

patterns, this inspiration led Susan to leave teaching and study homeopathy – which has been her joy ever since.

On completion of her studies, Susan was offered a position with Martin & Pleasance, Melbourne's oldest homeopathic company since 1855, and she became their resident homeopath – a position she held for 15 years. During this time, she gave a talk at a drug & alcohol clinic on the benefits of consuming minerals for those with addiction; this led to a regular opportunity to work with clients. So began a journey of discovery, in which Susan created breakthrough homeopathic formulas which reduced cravings and helped to overcome addiction. She travelled internationally, presenting her groundbreaking findings.

### The Be Free Habit Free Formula

Susan fine-tuned her unique formula, which comprises a combination of Homeopathic Remedies and Tissue Salts, and *Be Free* was born.

"*Be Free* is a formula for anyone whose current lifestyle is not contributing to health and wellbeing," Susan says. The *Be Free Habit Free Formula* supports and strengthens the emotional state, so often neglected when we try to make the necessary lifestyle changes to improve our overall health. It is a 'support system in a bottle', assisting you to break free from unhealthy lifestyle habits such as sugar fixes, caffeine, nicotine, excess alcohol and fatty foods.

#### The formula works in three ways:

- As a nerve and general tonic, calming and strengthening the nervous system, improving sleep quality and increasing mental clarity and general vitality
- As a liver tonic, aiding general detoxification and digestion
- As an emotional balancer, easing anxiety and irritability, relieving nervous tension and helping decrease cravings, especially those heightened by mood swings.

*Be Free* formula balances both your mind *and* body, moving you towards better health and vitality. "If you are tired of your current lifestyle and it is no longer working for you," Susan says, "then this formula is for you. Go on, begin today and you might just change your life!"

### New Directions

The revolutionary *Be Free* formula is making waves in the health and nutrition industries. Since clients have testified to wonderful results when incorporating the formula into their weight loss plan, Susan has been approached by several companies to endorse the product.

After careful consideration and research, Susan is pleased to announce an alliance with Ultra Lite, the professional weight loss and health management system which follows holistic food principles. "I'm excited about this emerging partnership," says Susan. "The company approach fits in well with my understanding of where wellness begins."

### Isn't It Your Time?

Susan would love to help you be free to shine. Call her on 03 9819 0620 at the *Be Free Now* clinic, is located at the Contours Hawthorn studio at Lvl 1, 767 Glenferrie Rd, Hawthorn.

Visit [www.befreenow.com.au](http://www.befreenow.com.au) for more information on the *Be Free* formula, dates of upcoming workshops and to order a copy of her book, *Be Well, Be Healthy, Be Free*.

### Be Free Now – Healthy Habit Formula

#### Potential Health Benefits

- A nerve tonic - helps with fatigue, restlessness & irritability
- Promotes clarity of mind
- Promotes quality sleep
- Beneficial for stress, anxiety & mood swings
- Improves endurance
- Aids digestion
- Liver Tonic - cleanses and improves liver function (aids detoxification in the body)



[www.befreenow.com.au](http://www.befreenow.com.au)