

Amelia

MODERN WOMEN PIONEERS

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Meet
our first
Amelia

**GLADYS
McGAREY**



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“All aspects of the medical community think that what we’re working with are diseases and in the process, we’ve completely forgotten the people.”

-GLADYS T. MCGAREY

Amelia Magazine is...

committed to telling the inspiring stories of trailblazers and their careers, dreams and ambitions in every field, from every walk of life.

We highlight the accomplishments of modern women pioneers with iconic photography and brilliant stories with an aim to inspire and motivate other women to follow their dreams, take risks, and believe in themselves, no matter what the odds. It's a magazine that gives credit to our everyday treasures.

Do you know a woman who inspires you?

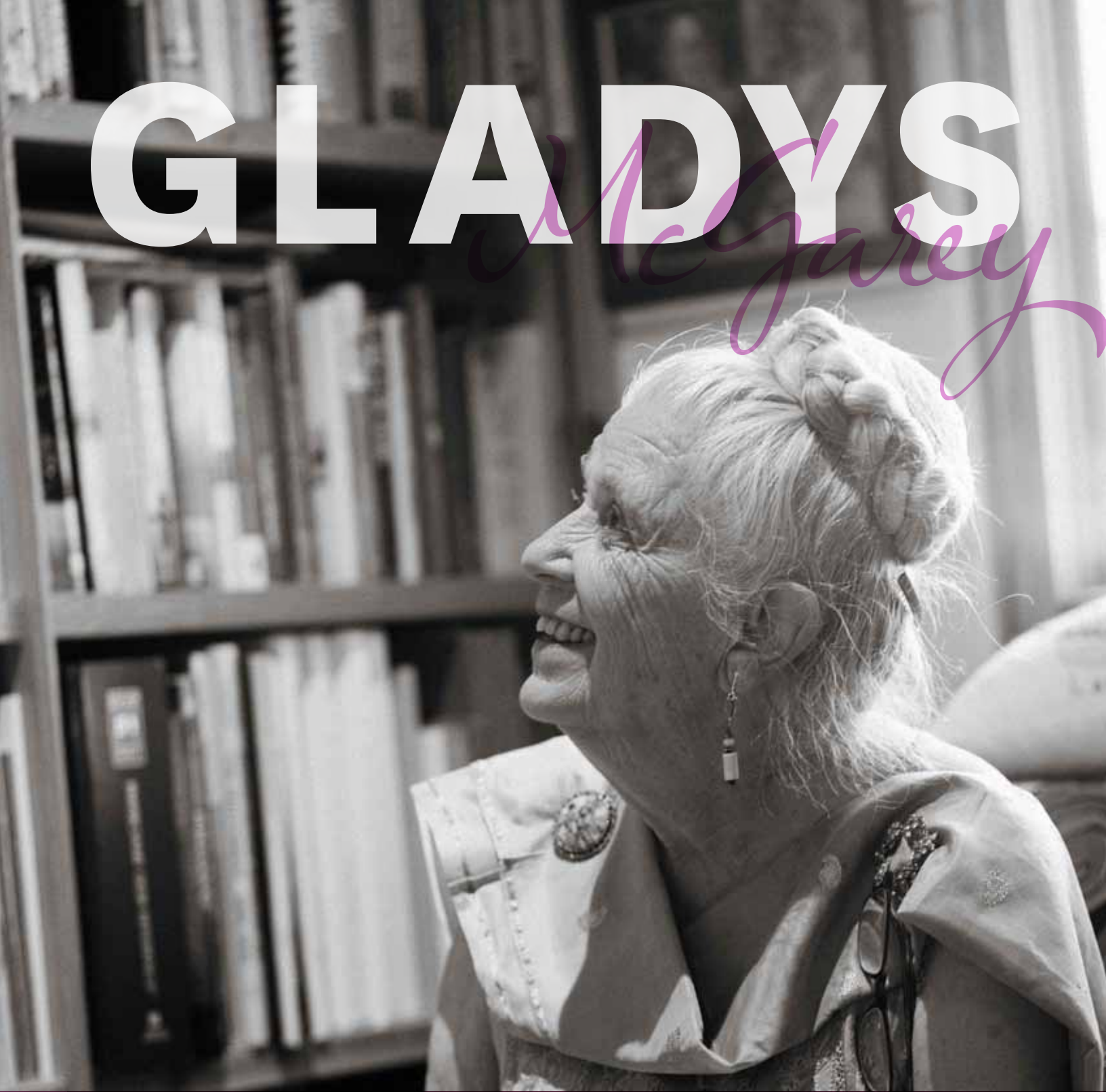
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We want to hear your story and the stories of women who have touched your life.




