

SPRING 2016

CANADA'S MAGAZINE FOR BALANCED LIVING

viva

MAG ONLINE

**THINK
YOURSELF
THIN**

**LOVE THE
WOMAN IN
THE MIRROR**

**HOMEOPATHY
AND MAINSTREAM
HEALTH CARE**

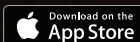
take the
**TURMERIC
TASTE
EXPERIENCE**

EXCLUSIVE

BRIE LARSON

*THE OSCAR WINNER
TALKS FAME, AND
HER MOVIE, ROOM*

**CHANGE YOUR
STYLE FROM
ORDINARY INTO
EXTRAORDINARY**



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