

**PRESS RELEASE  
IMMEDIATE RELEASE**

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## **GLADYS TAYLOR MCGAREY MEDICAL FOUNDATION FINDS SOLUTION TO BROKEN U.S. HEALTHCARE SYSTEM IN LIVING MEDICINE**

*Just released 'Living Medicine Report' is a roadmap to wholeness*

SCOTTSDALE, Ariz. -- How can a medical system modeled on a war machine promote life? It can't, according to the Gladys Taylor McGarey Medical Foundation, and until we cure it, the American healthcare system will continue to fail us. The prescription, according to legendary 89-year-old Gladys McGarey, MD, MD (H) is Living Medicine.

Dr. Gladys, as she's known around the world, and the foundation that bears her name called together A Gathering Eagles – a convening of more than 50 nationally celebrated physicians specializing in integrative medicine -- to produce ***The Living Medicine Report: Solutions to America's Healthcare Crisis***. The report is a comprehensive roadmap to healthcare reform and solutions for wellness in America. Centered on the premise that our current medical delivery is a failed system modeled on a war machine, focusing its power on killing bacteria and viruses, winning a war on cancer, and battling disease, American healthcare as it stands now sees disease instead of life and reduces people to their illnesses instead of supporting the process of living. ***The Living Medicine Report*** takes an in-depth look at how government, medical schools, education, faith, media, and doctors themselves can do a better job of supporting life, living and wholeness -- all the way from conscious births to compassionate end of life care.

“True healing requires changes: physically, by changing cellular and molecular structure and mentally, by changing our attitudes and thoughts,” said Dr. Gladys. “And finally, spiritually, by listening and attuning to the healer within.”

Dr. Gladys is widely respected as the mother of holistic medicine. In 1977, she co-founded the American Holistic Medicine Association along with Dr. Norm Shealy. Her visionary work through the years brought once little-known medical techniques to mainstream medicine. She held the first U.S conference on acupuncture at Stanford University in 1972 and was the first American doctor to use it in her practice to alleviate women's pain in childbirth. Today, thanks to Dr. Gladys, “alternative” healing techniques like acupuncture, homeopathy, and body/mind medicine are commonplace.

**ABOUT GLADYS MCGAREY, MD, MD (H):**

Born and raised in India to Presbyterian missionary physician parents, Dr. Gladys began practicing family medicine in 1946 and hasn't slowed down since. Her groundbreaking work over the years led to fathers being allowed in delivery rooms, something we take for granted today. Three years ago, riding a donkey at the age of 85, she led a team of doctors into war-torn rural Afghanistan to teach safe birthing practices to impoverished women. She is the author of three books: *The Physician Within You*, *Born to Heal*, and *Living Medicine*. A 60-minute documentary on her life narrated by actress/writer/singer Naomi Judd is planned for production in early 2010. Dr. Gladys still lectures, writes and finds time to consult one day a week at the Scottsdale, AZ office she shares with her daughter, Helene Wechsler, MD, MD (H).

**ABOUT THE GLADYS TAYLOR MCGAREY MEDICAL FOUNDATION:**

The Gladys Taylor McGarey Medical 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 continues in the U.S and around the globe, teaching doctors, encouraging conscious birthing, caring for the children of lepers in India, and through the Afghani Women's Project.

The Living Medicine Report Summary is available as downloadable PDFs at [McGareyFoundation.org](http://McGareyFoundation.org).

To schedule interviews and for general information, please call **Rose Winters** at **(602) 502-2234**.

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**MORE ABOUT LIVING MEDICINE:**

Mother Theresa said: "The biggest disease today is not leprosy or tuberculosis, but rather the feeling of being unwanted, uncared for and deserted by everybody. The greatest evil is the lack of love and charity, the terrible indifference toward one's neighbor who lives at the roadside assaulted by exploitation, corruption, poverty and disease."

What makes *Living Medicine* different? The difference is that we are unified in trying to be of service to each person we contact, keeping the values of the unity of body, mind and spirit foremost in our work with patients – whatever the approach specialty or situation we may be experiencing. If this is our ideal, it follows logically and sequentially that as we do the work we need to do, we ourselves grow and we stimulate growth within others.

*Living Medicine* takes the concept of holistic medicine, which deals with healing of the body, mind and spirit, to another level. The focus of *Living Medicine* is life itself. In this way, no patient is ever reduced to a disease, but acknowledged as a whole. Illness is one facet of life—a doorway to healing on many levels, including the possibility of growth.

The concept of knowing ourselves is fundamental to *Living Medicine*. True healing occurs when patients take responsibility for their own health and the choices they make, and begin to understand who and what they are, what their emotions are, how they feel about things, as well as how they respond to change in their lives.

**“The physician should not treat the disease, but the patient who is suffering from it.” --  
Maimonides 1135 – 1204 AD**

For more information, visit the web site at [mcgareyfoundation.org](http://mcgareyfoundation.org) or call 602-502-2234.