

# SproutChange

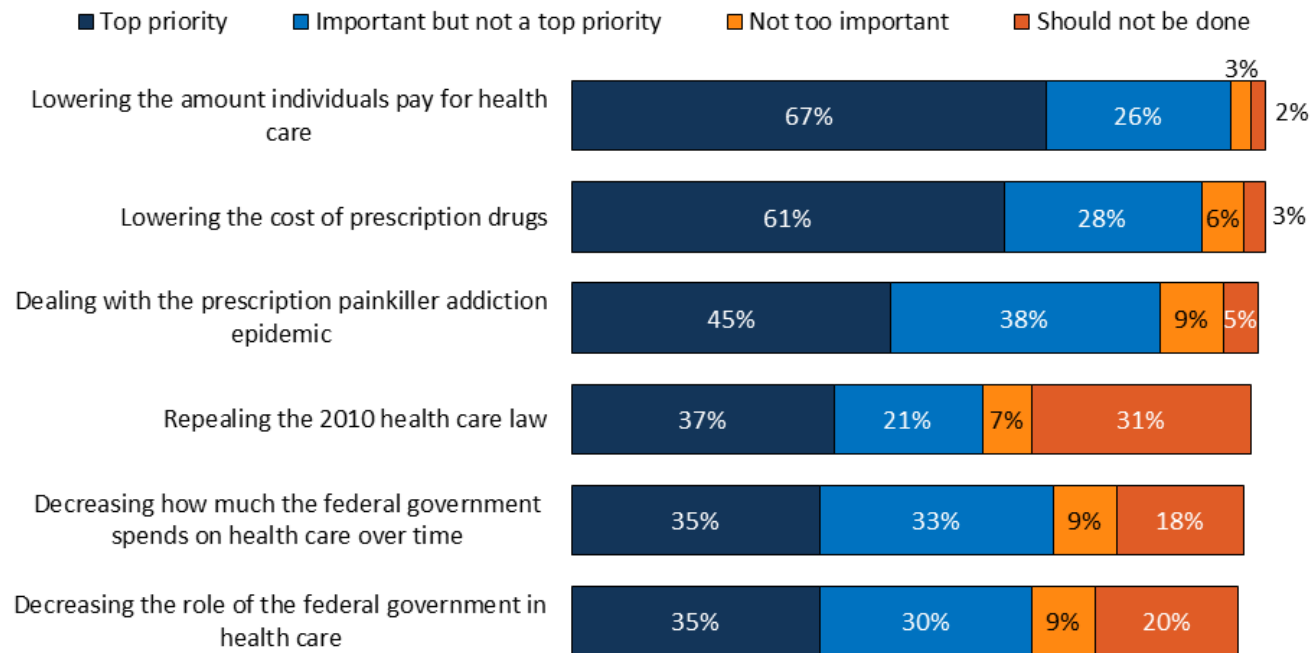
Helping you \*sprout change\*  
in your life using food as medicine,  
natural remedies, & herbs!

# Problem

Figure 2

## Lowering Out-of-Pocket Costs Is Top Health Care Priority

Should each of the following things Donald Trump and the next Congress might do when it comes to health care be a top priority, an important but not a top priority, not too important, or should it not be done?



NOTE: Question wording abbreviated. See topline for full question wording. Don't know/Refused responses not shown.  
SOURCE: Kaiser Family Foundation Health Tracking Poll (conducted December 13-19, 2016)



# Problem

## NO COPAY BILL WITH ¼ of MA STATE SENATORS PRESENT INCL SENATOR JAMIE ELDRIDGE WHO TWEETED ABOUT ME

### SENATORS HEAR FROM HCFA ACTIVIST

February 17, 2015 [Facebook](#) [Twitter](#)



Over one-fourth of the Massachusetts state Senators gathered last week at UMass Medical School in Worcester to hear the concerns of their constituents. These forums, known as the Commonwealth Conversations Tour, are an initiative led by Senate President Stan Rosenberg aimed at giving people the opportunity to make their voices heard on important issues as this legislative session begins.