GLADYS

McGarey



Our First Amelia Gathers the Eagles

If anyone has aged eloquently and gracefully with purpose and continues to infuse the community and world with life-giving healing medicine, it's Dr. Gladys T. McGarey, known to most as the revered mother of holistic medicine...



If anyone has aged eloquently and gracefully with purpose and continues to infuse the community and world with life-giving healing medicine, it's Dr. Gladys T. McGarey, known to most as the revered mother of holistic medicine.

This month, Gladys hosted her second "Gathering of Eagles" Medical Conference to respond to President Barack Obama's health care reform initiative.

Gladys and her daughter Dr. Helene Wechsler received a letter from President Obama in February 2009 asking how the broken health care system could be fixed. Gladys reached out to 100 alternative practitioners across the country, requesting they convene in Phoenix to discuss a remedy for the decades-old health care conundrum. In May 2009 Gladys organized a meeting with 35 physicians in what was the first "Gathering of Eagles" symposium to create the basic structural framework that will lead to a paradigm shift in medicine.

Gladys and her colleagues spent the weekend building on that framework to develop strategies that will provide the administration with a plan to fix our nation's broken health care system.

"It's going to take a paradigm shift to change it," says Gladys. "All aspects of

"Until we get away with the idea of what medicine is all about—killing diseases and getting rid of diseases—we're not going to get anyplace," says Gladys.

the medical community think that what we're working with is diseases and in the process, we've completely forgotten the people." Gladys believes health care has become a war machine and we need to stop killing diseases. "We kill everything," she says. "We kill bacteria; we kill diabetes; we eliminate AIDS. Our language is anti-life itself: its antibiotics and anti-convulsants. And the one that really gets me," says Gladys, "is anti-aging. I mean what are we supposed to do? And women are supposed to fight osteoporosis. You're supposed to fight your own bones? It's all against life itself."

Gladys is especially concerned about issues related to women's health. "We've made menstruation a disease, menopause a disease. Pregnancy is a disease. All these things need to be treated. Sometimes there's an issue women need help with, but it's not a disease!

"Until we get away with the idea of what medicine is all about — killing diseases and getting rid of diseases — we're not going to get anyplace," says Gladys.

"We need to find out what the disease is saying. It's not that you ignore the disease, it's how you deal with it. Your purpose is not necessarily getting rid of it. Some of the most whole people have diseases they'll never get rid of." McGarey uses former President Franklin Roosevelt, who lived with polio, as an example. "He had a problem that he never did get rid of and that's OK. He learned to work with it. His focus wasn't his disease. His focus was his life."

Gladys believes the physician's role is to work with people as coaches and support them as they deal with their disease processes and sometimes

it's helping them die. "Everybody has something wrong with them. None of us is pure. But if we focus on the disease, we don't get anyplace," offers Gladys.

Gladys uses simple nursery rhymes to make her point.

Old Woman Who Lived in a Shoe

There was this old woman who lived in a shoe. She had so many children, she didn't know what to do. She gives them all milk and no bread and puts them all soundly to bed.

"That's conventional medicine. That's the way it is right now," explains Gladys. "It's stuck in one shoe. It's old. It's tired. It really knows it's a woman but it's too tired to do anything about it. And so what does it do? It has so many diseases and so many issues, it doesn't know what to do! So it gives them milk without any bread, which means that don't get any sustenance. And puts them soundly to bed, which means if you shut everything out and make them quiet, you've cured the disease. Well it doesn't work because you can't walk anywhere with one shoe, so you're stuck there."

Mary had a Little Lamb

And Mary had a little lamb whose fleece was white as snow and everywhere that Mary went the lamb was sure to go. Followed her to school one day, which was against the rule. Made the children laugh and play.

"Now," says Gladys, "you have a person and she has a name. And that name has its own magic. Mary has a little lamb whose fleece was white as snow. **That's the physician in each of us.** So everywhere that Mary goes that lamb is sure to go, but not everybody wants to see it, so it's against the rule and she takes it to school — the school of life. However, Mary's been pretty smart because she gets around the rules. She gets the lamb to school.

