Change maker story

While deciding what to make for dinner one night with my mom I had the realization that we never ate healthy, and that I didn’t want to be overweight along with not wanting to die young due to a health issues. Beginning to feel that my future might not be so bright, we ate a salad that night; but that still wasn’t enough so all week we ate healthier and by the end of the week I felt good about myself. Hoping that I could make a change within my family, but I wanted to make it bigger I wanted more then just my family to experience what its like to eat healthy and feel rejuvenated. Soon after having this epiphany the research began and I found a website advertising a new technology known as aeroponics and it was the best idea I have ever heard. With that in the back of my mind I was talking to my brother and he just happened to know the girl who sold them! Mind blowing; I talked to her and got to see an aeroponic tower garden for myself.

Expenses… Money… Price Point… No matter how you put it its your money coming out of the bank in stacks of 100. Well knowing first hand what its like to not be able to eat healthy and make good health decisions because it’s too expensive, I’ve created a new growing system that changes the way people look at organic food. Creating a new, less expensive way for people to access aeroponics year round was the new goal on my mind! The feeling you get after eating healthy for a couple weeks is unexplainable, you feel rejuvenated; inside and outside you feel and look 100% better. My brother had bad acne and couldn’t find a solution, when we as a family started eating healthier his face and all his acne cleared up almost instantly. My mom who is overweight lost 20lbs. I had a newfound energy to go on walks and get out and do stuff vs. sleeping. So by reinventing a product known as a Aeroponic garden tower, we are helping people do more then just eating healthy. People more then not are self conscious about their body and the way they look. Eating healthier doesn’t just make the inside of your body better in order to have the energy to go to the gym, but also your skin, hair, and nails are much healthier. With everything changing so drastically so fast it gives people a new found confidence. The first time my mom went out and bought a pair of jeans that was 2 sizes smaller then before she was happy, she had a glow something that I have never experienced. Environmentally this saves a lot of money and time, considering that all veggies are compostable so almost everything you make is also compostable. No more stinky garbage’s, or wasting food.

75% of the united states population is overweight, that is well over half of America. People judge, discriminate, and harass these people constantly due to their appearance. No one wants to deal with these negative comments about something some have no control over. My mom for example is slightly overweight is constantly being judged when she walks into a grocery store, when she goes shopping for clothes, and when we go out to dinner. She often pushes it off like no big deal, but the looks she is given are some of the nastiest looks I have ever seen, I know that I couldn’t handle those looks, and she shouldn’t have to go through that; no one should! By eating healthy and having easy access to fruits and veggies you can change your habits without it being inconvenient to change your daily routine. This could be a life-changing thing for my mom and for everyone who has ever had to deal with the judgments of people and for those with health problems this can save your life. Many health issues can be caused by a poor diet, some cancers are caused by over eating along with multiple different heart diseases. Cardiovascular disease is the number 1 leading cause of death in the United States; sadly this is 100% preventable.

My goal with this story is to raise awareness about what people go through and how it can change with little money and little effort. Eating right is all it takes to lose weight and be healthy, with that said many people don’t have the time and money to go out and get fresh foods and veggies every night; with the garden wall it makes this possible. Eating healthy does more then just change your visual appearance it helps strengthen your immune system helping you live life to its fullest. Raises awareness about this tragic topic will hopefully help people realize they are not alone in the struggle to be healthier. Whether or not you are overweight, average weight, or underweight everyone should be eating fresh food. If you are the perfect weight for your height and don’t have problems gaining weight due to a fast metabolism that doesn’t mean you’re not susceptible to the same diseases that people who weigh 400lbs are…

Hopes of mine after seeing how your life can change drastically with little implementation include the purchase of a garden wall, along with the help and support of local businesses. Without the help and support of community members and business owners this idea will not be implemented into peoples daily lives, this could be the difference between a healthy long living society and a generation full of people who die young of heart disease and other infectious diseases caused by unhealthy eating habits.