Priscila Espinosa of Clinton, MA, a HCFA Leadership Team member since spring 2014, spoke at the Worcester forum on behalf of health care reform legislation. As both a consumer with a chronic illness and an active advocate with Health Care For All, Priscila has worked hard to ensure HCFA legislation includes provisions such as the Barrier Free Care Bill.

*"Hi, good evening, my name is Priscila Espinosa from Clinton, Worcester County. Thank you Senators for hosting this forum and taking the time to listen to us. I am here on behalf of the Health Care For All Leadership Team to speak to you about garnering your support to pass the Barrier Free Care bill, which you may have noticed has been introduced, and tossed back and forth the past couple of years. Unfortunately this bill has not passed and we need your support to do so. The Barrier Free Care bill prevents people with a chronic illness, such as heart disease, mental/physical disabilities, cholesterol, hypertension, and diabetes, just to name a few, from foregoing their medical treatment (plan) due to high out of pocket expenses such as copays for visits, medications, high deductibles for treatment or medical durable equipment. As a consumer and as someone who has loved ones with a chronic illness I urge you to pass this bill. I am sure we all know someone or have a loved one with a chronic illness.*

*I also urge you to consider restoring full dental benefits [for adults on MassHealth], which were cut 5 years ago. In the past years you have done a great job restoring some benefits, but it is not yet fully restored. Please fully restore them!*

*Lastly, to wrap-up I would like to close with our heart disease model, which you may have noticed that a few days ago it was Wear Red for Women, to raise awareness about heart disease. With the Barrier Free Care, insurers will save \$5,000 per/person, the patient will save \$500+ per year, and medical adherence goes up 4.4-6.2%. This bill will not cost the state any additional spending; in fact it will save you money due to its prevention efforts. You may or may not know this, but heart disease is the #1 death toll, not just women, but for the US. Thank you for your time."*

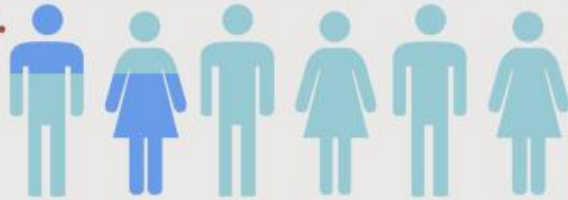
# Problem

- Outrageous **out-of-pocket expenses** for treatment which is not working – I know because that was me!
- **Misdiagnosis** is 3<sup>rd</sup> leading cause of death after heart disease #1 and cancer #2
- Nominal **public awareness** of autoimmune diseases and how to heal them