And it makes the children laugh and play to see a lamb at school. So you get that healing life force, which is young and vigorous and full of life, full of love and joy and that's the feminine face of medicine.



McGarey uses former President Franklin Roosevelt, who lived with polio, as an example, "his focus wasn't his disease. His focus was his life." says Gladys



Gladys sits in front of the marauding tiger her father put to rest. The tiger served as a reminder of her father's philosophy, "Never give up!" Those words became the mantra for the rest of her life.



I will climb until I can climb no longer.

I will continue climbing when I am bent over with age, and youth has left me far behind. I will climb for those who cannot see, and climb for those who did not know the way, and for those who ventured the path before me. Will you climb with me?

I will speak until nothing more needs to be said, until it is already known. I will climb until I can climb no longer. And I will continue to fight until this battle has ended, because I believe, I believe it is possible and necessary.

--"I Believe" was written by Lorel Stevens, who is a future Amelia. Stay tuned for her incredible story.

Born in the Midst of Wonder.

Young and vigorous and full of life, full of love and joy are perfect descriptors of the young Gladys Taylor, who was born and raised in the midst of the wonders of the world – the Taj Mahal and the Himalayas. She was destined to scale heights, forge paths and devote her life to an elevated practice of medicine the world had never known before.

For starters, her mother was Elizabeth Taylor!

Well, not **that** Elizabeth Taylor, but Dr. Beth Taylor, a medical missionary who was one of the world's first female doctors, earning her degree in osteopathic medicine in 1913. Dr. Beth Taylor stood before India's majestic Taj Mahal the day baby Gladys was born in November 1920.

Throughout her childhood, Gladys scaled India's wild and magnificent Himalayan Mountains, a mile up and a mile down, to get to and from school. During the journeys of her youth, she encountered the world's most supreme spiritual leaders and healers in Mahatma Gandhi and his holiness, the Dali Lama.

She is revered in the same breath as those individuals in her community with like-minded humility. Today, she equals their humbleness and reverence.



Gladys' parents, Drs. John and Beth Taylor, were both Presbyterian medical missionaries who left Cincinnati in July 1914 bound for India. They took the train to New York City, then sailed across the Atlantic, traveled across war-torn Europe and then settled in Mussoorie, India, north of New Delhi.

John and Beth each had their own treatment tents that were open to all Indians regardless of their Hindu caste. All treatments were free. They cared for hundreds of children born to parents who had Hansen's Disease, formerly known as leprosy. As a young girl, Gladys witnessed every imaginable affliction. Her parents were her inspiration and first teachers, who planted the first seeds within Gladys to practice medicine as a vocation and avocation.

Her parents' courage and lessons for their children extended well beyond the medical tents. Her father, whose treatment tent was in the jungle, had to protect the village as well.

The reluctant hunter

Today, Gladys' modest home in Phoenix, which stands behind her daughter's house, is filled with treasures that date back to her childhood in India. Upon entering her home, your eye is drawn to the magnificent and dramatic tiger pelt that stretches almost 11-feet long and hangs on the wall above her couch. Gladys explains that one year a tiger was marauding the village. "The people asked dad to shoot it," explains Gladys, who sits before the skin of the tiger that once

weighed 527 pounds.

Not as prominently displayed is the leopard Gladys shot . . . or didn't shoot. The leopard skin lays across the room from the tiger, but is considerably smaller than and not as conspicuous as the big beast on the wall.

Gladys tells the story of her reluctant leopard hunt. Her reluctance to shoot the leopard conflicted with her reasons to justify the hunt. "It was kind of a rite of passage for women at that time," said Gladys, who was 16 when leopards were attacking the fields and "we were asked to do something about it." John Taylor set up a michon, which is a platform in the tree. Her father tied a live goat below the michon and together Gladys and her father waited for the leopard in the michon. While they waited, a million thoughts entered Gladys' mind about killing any kind of animal, let alone something as regal as a leopard. But this leopard had claimed the life of a child from the village and if she didn't shoot the leopard, it would surely kill the goat and perhaps more children. There was no turning back. The two Taylors waited for the leopard. Finally, the leopard crept toward the goat. As the leopard

I think it's great that Obama asked doctors how we can fix this broken health care system because doctors haven't been asked before



leaped, she aimed, closed both eyes and squeezed the trigger. Her father also took aim with his gun and fired. "I don't really think I shot it," admitted Gladys. "Dad shot at the same time."

