

# Susan Gianevsky

The Martin & Pleasance women's health ambassador tells how homeopathy has changed her life and helped thousands worldwide.

**You've achieved some great things in your life. What are you most proud of? What is the core philosophy behind the practice of Homeopathy?**

Homeopathy maintains that the vital force has the ability to react and adapt to internal and external causes. Homeopathy supports, balances, strengthens, rebuilds and restores the essential link between the mental, emotional and physical realms of the individual, naturally. Homeopathic medicines have beneficial long-term effects. They are non-habit forming and can safely be taken alongside conventional medicine or any other form of natural medicine. Homeopathic remedies get to the cause of the problem by acting at the root level, stimulating a healthy vitality and response at the core level to prevent recurrence.

**What are the major health benefits of homeopathy and which conditions or ailments is it most effective in treating?**

Homeopathic medicine is sought in the treatment of emotional imbalances, stress, insomnia, fever, colds, headaches, arthritis, menstrual disorders, weight loss, hyperactivity in children, sinus issues, indigestion, bladder problems, nausea in pregnancy, childbirth, increasing energy levels, hayfever, women's, men's and seniors' health and more.

**How did your interest in homeopathy come about?**

My interest in homeopathy started over 25 years ago, when I experienced such positive effects from taking homeopathic medicines that I was inspired to study naturopathy and then specialise in homeopathy. I was living abroad and when I came home I wasn't able to return to my regular sleep patterns. After trying many products the only three that worked were those I now discuss in my seminars – white chestnut (Bach flower), kali phos (tissue salt) and passiflora

(homeopathic). This trio was the solution I needed to get myself back into a relaxed sleep so that I was filled with energy during the day. The more I looked into homeopathy, the more interested I became, and the rest is history. Funnily, I gave up teaching to study and I now teach people all over the world about the impact tissue salts and homeopaths can have on health.

**What does your role at Martin & Pleasance, Melbourne's oldest homeopathic clinic, involve?**

It's wonderful how my passion for homeopathy has been supported over the last 20 years by Martin & Pleasance ([www.martinandpleasance.com](http://www.martinandpleasance.com)). I have been part of the Martin & Pleasance team for over 20 years and I am now the company's women's health ambassador, ensuring that everyone I meet is inspired about Schuessler tissue salts (kali phos), Bach flowers (white chestnut) and homeopathic (passiflora) and the homeopathic range of formulas I have created.

**Much of your work has focused on overcoming addiction. What do you see as the key to successfully treating addiction?**

It was by chance I moved into the area of addiction but it has been the highlight of my work as a practitioner. My clients have inspired me to formulate a range of homeopathic medicines, each of which includes tissue salts, after experiencing improved health for themselves. My passion for homeopathy encouraged me to stay in the drug and alcohol centre in my thirties and this experience has impacted on my life as a homeopath and the education seminars I now coordinate nationally and internationally. I realised we all have habits and we don't need to be addicted to smoking, drinking or illicit drugs to derail our health. Our unhealthy habits often get in the way. How can we diet if we don't take charge of our unhealthy habits? I found that when the cells of the body



are balanced with the appropriate tissue salts, a great health platform is developed that becomes the bridge to optimum health and wellbeing.

**What have been the most rewarding moments of your career?**

The most rewarding moment of my life was being given the opportunity to teach in Canada, where I was able to share my experiences on the impact tissue salts and homeopaths have had on my and my clients' lives. Seeing the range of products being so well received in Canada has been truly inspiring. I am so grateful to my clients, who taught me we all have habits and it is so important to build up the central nervous system and the liver when trying to overcome the unhealthy habits that so easily derail us.

**Tell us about your new 'Fresh Start' product. What is it and who might benefit from it?**

I am very happy to share with you my unique Fresh Start – Slim & Cleanse pack, which cleanses, hydrates and breaks unhealthy habits. There is no other product like it on the market. I have included a liver elixir, which is added to the water bottle to further detoxify the liver and continue hydrating your cells. Fresh Start is a great pack on its own or alongside your favourite diet or supplements.

**What do you hope to achieve in 2013?**

I hope to continue my travels, sharing my two books – Be Well, Be Healthy, Be Free and Live in Your Body Type With Schuessler – by early March to celebrate my 21 years of health and wellbeing with Schuessler Tissue Salts and Homeopathy. **NH**

Find more information about Susan Gianevsky at [www.susangianevsky.com](http://www.susangianevsky.com)

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