

EVEN Interview with Pamela L. Wible, M.D.

**Physician, Author
IdealMedicalCare.org**



Pamela Wible, M.D., is a family physician born into a family of physicians. Her parents warned her not to pursue medicine. She followed her heart only to discover that to heal her patients she had to first heal her profession. So she led a series of town hall meetings throughout Lane County inviting citizens to design their ideal clinic. Open since 2005, Dr. Wible's model has inspired Americans to create ideal clinics and hospitals nationwide.

*Dr. Wible's community-designed model -- born in Eugene, Oregon -- has received national recognition. Her model is taught in medical schools and is featured in Harvard School of Public Health's newest edition of *Renegotiating Health Care: Resolving Conflict to Build Collaboration*, a textbook examining major trends with the potential to change the dynamics of health care. Dr. Wible has been interviewed by CNN, ABC, and CBS and is a frequent guest on NPR.*

*Dr. Wible is also co-author of two award-winning anthologies: **Goddess Shift: Women Leading for a Change** co-authored with Michelle Obama, Oprah Winfrey and other visionary women. Dr. Wible's latest book, **Optimism!**, is co-authored with Steve Jobs, Jimmy Carter, Andrew Weil, PLUS she will be available to autograph copies after tonight's program!*

Pamela Wible is a graduate of Wellesley College, University of Texas Medical Branch in Galveston and University of Arizona's Department of Family and Community Medicine.



EVEN: How did veganism become part of your life?

Pam: I became vegan in medical school at the urging of a very bright classmate.

EVEN: Who was an influential person in your life earlier on that led you to veganism?

Pam: My boyfriend in high school handed me a Hare Krishna pamphlet that introduced me to vegetarianism.

It was my medical school classmate who helped me move to veganism.

EVEN: What advice would you give to a vegan entrepreneur starting a venture?

Pam: Read the medical literature. Veganism can reverse obesity, high blood pressure, high cholesterol, and even diabetes. If you want to help your family stay healthy, move toward a plant-based diet. If you care about cruelty, then a vegan lifestyle is the obvious choice. Be educated and share your knowledge with others in a non-confrontational format. Have FUN!

EVEN: What makes veganism hard for people?

Pam: Being ostracized by family members during the holidays.

EVEN: What, in your opinion, is the most misunderstood idea about veganism?

Pam: That it is difficult. It's actually fun to explore new foods

EVEN: What one thing from your thinking in childhood do you wish you could change?

Pam: That it is normal to eat meat.

EVEN: If you were to mentor a younger person today, what guidance might you offer? What encouraging words might you share with a newbie?

Pam: Read everything you can. Be educated. Have fun! It is ultimately fun that inspires others.

EVEN: Do you have a favorite vegan meal or food you can tell us about that really makes veganism work for you?

Pam: Chana Masala. Wow! I LOVE Indian food. Explore international cuisines.

EVEN: What one thing makes veganism worthwhile for you?

Pam: Can sleep better at night knowing that I am not hurting anyone else to live my life.

EVEN: Any opinion or insight on the future of veganism in today's world?

Pam: I meet more and more vegan doctors and patients. The movement is spreading.

[Read more about Dr. Wible.](#)