Although her father and brothers, Carl and John Jr., were big game hunters,

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“I Believe” was written by Lorel Stevens, who is a future Amelia. Stay tuned for her incredible story.

Gladys wanted no part of that family legacy. The leopard was her first (or not) and only kill, but definitely her last!

College Life: The Site of Her Legs!

Imagine the culture shock of leaving the wild jungle and the colorful, majestic and primitive environs of her home in India and arriving in Ohio to attend college! Gladys was dark and tanned when she arrived in Ohio, standing on a pair of strong legs shaped more for a running back than a college co-ed. Gladys confessed that the “most traumatic” experience of her college life was the site of her legs next to those of her new classmates. Gladys and her sister Margaret had been “running around the Himalayas like goats. We had huge calves from running up and down and these other women had lovely legs. That was so embarrassing!”

The collision of both words also contained a twist of irony. Shortly after leaving the rarified air of the Himalayas, she was shipped off to attend Muskingum College in Ohio where she met classmate John Glenn, who told her in 1939 that he dreamed of flying a rocket ship into space. In 1962, the same John Glenn was the first American to orbit the Earth.

The world she left in India was in stark contrast to a college campus in Ohio.



Gladys’ college classmates swooned over movie stars she didn’t know and the girls played music she’d never heard before.

Despite her struggles to fit in with her college classmates, she had a plan: graduate from Muskingum with excellent grades, obtain a scholarship for medical school, after four years of medical school and a two-year internship, she’d return to India as a missionary.

However, four days after graduating from Muskingum, her plan changed a little. She went to a church meeting to apply for her medical school scholarship when a young man, who wanted to become a minister, introduced himself to her. His name was Bill McGarey.

The couple were married December 20, 1943.

Medical School, 1943; Interning and Opening a Practice

Gladys applied to several medical schools, but was only accepted by the Women’s Medical College in Philadelphia.

A week after she was married, Gladys traveled alone to Philadelphia. Gladys joined 49 other women in medical school. In addition to teaching medicine, the faculty added doses of intimidation to the course work. The logic was that if women we’re going out into a man’s world, they had to be tougher and better than the men. By graduation, only half the class made it through all four years.

During those years, she remembered the words of her father, “Never give up!” Those words became the mantra for the rest of her life. As with the leopard, she closed her eyes, pulled the trigger and never looked back.

Gladys was well trained in the art of perseverance by the time she arrived as the first female intern to be accepted at Deaconness Hospital in Cincinnati, Ohio in 1946. Deaconness’ senior staff did everything to make her life miserable. In addition to the grueling schedule, Gladys endured her internship while she was



pregnant. She was often scheduled for 6:30 a.m. surgeries while she dealt with nausea and exhaustion.

By the time she completed her internship at Deaconess, Gladys was the mother of three children: Carl, 2, Johnny 1 and baby Bobby.

When Gladys was eight months pregnant with her fourth child, she and Bill set up a joint medical practice in Bill's hometown of Wellsville, Ohio, population: 7,000.

As if having four children and a busy medical practice wasn't enough, Bill was called into the service during the Korean War in 1952. During his time in the Air Force, he was stationed at Luke Air Force Base in Phoenix and subsequently fell in love with Phoenix.

From Ohio to Phoenix: 1955

Bill was first to leave the cold tundra of Ohio behind in January 1955. He moved to Phoenix and began working at the county hospital and bought a four-bedroom house on Coulter Street near Central Avenue. Gladys waited for her children to finish school and she arrived with Carl, Johnny, Bobby and Analea on June 10, 1955. The mercury topped out at 110 degrees.

After discovering the work of psychic healer Edgar Cayce, Bill started talking about reincarnation and Gladys thought, "Uh oh, he's become a Hindu!" However, unlike the Hindu religion, which believes in the transmigration of souls, Cayce's theory was that we come into each life having chosen the particular challenges by our past actions.

Gladys readily introduced into her medical practice the Cayce philosophy that healing is about maintaining and activating the life force. "Unless our primary

focus is toward enhancing life rather than simply killing diseases, we will not really understand where healing comes from," believes Gladys.