# Autoimmune Diseases

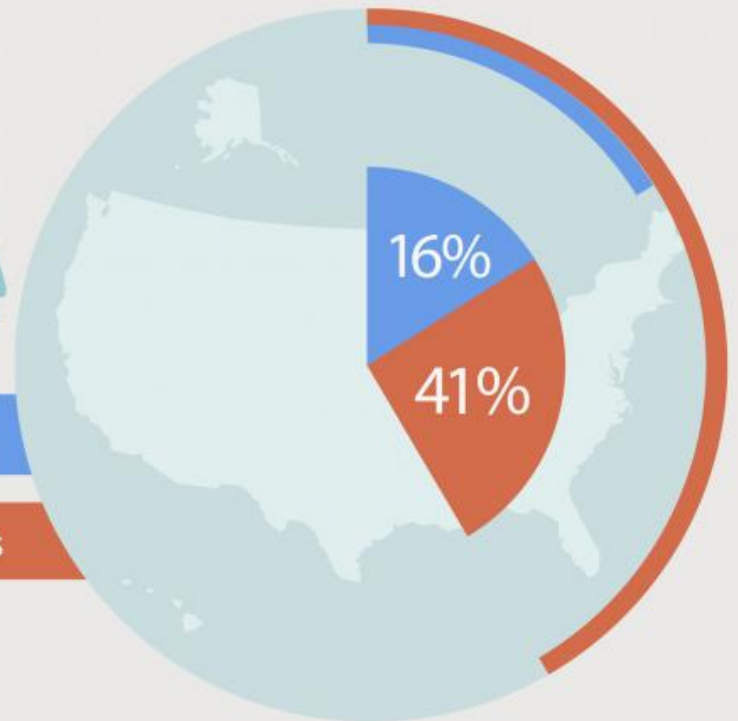
## A Snapshot of Modern Autoimmunity

Approximately 1 in every 6 Americans, 16%, has an autoimmune disease.



