

KEYNOTE COMPLEXES: SYMPTOM SUMMARY

Contact: keynoteremedies@gmail.com

ABC Fever

Keynote symptoms :

Sudden onset fever, after cold dry wind, shock, heat from the sun or after swimming with water in ears. May have intolerable pains. Red, heat in cheeks & face, cold hands & feet. May be given frequently at start of fever

Breastfeeding Support

Keynote symptoms :

Fever with heat & redness, breast hard, red & painful to slightest touch or movement, clogged ducts, engorgement of breasts, over/ under production of milk, anxiety, cracked ulcerated nipples, shooting pains with nursing.

Bites, Stings & Boils

Keynote symptoms :

Redness, swelling, itching, shooting pains resulting directly from a sting or bite, histamine reactions with inflammation & swelling of the area, boils due to staphylococcus infections.

Cold & Flu

Keynote symptoms :

General fatigue, bone pain, sore throat, fever, sneezing, runny nose, yellow green even bloody nasal mucous, headache, may be used for viral or bacterial infections.

Diarrhea

Keynote symptoms :

Cutting pains, diarrhea after anger/ anxiety, after fruits or seafood, sight & smell of food aggravate, food poisoning. Better bending over, from pressure. Vomiting & diarrhea at the same time. Gastritis with burning & nausea. Can be taken after every loose stool.

Digestive Support

Keynote symptoms :

Constipation, hard dry stools, painful to pass, colic in infants, abdominal cramps after over indulgence, liver & gallbladder support, bloating, fullness, gas & pain

Ear support

Keynote symptoms:

Pain intolerable, fever, swollen glands, inflammation, earache, lowered immune system. Blocked ears impacted with wax.

Emotional support

Keynote symptoms :

Nervousness, anxiety, after sudden shock, anxiety at night, restlessness, sensation of a lump in the throat, want to cry but cannot or may be very weepy.

KEYNOTE COMPLEXES: SYMPTOM SUMMARY

Contact: keynoteremedies@gmail.com

Headache support

Keynote symptoms :

Throbbing, pulsating, heaviness in head & eyes, flu headaches, migraines with aura & vertigo, hangover after over indulgence, bursting, splitting headaches, worse movement (even of eyes), right or left sided, after sun, hormonal headaches.

Post Viral Recovery

Keynote symptoms:

Fatigue, anxiety, recurrent sore throats, mast cell activation, allergies, swollen glands and brain fog

Immune support

Keynote symptoms:

Post viral fatigue, Enhance the immune response before & during flu season.
Contains the latest Influenzinum nosode, a powerful way to help prevent & treat flu-like symptoms. Also contains T

Respiratory Support

Keynote symptoms :

Coughs in cold, damp weather, change in season, wet & dry coughs, spasmodic/ rattling & loose/ dry & hoarse, effort to bring up phlegm, croupy dry barking cough, asthmatic cough, burning in chest, asthma in damp weather & asthma in children.

Immune support continued

Thymus gland sarcode, which supports the thymus, an important gland of the immune system. When the thymus gland is compromised, so is our ability to heal physical, mental & emotional level

Sinus & Post Nasal

Keynote symptoms :

Itchy watery eyes, sneezing, running nose, histamine inflammatory reactions, sinus, postnasal drip, nasal congestion, sinus headache, helps drainage of ears & nose. Desensitizes from most common South African allergens.

Injury Recovery

Keynote symptoms :

Bruising, fractures, sprains, strains, neuritis, nerve pain, crushed fingers, pain & swelling after surgery, extreme pain after injury. Helpful for recovery after child birth, support recovery post surgery, relieves post op trapped gas.

Sleep

Keynote symptoms :

Nervous exhaustion, brain fog, restlessness, excitability, sleepless due to mental activity, child cries in sleep from pain, often due to stress & exhaustion..

KEYNOTE COMPLEXES: SYMPTOM SUMMARY

Contact: keynoteremedies@gmail.com

Teething

Keynote symptoms :

Fussiness, irritability, lots of saliva & drooling, low grade fever, whining, needing to be soothed & carried, red cheeks, diarrhea, swollen gums, intolerance of pain.

Throat

Keynote symptoms :

Sore throat with swollen glands & tonsils, lots of saliva, white ulcers on tonsils, redness & swelling at the back of the throat, difficulty swallowing, fever, strep throat.

UTI Support

Keynote symptoms :

Burning, sharp or stinging pains, blood/mucus in urine, incomplete feeling after urinating, pain over bladder/ kidney, spasms, constant desire to urinate, cystitis after sexual intercourse.

Vertigo Support

Keynote symptoms :

Vertigo from motion sickness/ rising/ turning head/ opening eyes. Empty feeling in head, nausea & vomiting, morning sickness in pregnancy, vertigo with headaches