Cayce also believed that diet and nutrition had a profound effect on health, which was a foreign concept in the medical community during the 50s. By the summer of 1957 Gladys was pregnant again and was determined to adopt a more nutritious diet to produce the healthiest baby ever born. She began her regimen of drinking vegetable juice. She also chose a home birth and it was the first time she was conscious throughout her labor. Helene Elizabeth was born September 13, 1957. As noted in the book *Born to Heal*, written about Gladys by her late daughter Analea McGarey: "Gladys was the Mother Goddess, holding Helene with



the umbilical cord still throbbing with life. The Mother Goddess was exultant and wild with joy.”

In November 1957 Bill and Gladys met Hugh Lynn Casey, Edgar Casey’s son, at a Phoenix College lecture. That night they began a friendship that lasted a lifetime and would change forever their practice of conventional western medicine.

During Gladys’ college days at Muskingum in the late 30s, she figured having six children would be perfect. In 1960, Gladys gave birth to her sixth child, David. The growing family moved into a bigger house and they expanded their medical practice to include meditation and prayer.

Gladys became a noted speaker for the Association for Research and Enlightenment (ARE), the organization founded by Edgar Cayce to help people transform their lives for the better through research, education, and application of core concepts found in the Edgar Cayce readings and materials that seek to manifest the love of God and all people and promote the purposefulness of life, the oneness of God, the spiritual nature of humankind, and the connection of body, mind and spirit.

In 1962 Bill and Gladys spent six weeks on an ARE-sponsored trip to Egypt and the Holy Land, where they learned more about the mystical, the spiritual and metaphysical.

After six children, it was time for them to birth a new “holistic” practice that considered the whole person, not just the body, in the practice of medicine. Patients learned how to work with their body, mind and their spirit to get maximum results.

In 1969 the McGareys opened the ARE Clinic. “Our concept was we would do clinical research on the readings that Cayce talked about. It involved castor oil packs, dream work, philosophy,” said Gladys.

American Holistic Medical Association

In 1977, Gladys and Bill McGarey and fellow doctors C. Norm Shealy, Evarts Loomis and Gerald Looney gathered in



“ This shawl is one that Mahatma Gandhi gave my mother during the partition after the British left and the Mahatmas and Indians were killing each other. My mother and dad and brother who was a physician were part of a medical team that went from camp to camp immunizing people, sewing up lacerations and burying people. Because of that Gandhi gave my mother this cashmere shawl. ”

California to lay the foundation for the American Holistic Medical Association (AHMA), which led to the first conference held the following year in Denver, Colorado. Shealy became president and Gladys vice president. Together, they reached out to their friends in the medical community who were interested in learning more about homeopathy.

The first conference in Denver drew more than 200 physicians.

“It took us two years to decide to spell holistic with an h or a w,” said Gladys. The matter was finally settled when they realized the word holistic referred to the root word 'hal,' which is the Anglo Saxon root of the words of 'holy,' 'health' and 'healing' so it had to be with an 'h' to make the word more inclusive.

When asked who her source of inspiration was, Gladys said, “My brother Carl.” Dr. Carl Taylor was the founding chair of the Department of International Health at Johns Hopkins, where he worked for 48 years. He was instrumental in designing the global agenda for primary health care in the 1960s and 1970s. Before it was widely embraced, he was part of research and movements that connected women’s empowerment and holistic community-based change. Taylor was China’s representative for UNICEF from 1984 to 1987. Carl and his son, Dr. Daniel Taylor started the Future Generations. From 1992 until his death at 94 in February 2010, Carl was senior advisor to Future Generations.

Carl and Gladys’ recent work in Afghanistan is a testament to the two siblings’ single-minded and lifetime commitment to improved health in this country and abroad.

Afghani Women’s Project: Where they really didn’t know ‘bout birthing babies!

In 2004 Carl informed his sister that the maternal mortality rate in Afghanistan was higher than any other place in the world and Future Generations didn’t know why. Carl needed someone who could get the Afghani women to tell their stories. Gladys was up for the challenge.

Gladys was 84 when she joined her brother and a female Afghani doctor and spent three months in Afghanistan setting up a program for the women.