**50 million** Americans have an autoimmune disease

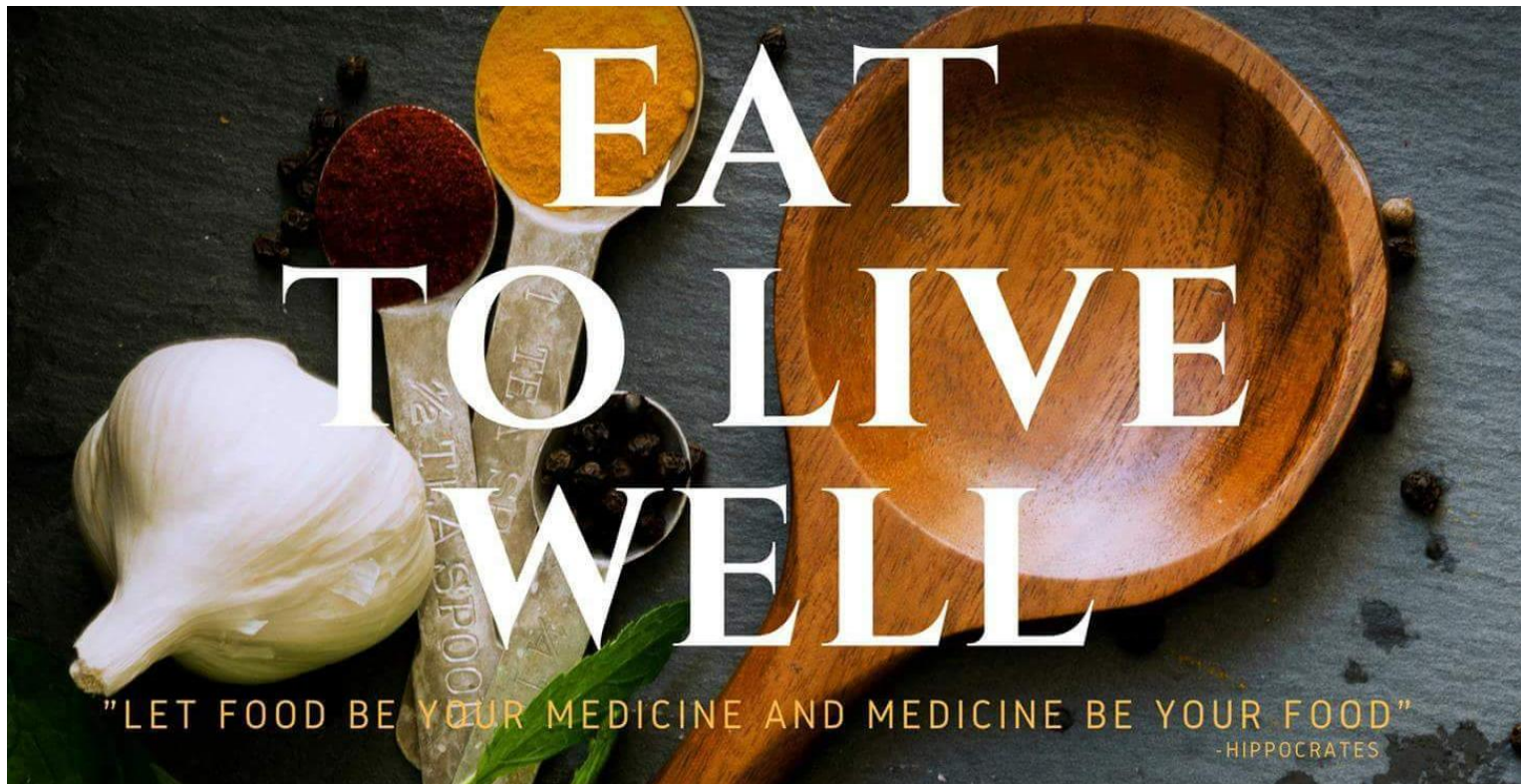
**133 million** have a chronic illness



# Autoimmune Diseases

- Celiac disease
- Crohn's disease
- Diabetes (type 1)
- Fibromyalgia
- Food allergies
- Hashimoto's thyroiditis
- Inflammatory Bowel Disease (IBS)
- Lupus
- Multiple Sclerosis (MS)
- Psoriasis
- Rheumatoid Arthritis

Let food be thy medicine and medicine be thy food.  
*Hippocrates, father of medicine - 431 B.C.*



# Solution/Product & Services

- Individual → 1-on-1: Customized Protocols



- Community → Group: Organizational Wellness



- Ecosystem → Public: No-Dig Garden Bed





# Solution/Product & Services

- In a PubMed 2007 study, 300,000 death certificates over a 14-year period showed that farmers who were exposed to pesticides while working with crops were **more likely to die from a systemic autoimmune disease**.
- Recent research has even linked **household pesticides** with an increased risk for developing autoimmune diseases, including Rheumatoid Arthritis and Lupus.

# Market

- Today, the global wellness industry, which includes ten sectors including, **beauty, vitamins and supplements, healthy eating, weight loss, fitness, alternative medicine, and wellness travel** is estimated at roughly **\$3.4 trillion**.

# Market

- And with a growing obesity and chronic disease crisis in the U.S., analysts believe that double-digit annual growth rates in the wellness sector will continue **as more people proactively shift dollars toward preventative care, changing the way they eat, exercise, travel, and live.**

# Traction

- **SproutChange** started as a hash tag on 2/5/16!
- Though I have been an activist for **over 17 years**, this was the first time my concept for change was at a micro realistic level.
- By **Autumn of 2016** I had had enough! A lot of social media traction had been established in social justice activism, consumer awareness, education + empowerment in our agriculture/food, healthcare, and wellness.
- And by **January 2017** I was on my way to learn sustainable organic farming, become certified as a lifestyle coach leading to apprenticing + a soft launch in Paris, France!

# Traction

- **January to April 2017** – Plant-based, Natural Remedies, Hydrotherapy, Herbs, & Organic Farming Apprentice at Eden Valley Institute in Loveland, CO
- **May 2017** – 1<sup>st</sup> Food as Medicine & Natural Remedies Workshop (50+ attendees)
- **June 2017** – Food as Medicine & Natural Remedies Workshop Presenter (150+ attendees)
- **June to September 2017** – Permaculture Farming & Plant-based Farm-to-Table Chef
- **September 2017** – Keynote Speaker & Food as Medicine & Natural Remedies Workshop Presenter (300+ attendees)
- **October 2017** – Food as Medicine & Natural Remedies Workshop (30+ attendees)
- **October 2017** – [www.MySproutChange](http://www.MySproutChange) website launch
- **November 2017** – Became Member of Social Venture Collaborative
- **November 2017** – Started Incubation Pilot at WSU Center for Social Innovation
- **November 2017 to January 2018** – Worcester Roots Co-op Academy
- **December 2017** – Exposure with Mosher TV Show
- **December 2017** – YWCA Food as Medicine & Natural Remedies Workshop (10 attendees)
- **January 2018** – SCORE Mentor + Prospective incubation with StartUp Worcester
- **January 2018** – Great News! My new IP Law Firm is Ropes & Gray in Boston
- **January 2018** – AND TODAY! New Economy Summit (Cir 120 attendees!)

