

# To The Beat of *Her Own Drum*

Catching up with Susan Gianevsky, Homeopath and creator of Be Free Formula, Hayley Solich was inspired again by this humble woman with a heart that is bursting with love for her fellow human being.

**W**hen I met Susan Gianevsky in person at the Finally at 40 Life Begins Dinner

Dance earlier this year, I was taken by her warmth and generosity of heart. And it was as we were talking together about this article that I realised just what it was that had been intriguing me ever since...Susan is one of those rare souls who march to the beat of their own drum and encourage women to do the same in a completely non-threatening way.

In her role as Ambassador for Women's Health with Martin and Pleasance, Susan has realised her dreams. Be Free™, her business, is accurately named because her vision is that everyone should feel that sense of freedom that comes from being able to enjoy life in all it's fullness because of a wellness of mind and body.

"I am passionate about working with women. Be Free™ is like the bud – it stood alone and was beautiful, but now as Ambassador for Martin and Pleasance I am standing in a whole garden and it is truly delightful. I have access to an amazing product range available through Martin & Pleasance who have been supporting health since 1855. I now have my platform from which to share my message and to positively influence people's lives towards improving their health and wellbeing." shares Susan.

You can't help but be enveloped in Susan's vision and passion. It's almost

tangible as we share, reaching out to wrap itself around my heart.

"I wake up every day thinking, 'Who am I going to meet today and how can I share and care?'" shares Susan. "My dedication to health and wellbeing has allowed me to link with women who have a common dream to inspire more and more women and this motivates and excites me."

Our common connection through Finally at 40 Life Begins magazine immediately bonded us and when I met Susan, the complete acceptance and love was really touching. She made me feel so valuable and treasured and I think this is a part of the whole "Susan Gianevsky" experience.

"I have surrounded myself with women that I can dance with through Be Free™ and Finally at 40 Life Begins magazine. Like an artist who paints. I create homeopathic medicines and share my inspiration with everyone I meet. At the time of creation it was abstract, but now I realise that it was my pathway to surround myself with women for the improvement of their health and to be able to share my message of how we must reclaim our lives."

Susan shares with me how she feels very privileged to be working in her current role as Ambassador; a role that will see her travelling to Canada later in the year to lecture at a number of venues and the highlight of the trip being her lecture at the CHFA in Toronto where a large gathering of health professionals and health retailers will attend. She sees how working for one of the oldest homeopathic companies in Australia has given her an established

platform from which to launch.

"We sometimes don't realise that every step we take leads us to the next. If I had tried to build an international platform for myself, it would never have worked. By creating Be Free™, it opened the pathway to my current opportunity. We must take the steps, for we are all on a carpet that is leading us somewhere. Learn to sit on the carpet with those who are travelling with you," shares Susan.

As I ask Susan how she feels about all the Martin & Pleasance products which includes her unique Be Free™ formula, she is passionate about and about sharing it with such a large audience, Susan responds: "Teaching is really what I have always enjoyed and my voice comes through teaching and I share the importance of looking after ourselves. Every step has been leading to this space. It has a history that is the carpet and we all sit on that same carpet. It's just like the wisdom of the ages...the wisdom passed on to me from my grandmother, I am passing on to others. Theodora, my grandmother, passed the drum sticks to me and I am now beating my own drum and others are joining me."

Susan's recent workshop I Am Woman, Hear Me Sing, Watch Me Dance, See Me Shine is an expression of who she now is, "...a woman approaching 50, who is confident in herself and the products that now surround her and make my heart sing..." says Susan.

"How wonderful to share what I love...the minerals that touched the drug addicts... these clients taught me to stand in front of hundreds of people ▶

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“String your own necklace of pearls! Reclaim your health now. Become the guiding light for your family by leading the way. By reclaiming our own health we are able to step into our own magnificence,” shares Susan.

and say with absolute confidence that I know Homeopathics and Schuessler Tissue Salts work and why I love sharing Be Free™ Habit Relief formula as it was combination of the two that supported all my clients over the years.” shares Susan.

We discuss this strange rite of passage for women in her age group... women who are finding themselves, recognising their value and worth.

“You need faith to know that one day you will see that your message has been worthwhile. Weaving your own tapestry, having the empathy to take it to where it needs to be. Often as a businesswoman beating your own drum but you have the faith to just keep going and when you least expect it a breakthrough comes and you have the delight of knowing that you have created it through your faith and persistence,” says Susan.

“I will be eternally grateful that Finally at 40 Life Begins Magazine gave me my initial platform and my voice. The magazine really landed me in the media. I’m now going to take Finally at 40 across to Canada and the USA and hopefully it will find it’s wings as I have.”

Susan’s parting message to women everywhere is...

“String your own necklace of pearls! Reclaim your health now. Become the guiding light for your family by leading the way. By reclaiming our own health we are able to step into our own magnificence,” shares Susan.

Susan runs seminars nationally and internationally as the Ambassador to Women for Martin and Pleasance in order to build the network of women and to spread the health and wellness message. I’m looking forward to hearing her speak later this year.

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**Susan Gianevsky**

Photo by Joel Rainford Photography

Dressed by Wesson

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Seminars & Workshops run by Susan

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