

Tips from a super ager: Dr Gladys



This is Dr Gladys McGarey

Dr Gladys McGarey is a retired holistic physician. Throughout her career, she's made significant contributions to the medical field. She's championed better birthing practices, acupuncture, and preventative health care. Also, she's 103 years old and age doesn't slow her down!

Dr Gladys is very active on social media. You can find regular updates and interviews on her [YouTube](#) and [Instagram](#) channels. You can also read about Dr Gladys's life and legacy in her latest book, [The Well-Lived Life](#).

Dr Gladys was born in India in 1920 to parents who were pioneers in osteopathic medicine. In 1935, her family moved to the United States, where she attended medical school. Later, she married William McGarey, and together they raised six children.

Today, Dr Gladys is celebrated as the mother of [holistic medicine](#). She's earned many awards for her service and contributions. She's also provided humanitarian aid around the world.

And at 103 years old, Dr Gladys remains dedicated to her mission of holistic healing and global service.

Advice from Dr Gladys about ageing into health

You can define health in a way that is personalised to you.

Rather than employ an 'anti-ageing' mindset, Dr Gladys defines her healthy ageing journey as 'ageing into health'.

She says that 'as we grow into health, we grow into different aspects of our own being', and this is what allows us to do and understand new things.

[Video: Dr Gladys talks about ageing into health](#)

Learn about the 5 Ls

- **Love** serves as the foundation, transforming the other Ls.
- **Life** without love is like a dormant seed. Love activates it and makes it grow.
- **Laughter** without love is cruel and rough. With love, it becomes joy and happiness.
- **Labour** without love is arduous. Dr Gladys uses the example of changing diapers! It's easier to do it for someone you love.
- **Listening** without love is merely absorbing sound. Listening with love is the key to understanding.

[Video: Dr Gladys talks about her 5 Ls](#)

Healthy habits

Dr Gladys follows simple daily routines. This includes going to bed and waking up at consistent times. She also enjoys a [regular breakfast](#) each morning.

Dr Gladys says these types of [healthy habits](#) are integral to life. Keeping them up helps contribute to your personal development.

Positivity is also a healthy habit to keep. Maintaining a positive attitude is a key focus for Dr Gladys in her everyday life. She greets each new day with enthusiasm.

[Video: Dr Gladys talks about healthy habits](#)

Staying connected

Dr Gladys highlights the importance of human connections.

She comes from a family of 5 children, and now has 6 children of her own. And she believes each of her children is exceptional and precious, as all individuals are.

It's important to cherish the connections in your everyday life. This means [connecting with your community](#), even the people you meet at supermarkets or during walks. Every connection has the potential to teach you something special.

[Video: Dr Gladys talks about human connections](#)

Resilience

It's healthy to process your emotions when dealing with difficult situations. When it comes to [stress](#) and [difficult emotions](#), there's no magic wand to help you 'get over it'.

By understanding your emotions, you can learn from your experiences in life and become resilient with each and every one. According to Dr Gladys, you're the one who's most responsible for your healing. And you can take charge of your healing with your actions and words.

[Video: Dr Gladys talks about resilience](#)

Helpful products

Dr. Gladys fully incorporates [assistive technology](#) into her daily life. She uses aids both inside and outside her home.

Her trusty walker accompanies her on her daily strolls and as she moves around her home.

And she uses a hearing aid to communicate with her family and conduct interviews.

[Video: Dr Gladys talks about assistive technology](#)

Movement

Dr. Gladys promotes exercise and movement for maintaining your health as you age. She's committed even though it's not always easy to stay active.

She walks [3800 steps](#) a day and uses her tricycle for mobility.

She also prefers to keep her house unchanged as another way to stay mobile. It encourages her to do things like climb stairs to reach her bedroom.

[Video: Dr Gladys talks about movement](#)

For a detailed account of ageing into health, watch the full video of our interview with Dr Gladys:

[Video: Dr Gladys, full interview](#)

You can also download and read the [full transcript here](#).

More helpful information

If you need more information, take the [LiveUp quiz](#) or get in touch with one of our helpful team on **1800 951 971**.

CONTACT US

Website: liveup.org.au

Email: support@liveup.org.au

Phone: 1800 951 971

Facebook: facebook.com/LiveUpAus

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