



Staying on track when the sugar train comes to town

We are not deficient in information these days so I try to keep these little nibbles brief, and valuable. This time of year, the leaves are raining from the trees (watch this happen if you can, it's magical), nature's growing season is snuggling up for a long winter's nap, and I curl up to make this the season where I learn about what feels nourishing, and what will expand my understanding of our bodies, spirit, and the human experience. This level of slowing down and becoming present to the environment makes the abundance of refined sugar in our environment impossible to ignore, certainly over the next couple of months. What quick and important information can I share with you, that will be nourishing, and lead to expanding your health and knowledge, not your waistline?

How anti-nutritious is it?

Our bodies are very intelligent. In our wildest (most primal) state, we are designed to seek out and consume naturally sweet foods in a frenzy. But nature's sweetness is much more subtle than the refined sugars we are accustomed to. And it's that natural sweetness that makes a baby tremble at the sight, and scent, of their mother and her milk (if you've nursed a babe you know exactly what I'm talking about). It's part of our natural survival mechanism. So what happens when we are surrounded by refined sugar around every corner, at every store, at every home, at work, the drive-thru sugar coffee fountain...I can hardly remember a day where I wasn't faced with the promise of sweetness from a sweet delight. I do love sweetness. But refined sugars are a package deal; sweet but with consequences. More than our bodies can handle. At the most basic level, added sugar is a hormone disruptor and an anti-nutrient. What that means, is since it is void of minerals, your body has to borrow the missing nutrients from healthy cells (to properly digest sugar). Some of these critical nutrients? Calcium, electrolytes, and zinc (essential for bone, brain, and digestive health and immunity). And although small amounts aren't going to have a huge impact, when sugar is routinely consumed (like this time of year), it's nearly impossible to supplement to keep pace with the rate of mineral depletion.

Where to Focus

Sweetness is essential, and in whole plants is super supportive. Be as selective with your sources as you are with your time, your passions, and your partner. Handled carefully, honoring traditions, zooming out and being selective about where you indulge, can be a radical and powerful act of self-care and self-respect. Be selective...love what loves you back. Take a beat to pause, and deconstruct your cravings for sweetness when they stumble (or barrel) in. Fresh fruit, like this sunny cutie (kiwi) is delightful and can be just the thing to keep processed sugar where it belongs. Just 1 has 100% of your RDV of vitamin C. Yellow ones you don't even have to peel, and they're on EWG's clean 15 list for pesticides.

In your life; Can you envision, nourish, and expand your environment to include the natural sweetness you crave?

Learning & Growing Season

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Klaudia



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tune-in.

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