# Traction



**Jorge De La Cruz**

December 14, 2017 at 12:04pm · 🧑🏻



Leaving a positive word for [Priscila Espinosa](#) , so she can carry on to the upcoming year of 2018. Starts with the 1st letter of her first name "P" for Possibilities.

I'm very grateful to Priscila for introducing me to a world of possibilities, the world of natural remedies and holistic solutions for my Crohn's.

For those who don't know, I've been fighting with Crohn's Disease for the past couple years. Ever since I've met Priscila and joined her Sprouting Change program I've learned that it is possible to treat my Crohn's without pharmaceuticals medications and the side effects that come with it. Besides, I have reduce most of my symptoms with just diet & supplements alone.

I'm not going to go into too much details, but it has been a tough fight and I'm still in the journey of healing. I'm just glad to know that it is possible to treat it oneself, independently with the right diet and lifestyle that has brought a positive outcome to me.

This is thanks to you Priscila. Please continue your mission to help others and change lives. Show them this world of possibilities.

Happy Holidays!

[#mysproutingchange](#)



You, Irving Espinosa, Jorge De La Cruz and 12 others

5 Comments



Love



Comment



Share

SproutChange 

# Social Mission/Vision

**Social Mission:** the aim for SproutChange is to become a global transformative grassroots movement that not only that helps everyday people transition into a healing foods, plant-based diet + lifestyle.

**Vision:** Empower everyday people to become autonomous with their overall health!

# Our Proposal

- To conduct a case study of healing protocol among Highly Sensitive People (HSP) suffering with disabilities which is estimated to be 2-5% of a 20% population size. HSP is normal.

	A	B	C	D	E
1		GLOBE	USA	MA	WOO
2	20%	200,000,000	64,600,000	1,360,000	36,902
3	2%	4,000,000	1,292,000	27,200	738
4	5%	10,000,000	3,230,000	68,000	1,845



## UPCOMING EVENTS

[www.MySproutChange.com](http://www.MySproutChange.com)

[www.Facebook.com/MySproutChange](https://www.facebook.com/MySproutChange)

**Saturday, February 24 ~ 9:30AM – 4PM**

**Heart Health Awareness**

Village SDA Church  
South Lancaster, MA

**Sunday, March 18 ~ 2PM – 4PM**

**Fermented Medicinal Foods**

Leominster SDA Church  
Leominster, MA

**April ~ TBD**

**No-Dig Garden Bed**

## ABOUT

**#SproutChange** is dedicated to helping you sprout change in your life using food as medicine, natural remedies, & herbs!

**SproutChange** 



SPROUT CHANGE MINISTRY PRESENTS

# EAT TO LIVE WELL

"LET FOOD BE YOUR MEDICINE AND MEDICINE BE YOUR FOOD"  
-HIPPOCRATES

DIY Natural Remedies

Food As Medicine

Immunity Boosting Remedies

 Priscila Espinosa, a native of Clinton, Massachusetts, is a recent graduate of Eden Valley Institute in Loveland, Colorado where she attained her Lifestyle Coaching certificate this April 2017. Priscila's coursework at Eden Valley focused on natural remedies, organic farming, hydrotherapy, massage, and vegan meal preparation. Priscila will be sharing with us her passion for "food as medicine," using a plant-based diet approach to restoring and maintaining one's health. She will share simple DIY home remedies for you and your family!

# Social Media #SproutChange

[www.MySproutChange.com](http://www.MySproutChange.com)

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on Facebook, Instagram, Twitter,  
Pinterest, & YouTube

SproutChange 