

# spotlight on members



*Spotlight on Members gives us the opportunity to hear about what our members are up to today, as well as how they found their way to the NHA Health Program. If you're interested in sharing your own story, we'd love to hear from you (please email essays of no more than 500 words, and one or two photos, to [info@healthscience.org](mailto:info@healthscience.org)).*

## Life Member Glory Borgeson

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In 1998 I started thinking about my health and that of relatives who were diagnosed with illnesses (some at early ages) that could have been solved easily. At the time, a friend mentioned Marilu Henner's book *Total Health Makeover*. Marilu grew up with parents whose diets were like my parents' diets: less than ideal. Her parents died at fairly young ages. Interestingly, her childhood was spent not far from mine. (I wondered if people on the northwest side of Chicago were trading recipes in the first half of the 20th Century!)

Her book motivated me to change my diet. In it, she mentioned the *Fit for Life* books by Harvey and Marilyn Diamond. I bought a couple and in one of the books they mentioned the American Natural Hygiene Society (now the

NHA). Intrigued, I looked it up and became a member.

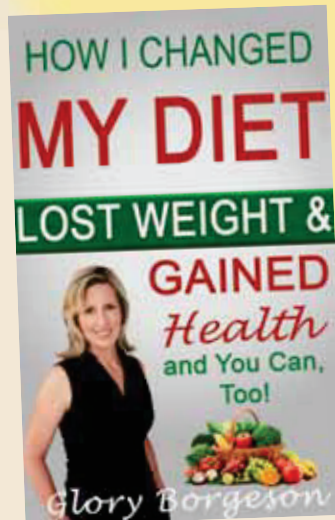
Over the years my health has remained excellent. Blood pressure, glucose levels, cholesterol levels; all of the

typical things that usually go wrong for people my age are fine. The contrast between my health and that of my relatives, however, is significant.

Most of them never reached their 80th birthday. A majority of them succumbed to high blood pressure and strokes. Most notably is my father, who had his first stroke at the age of 53 and died when he was 57.

Other contemporary relatives have experienced heart attacks, high blood pressure, high cholesterol, diabetes, weight gain, cancer, and heart surgery. I've been telling them about my diet change since late 1998. A few years ago, one of them asked, "Do you eat chicken?"

In 2015 I published a short book about how I



used a step-by-step approach to change my diet and my health. It is called *How I Changed My Diet, Lost Weight, and Gained Health: and You Can, Too!* I realized most people try to change their diet too fast, which can be overwhelming and discouraging. By changing one or two things in my diet at a time, I developed new habits that became natural over time.

The book is available on Amazon on Kindle. (You don't need a Kindle to read a Kindle book. The book page has a "Read for Free" button in the upper right, to read Kindle books on your computer, tablet, or phone.)

I figured if I can change my diet in a health-transforming way, other people can do it, too. They just need a process that is easy to incorporate into a busy lifestyle and that is encouraging.

The NHA has been an encouragement along the way and, through each issue of *Health Science* magazine, has introduced me to incredible people who continue to teach us so much.



*Glory, 17 with her father who was 52 in this photo.*