



# Be free™

## Be Free Now

Release yourself from  
poor health and habits.  
Isn't it your time  
to shine?

**Free...** the word conjures up lilting summer breezes under a sun-kissed sky; the endless roll of the magnificent ocean; a bird soaring high above the sea, dipping and turning with the air currents.

Close your eyes for a moment and picture yourself living in complete freedom, living the life that you choose. You're not obligated by the voices – yours or anyone else's – of expectation that so often clutter your mind. You're not burdened by a lack of motivation or clarity. You're not slowed down by a body that is too tired, or simply stuck in its same old habits.

You look and feel vibrant and alive. There's a spring in your step and a smile on your lips. Your mind is alert, and your day full of purpose and vision under that cloudless sky...

### It's a beautiful picture, isn't it?

Sadly, the reality is that many women don't often feel this way. The mirror doesn't reflect a woman who radiates freedom and success. We trudge through the day wrestling the voices of self-doubt and low esteem; we fight the bathroom scales, toss and turn in restless sleep, battle cravings and break our diets. When things get us down, we resort to patterns of behaviour that do little to address the real issues. Some of us drink, some of us sink into an introspective depression... and some of us overeat or over-shop.

### Isn't it time to be free?

#### **Be Free Now**

Susan Gianevsky, the founder and director of Be Free Now, is passionate about seeing women reach their health potential. Spend a few moments in her presence, and you will be enamoured with this elegant and confident lady who literally glows with life.

"I am passionate about teaching women to find a balance between mind and body," says Susan, a qualified homeopath who has spent over 20 years working in the fields of health and wellness. "It inspires me when I am able to help a woman be free to sing her own song."

Susan's own song begins in the key of *b*. Be Free Now is the culmination of years of study and practice, the result of which is an exclusive homeopathic formula called *Be Free – Habit Free Formula*.



Be Free Now also offers a range of resources including seminars and workshops, personal consultations in Susan's Hawthorn clinic, and a book, "*Be Well, Be Healthy, Be Free*", co-authored with respected naturopath Mark Wells.

### Path to Freedom

Like most tales worthy of telling, Susan's own journey to freedom was a winding path. Homeopathy was a rich heritage waiting to blossom – for the seed had been planted long, long ago in her family line. Susan's grandmother was renowned in her small Macedonian village for her compassionate heart and old-world herbal remedies. People would queue at her door for an herbal cream for eczema or a plant based elixir to relieve an ailment.

She migrated to Australia and raised young Susan, whose mother worked long hours. "I still remember grandmother mixing concoctions to relieve my childhood stomach aches; she would even nurse injured birds back to health," says Susan with a wistful smile. "I learned so much about compassion from her, and I'm so grateful. If you don't have compassion, how can you understand women?"

Those memories are extremely precious; but as a girl, Susan had her own plans – she longed to be a school teacher. She worked hard and achieved her dream, and in the mid 1980s was awarded a coveted International Teaching Fellow which enabled her to travel and teach in Europe. On her return to Australia, Susan found herself strangely unsettled with the realisation that she had achieved all she could in her role. These restless thoughts would not be dismissed, and she began to have trouble sleeping at night.

After months of relentless frustration, tiredness and irritability, a friend gave Susan a Bach Flower Remedy to help her sleep. Fascinated at how a few drops of White Chestnut plant essence improved her overall sleep

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