



Looking Within

We are a unique organism here on earth. In relationship with our outer layer, and an intimate relationship in our inner layer - a second skin. And inside our 2nd skin, our digestive system, especially the intestines, lives a community of bacteria and other little 'microbes' that help digest food, assimilate vitamins and minerals, create powerful neurotransmitters that help regulate mood and energy (think peaceful or hangry), and create mighty fighters to shore up the immune system when cold and flu season wreaks havoc.

How important is it?

This community within, of mutualistic living organisms, need and love fiber, which is only found in plants. And, they're picky eaters. In a worldwide gut project that focused on researching these little guys, the findings were eye opening. The overarching recommendation to feeding these diverse colonies of bacteria is a diverse variety of plants (think fruit, veggies, mushrooms, nuts, spices and seeds), shooting for at least 25 different plants each week. This might sound like a lot, but when we take a closer look and take some inventory, we find that it's not so hard.

Where to Focus

This week's simple recipes have 10-15 different plants depending on what greens and fruits are used and was featured in Crystal Lake City Lifestyle Magazine this month. It is attached separately. Let me know if you try it!

***In your life;** Healthy relationships require attention, grace, balance and reciprocity. This week, take a loving inventory of the relationships in your life and just notice, from a place of curiosity, which ones are in balance, and which ones could use a little more, or a little less attention.*

Namaste

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