



Experienced and certified medicinal herbalist, hypnotherapist and Reiki practitioner, **Catherine Novak** offers herbal consultations and hypnotherapy for improving health as well as dealing with chronic health issues.

**Helping clients achieve their health and wellness goals.**

- Stop Smoking, Lose Weight
  - Change Your Behaviors
  - Improve Your Health
  - Manage Pain without Drugs
  - Learn to Relax
  - Age and Past Life Regression
- By Appointment**

**Beads N Botanicals, 117 N. Broadway Ave, Urbana, IL 61801**  
**217-365-WELL (9355) • beadsnbotanicals@gmail.com**

**ACUPUNCTURE & CHINESE HERB CENTER**

*Licensed Acupuncturist*

*31 Years & 8 Generations of Experience*

**Shihu Ge**, Former Assistant Professor in Beijing  
University of Traditional Chinese Medicine

**217-359-6364**

206 N. Randolph, Suite 411, Champaign



**Concerned about the Flu?**

**“Spanish flu” of 1918-1919 mortality rate:**

**Patients of homeopathic doctors: Less than 1%**

**Patients of conventional doctors: More than 25%**

To read about H1N1 (swine flu) and homeopathy visit the following sites:

217-328-5173  
barbara@homi-il.org  
www.homi-il.org

<http://nationalcenterforhomeopathy.org/articles/view,323>

<http://nationalcenterforhomeopathy.org/articles/view,328>

**Homeopathy has been healing safely, gently and effectively for over 200 years.  
Homeopathy is effective for both seasonal and pandemic influenza.**

Barbara Rayska Antisdell (dba Homeopathy of Mid-Illinois) has over 25 years of experience in teaching homeopathy to lay persons and medical professionals. See [www.lotusrg.com](http://www.lotusrg.com) for article, testimonials or visit [www.homi-il.org](http://www.homi-il.org) for same information plus her qualifications and flu blog.