

My Story

The inspiration for Y Las Tortillas began with my parents and their health challenges. When my mom was diagnosed with Alzheimer's, I became determined to incorporate as many



brain-boosting nutrients as possible into our daily meals. At the same time, my dad, who had chronic kidney disease, was caring for her. He often cooked simple but bland meals, and their diet lacked variety.

One day, my dad expressed frustration over my mom's eating habits. She would snack on nuts and seeds—rich in brain-supporting nutrients—but lose her appetite for meals. It was then that I had an idea: why not create a tortilla that combined these powerful ingredients? Tortillas are not only versatile but also an integral part of our Mexican heritage, making them the perfect vehicle for delivering nutrients in a form my parents loved.

I started experimenting in the kitchen. For my mom, I created a tortilla with roasted tomato, chipotle, and almonds—a flavorful blend to entice her appetite while supporting her brain health. For my dad, I designed one with nopales (cactus), chia seeds, and resistant starch potatoes, aiming to address his dietary needs. The results were promising; my parents not only enjoyed the variety of tortillas but also appreciated their nutrient-packed goodness.

Encouraged by their positive response, I dove deeper into researching the best nutrients for health. I turned to trusted sources, including Mayo Clinic books, nutrition articles from the University of Arizona, and publications like Scientific American, among others. I also explored cooking techniques to preserve the integrity of these vital nutrients. My vision grew: I wanted to create nutrient-dense tortillas not just for my parents but for anyone seeking healthier food options.

Life, however, had other plans. My dad passed away, my mom's Alzheimer's worsened, and I faced a challenging surgery. These setbacks forced me to pause my project, and for a time, my passion dimmed. However, during a conversation with my siblings, we reflected on how my mom's high cholesterol and anemia had worsened her condition. That moment reignited my determination. I realized how vital nutrient-rich meals are for vulnerable populations—children, the elderly, and those battling illnesses.

Today, Y Las Tortillas is more than a product; it's a mission. Each tortilla is crafted with care and backed by science, designed to promote health and well-being. My parents' legacy lives on in every bite, and I'm committed to sharing this gift with my community.