Future Generations worked with 30 women from 10 different villages who had experienced and survived childbirth. “We had 30 women with their children because some of them were still nursing babies and the little children were there, so there was a room full of women who were illiterate and had no idea about childbirth. They knew how they got pregnant, but what happened after they got pregnant was a mystery to them. They thought it was some kind of magic. My job was to teach them what was really going on in utero,” said Gladys, adding, “So, I had a blackboard and chalk and I drew pictures of the fallopian tubes, the uterus and the vagina and told them how the egg came out of the ovary and how the sperm came up.

“One woman said to me, ‘How many eggs?’ I said, ‘one egg.’ She asked, ‘How many sperm?’ I said, ‘Millions of sperm.’ And then I told her that the egg gets to choose which sperm it wants.

“I mean to tell you these women put their shoulders back and they looked at each other and all of a sudden they had power.

“Their egg could choose which sperm it wanted. It was wonderful.”

Gladys also learned how malnourished the women were through their pregnancy and childbirth and educated them on the importance of proper nutrition.

“They had some taboos about food,” reported Gladys. “When they got pregnant,



they weren’t allowed to eat yogurt, eggs, carrots, or anything containing calcium. So by the time they were in labor, they had hypo calcium tetni. And when they went into labor, they weren’t given anything to eat or drink until the baby was born, so now you’ve got a starved, dehydrated woman who is in labor doing the hardest work in the world and she can’t push the baby out. So what they were doing is pushing it from the outside. And that’s where the problem was. They’d push from the outside until the baby came out and they had no idea about the cervix having to dilate. So you’d have a ruptured uterus, torn bladders, and almost all of them talked about at least one retained placenta so the hypo calcemia was understandable.

“But they got it. That was so exciting because they knew what we were talking about!”

“And it made sense. I said to them ‘When your husbands go out to work, do you give them anything to eat? And they said, ‘Well, yeah!’

“I said, ‘Well, you’re doing the hardest work in the world and you’re not feeding yourself?’

“Well they really got it.

“I mean to tell you these women put their shoulders back and they looked at each other and all of a sudden they had power.”



“We gave them this paper and it was like handing them the holy grail. I mean they were so excited to have their children’s births recorded — even the ones who had died.”

“What we’re hearing now is that these women took that information and they’re teaching other women. That’s the way it really needs to happen. We don’t have the statistics but we hear that the infant mortality has improved.”

“Handing them the holy grail”

Carl created a pregnancy matrix for the women. The matrix contained the women’s names, ages, birthdays, wedding dates and pregnancies. Many of the women didn’t even know their ages, but they knew approximately when they got married by what was happening in the world so the medical team could approximate their age. The team started with the last pregnancy and worked backward to the first pregnancy and documented what happened with each pregnancy to delivery and the status of each birth. Every so often there was a gap like two to three years and there was a stillborn or something that happened to that child, so the team was able to capture this information.

“When we left,” said Gladys, “we gave them this paper and it was like handing them the holy grail. I mean they were so excited to have their children’s births recorded — even the ones who had died.” Gladys wanted to leave the women with a special memento, but she didn’t have anything with her. “But just before I left, I grabbed a bunch of safety pins in my bag. So I gave each woman three safety pins. Well that was a huge gift because if you’ve never had a safety pin and you realize what a safety pin can do, it’s really a wonderful thing.”

During her stay in Afghanistan, the locals

wanted Gladys to see the spring from which their water came. Future Generations had been working with the men using pipes to transport water from the spring all the way down to the village so it wasn’t an open trench running through the village, which is the way it was done before. Gladys was already at a 10,000-foot elevation and they wanted her to climb another 1,000 feet! At 84! And with an artificial hip!

“I said thank you very much, but I really don’t want to climb that mountain.” But the locals were persistent and told her not to worry they would furnish her with a donkey to take her up the mountain.

“The next morning they’ve got a donkey with blankets on it and they hoisted me up on this donkey and there’s nothing to hold onto except in front by the blankets. I have an artificial hip, so I had to sit side saddle. So, I’m sitting on this donkey and I’m pretty wobbly and one of the women realized it wasn’t a stable situation. The first thing she does is reach up for my left breast. Well that didn’t work so well, so she shifts over and got a hold of my bra and held it for two hours up that mountain and two hours down and she had me secured to the donkey! When we got back, that bra was so stretched out of shape, I just threw it away. It was totally useless, but it was great!

