkbox"/>	• Having bouts of depression or nervous exhaustion	<input type="checkbox"/>	• Tending to become dependent on one person whom you build your life around
<input type="checkbox"/>	• Pale or fair skin or being the palest in the family, or sunburning easily, now or when younger	<input type="checkbox"/>	• Preferring the company of one or two close friends rather than a gathering of friends; becoming more of a loner as you age
<input type="checkbox"/>	• Disliking protein or having ever been a vegetarian or vegan	<input type="checkbox"/>	• Feeling uncomfortable with strangers
<input type="checkbox"/>	• Being sensitive to bright sunlight or noise	<input type="checkbox"/>	• Being bothered by being seated in the middle of the room in a restaurant
<input type="checkbox"/>	• Upper abdominal pain on your left side under the ribs or, as a child, having a stitch in your side as you ran	<input type="checkbox"/>	• Being easily upset by criticism
<input type="checkbox"/>	• Frequent fatigue	<input type="checkbox"/>	• Being prone to acne, eczema, herpes, or psoriasis
<input type="checkbox"/>	• Being prone to iron anemia or low ferritin levels	<input type="checkbox"/>	• Reduced amount of hair on your head, eyebrows, or eyelashes, or prematurely gray hair
<input type="checkbox"/>	• Tending to have cold hands or feet	<input type="checkbox"/>	• Difficultly recalling past events and people in your life
<input type="checkbox"/>	• Having frequent colds or infections, or unexplained chills or fever	<input type="checkbox"/>	• Focusing internally, on yourself, rather than on the external world
<input type="checkbox"/>	• Reaching puberty later than normal or having irregular menstruation or PMS	<input type="checkbox"/>	• Tending to have morning constipation
<input type="checkbox"/>	• Having allergies, adrenal issues, or problems with sugar metabolism	<input type="checkbox"/>	• Tingling sensations or muscle spasms in your legs or arms
<input type="checkbox"/>	• Having gluten sensitivity	<input type="checkbox"/>	• Feeling stressed by changes in your routine, such as traveling or being in new situations
<input type="checkbox"/>	• Neurotransmitter imbalances, especially low serotonin	<input type="checkbox"/>	• Having a swollen-appearing face when you're under a lot of stress
<input type="checkbox"/>	• For women, belonging to an all-girl family or having look-alike sisters	<input type="checkbox"/>	• Cluster headaches or blinding headaches
<input type="checkbox"/>	• 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	<input type="checkbox"/>	• One or more of the following: a psychiatric disorder, schizophrenia, high or low histamine, alcoholism, learning and behavioral disorders, autism, or Down syndrome