

YOUR PREMIUM WOMEN'S NATURAL HEALTH MAGAZINE

# viva

magazine  
The passion of natural living®

HELP  
FOR  
MOMS!

# 20

ways to get picky eaters  
to love healthy food

*naturally*  
**Sexy**  
at any age  
Tips for looking gorgeous

*A mighty*  
*heart*  
Preventing carotid arterial disease

Flatten  
your belly in  
**10 days**  
It's easier than  
you think

Natural  
Indulgence

CREATE AN  
AT-HOME SPA RETREAT  
FOR PENNIES

Someone  
you love  
have autism?  
What you need to know

EXCLUSIVE

# Milla Jovovich

On motherhood, living green and  
having it all in Hollywood

Are you eating  
the right kind  
**of carbs?**  
Take our test and find out

VIVA | *health cabinet*

# Feeling down?

Then check out these supplements to help beat the blues.

ALL PHOTOGRAPHY BY DAVIDE BAGNAROL  
CABINETS CREATED AND STYLED BY MIMI MAXWELL

## AURA CACIA 100%

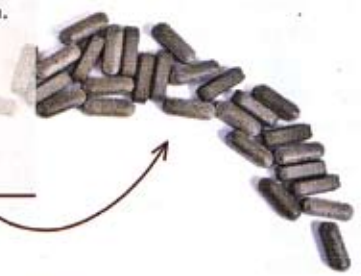
### PURE ESSENTIAL LAVENDER OIL

After a hard day's work, massage your troubles away. This popular aromatherapy oil will keep you calm, relaxed, and totally refreshed with its balanced floral-herbal aroma. (15ml, \$8.99)



## QUEST ST. JOHN'S WORT 300 MG

This herbal remedy has been used for centuries to treat depression. St. John's Wort consists of hypericin, which researchers speculate could contribute to elevating biochemicals in the brain that affect mood. (90 caps, \$18.99)



## WEBBER NATURALS 5-HTP 50 MG

Trials indicate that 5-HTP may be as effective as certain antidepressant drugs in treating those with mild to moderate depression. Got digestion problems too? Webber Naturals 5-HTP is enteric coated to minimize any potential gastric discomfort. (60 caps, \$13.95)



## JAMIESON OMEGA-3 CALM

### 1,000 MG

If the winter season is making you down, Omega-3 Calm will help regulate sadness, anxiety, and any sleep troubles. Contains a high concentration of EPA, which may affect mood by triggering specific receptors in the brain. (60 caps, \$18.99)