“It was ingenuity. You take care of business.”

Today, Gladys is 89 and she’s not only taking care of business, she has initiated the Gathering of the Eagles to work on reforming the broken health care delivery system.

“Where we are right now is another nursery rhyme:

Humpty Dumpty sat on the wall; Humpty Dumpty had a great fall and all the king’s horses and all the king’s men couldn’t put Humpty Dumpty together again.

“That’s what’s happened to conventional medicine. It’s been sitting up there on its own pedestal thinking it’s safe and sound. So it falls off the wall and it breaks and there’s no way that we can reconstruct medicine the way it is. When an egg hatches within itself out comes the little eaglet. That’s the healing. That’s where the healing is. That’s what eggs are all about. If we let our natural process work, then healing happens. You’ve got to get back to the awakening of the eaglet within us.”

The Gladys Taylor McGarey Medical Foundation

Gladys is very active in her organization: The Gladys Taylor McGarey Medical Foundation, whose mission is to advance holistic medicine in the United States and abroad. The Foundation promotes physician training, patient awareness, and practices for personal health that encompass the whole person — including spiritual, emotional and physical health. Founded in 1989, its work includes encouraging conscious birthing, caring for the children of lepers in India, and supporting the Afghani Women’s Project.

In 2008, the GTMM Foundation won special recognition from the University of Arizona Medical School for its work teaching medical students how integrative medicine can facilitate patient healing.

President Barack Obama contacted Gladys and Helene about health care — not health insurance, but health care.

“I think it’s great that Obama asked doctors how we can fix this broken health care system because doctors haven’t been asked before. So, when we got a letter from Obama in February 2009 saying he would like input from us, we thought we could do this. I wrote to 100 physi-



cians I know who are in fields of alternative medicine. And on the first weekend in May, we had what we called a gathering of eagles. And we addressed the broken health care system because **we feel the health care that's practiced in our country is so broken that it's going to take a paradigm shift to change it.**

We knew that insurance would have to be dealt with first. And when we went back to Washington, that's what we were told: that they would deal with insurance first.

The Mother of Holistic Medicine who has treated thousands of children, had six of her own:

- Carl, the oldest, is an orthopedic surgeon in the state of Washington.
- John is a Presbyterian minister in Oklahoma.
- Bob is a psychologist in Austin, TX.
- Analea was a physical therapist in Glen Allen, California. She died after meeting the challenges of breast cancer with great courage.
- David is an ophthalmologist in Flagstaff, Arizona; David's wife, Lee, is a pediatrician.
- Dr. Helene Wechsler, the youngest, has a medical concierge practice in Scottsdale, Arizona.

"My oldest son, Carl, who's an orthopedic surgeon, graduated from his residency and said 'Mom, I'm scared.' He said, 'I'm going to go into the world and I'm going to have peoples' lives in my hands. I don't know if I can handle that.' And I said, 'Carl, if you think you're the one who does the healing, you have a right to be scared, but if you can understand that your job is to use all the methods and techniques and healing that you've learned and then use that healing, then you have nothing to be afraid of.' But it's that shift in consciousness about what healing is all about and it has to come from each one of us. We have to understand. I've watched beautiful jobs of surgery that don't heal. I've watched botched surgeries that heal very well. So, who's doing the healing? We all have to be aware to do our own healing.

That's our job, but as physicians, it is to support that healing process."

"Be the change you want to see in the world."

For more information about Gladys and her foundation, please visit [The Gladys Taylor Medical Foundation](http://TheGladysTaylorMedicalFoundation.org) website at mccareyfoundation.org.

Delivering the message of living medicine has been and is the divine calling bestowed on Dr. Gladys for, at 89 years of age, the term retirement or retiring never entered into the conversation. Gladys believes it is time to "weave a new system woven strong by marrying together the art of healing with the science of medicine. This marriage is known as Living Medicine."

Gladys was only nine when, during a train ride from Delhi to Bombay (now Mumbai), she locked eyes with Mahatma Gandhi, the esteemed Indian philosopher, whose most famous quote is,

"Be the change you want to see in the world."

Ghandi would be so proud!

From the beginning, when she learned to climb mountains, to the present, Gladys continues to be a pioneering inspiration to us all.

