

thrive

WOMEN'S WELLNESS
at EVERY AGE

THE BODY IS YOUR BEST FRIEND
**natural
solutions**
SPECIAL EDITION

6 TRUTHS ABOUT
KARMA

SOS:**PMS**

HERBAL ALTERNATIVES
TO BEAT THE BLOAT
AND CONQUER CRAMPS

5 fixes
FOR BETTER FOOD HABITS

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GO-GO-GRANOLA

What feeds a beautiful body from the inside out and fits in your purse for on-the-go fuel? Viki's Granola, that's what! We're currently obsessing over the Blueberry Almond flavor, which has a natural sweetness without added sugar and is full of beauty-boosters like almonds, coconut, and, of course, blueberries. Check 'em out at vikisfoods.com.