

A Diagnosis Does Not Determine your Future

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I recently had the chance to sit down with Mrs. Laura Olmeda. Mrs. Olmeda along with her Husband Have been business owners for over 25 years. The business is called Planet Bass Audio and is a audio electronics store located in Mission TX. Mrs. Olmeda is the head of the Financial/Accounting department. I had the Pleasure of being able to sit down with her and hear her story as to how she's been able to manage her prediabetes diagnosis that she received over a 10-year span!



I was able to sit down with Mrs. Olmeda and have a conversation with her about the challenges she faced when receiving her diagnosis but also how she was able to face those challenges head on and not let her diagnosis determine her future, but instead how it was an eye opening experience that led her to make the necessary changes she needed in her life to turn her overall health and quality of life around for the better.

Here are some of the highlights from our conversation.

****Mrs. Olmeda gave us some insight as to what some of her Lifestyle habits and changes were after her initial prediabetes diagnosis ****

Here is some of the changes that Mrs. Olmeda made following her diagnosis “I was diagnosed with pre-diabetes around 2010, so it's been about 14 years now. After my diagnosis, I made some changes, though not all at once. For example, I switched from regular soda to Diet Coke, which helped me lose about 10 pounds. I also reduced my intake of candy and other snacks I used to enjoy.”

“Additionally, I started drinking unsweetened tea with Splenda instead of regular sugar. I cut back on fast food, though I won't say I eliminated it completely. I also began juicing, incorporating more green juices and smoothies into my diet. This shift towards more fruits and vegetables made a significant difference for me.”

****The Importance of Moderation and finding what works best for you! ****

Now it is important to touch on the fact that these are some of the alternatives that Mrs. Olmeda has implemented herself and that by no means is this an end all be all of the exact changes you might need to make in your journey. Many people might debate that diet drink options, or artificial sweeteners are just as bad for you, anything in excess can inherently be bad for you but Mrs. Olmeda is just sharing the changes she has implemented in moderation that have helped her along her journey, and that by no means is it the only way to go about it. Find what works for You!

****What other changes if any have you implemented other than your food alternatives? ****

“It’s important to highlight that my changes were gradual. Many people try to make drastic changes after a diagnosis, but that can be hard to maintain. Instead, I focused on small, manageable adjustments that I could stick with over time.”

“I started walking. I’ve had a treadmill for over ten years and kept it because you never know when you might want to use it again. One of the main exercises I got into is called Insanity. It’s a tough workout, and at first, I thought I might puke because it was so challenging! However, once I got through the first week and into the second, I began to feel less stressed and much better overall.”

****What do you draw inspiration from, or who are those key figures that help keep you on track?****

“As I approach 50, it’s essential to prioritize exercise for our overall health and longevity. Moving our bodies is crucial to feeling good and living a fulfilling life.”

Mrs. Olmeda went on to elaborate on one of her biggest support systems being her mother who is a diabetic, this is what she had to say.

“Despite being diabetic, she manages her condition remarkably well. It’s inspiring to see her stay active—she tends to her yard, takes Zumba classes, and even hits the gym regularly. Sometimes she works harder than I do, and I’m much younger! This shows just how crucial exercise is in managing diabetes.”

“I’ve seen firsthand that staying active is vital. Diabetes is prevalent, and while I hope to avoid it, I understand that it’s a significant concern. My mom’s daily commitment to movement, whether it’s her Zumba classes or other exercises, is a great example.”

****Dietary Challenges you have faced as a Business Owner?****

“It has been challenging to make dietary changes while managing a business. Sometimes, I don’t have the time to cook, so I’ve focused on finding places that offer homemade food rather than fast food options. There are restaurants, like Medelina’s, that provide meals that are more wholesome and homemade. You can really taste the difference.”



During my conversation with Mrs. Olmeda, it is admirable that she is very open in regard to the struggles she faces on a daily basis while living such a busy life with a very hectic schedule and all that entails running and managing daily operations of her business. none of us are perfect but putting in that effort in any way we can when we can is what counts.



****In combination with changes you have made, can you give us a brief summary of what do you still do to maintain a healthy lifestyle today? ****

“I started exercising slowly. I lost about 10 pounds just by cutting out soft drinks. As I researched ways to improve my health, I discovered the benefits of juicing, which really helped me. Over time, I lost an additional 20 pounds through a combination of diet and increased physical activity.”

“I incorporate small changes into my daily routine. For instance, instead of scrolling through social media, I make it a point to stand up and move around every hour. I get outside to soak up some vitamin D and even walk barefoot on the grass to relieve stress.”

“I follow Dr. Axe online, who shares practical health tips. He emphasizes walking 30 minutes a day—10 minutes after each meal. I’ve noticed a significant difference when I do this; my metabolism feels more active.”

“I love his approach because it emphasizes simple, everyday changes we can all implement without feeling overwhelmed.”



****Any closing remarks or some words of encouragement for those that may be dealing with a prediabetes diagnosis? ****

“If you are dealing with that diagnosis do not let be the end of it get out of that mind set and make a change for yourself. there's so many resources that we have now that are available to help us find solutions to help you reverse that diagnosis. Starting small and taking it from there anything helps, take advantage of the fact that you are able bodied and have the power to make that change!



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