

VIVA

2008

NEW POSSIBILITIES 2008

YOUR PREMIUM WOMEN'S NATURAL HEALTH MAGAZINE®

~~\$4.99~~
Free
Issue

viva

gazine
of balanced living®

tips
8 to Sleep
like a
BABY

Mood Swing:
Feel Fantastic
During Pregnancy

Hot Bods:
At Home Workout
with the Stars

Glorious
Gluten-Free
SOLUTIONS!

Sexy
and Stretch Mark Free!

What is Celiac?

Beauty
and the Baby Bump

Are you fed up with being
Stuffed Up?

Jon & Kate Plus 8!
From Oprah's Couch to Ours

**Marg
Helgenberger**

Investigates Her Life's Success

Pet Health:
Baby, Meet the Beast

HEALTH *cabinet*

BABY

Natural Newborn

1. Boiron Camilia
(5 drinkable, 1ml unit doses)
A combination of Belladonna, Chamomilla and Ferrum Phos work safely to stimulate natural pain relief from sore gums. Camilia works gently and effectively to provide fast support for your child during difficult teething. (MSRP \$6.85) www.boiron.ca

2. Aura Cacia Calming Foam Bath for Kids
(2.5 oz pouch) This all-natural, aromatherapy foam bath is gently formulated for everyday use. The soothing and calming blend of 100% pure lavender and citrus essential oils is a perfect fit for a bedtime routine. Contains no synthetic colours, fragrances or preservatives. (MSRP \$1.99 - \$2.49) www.auracacia.com

3. Aubrey Organics Natural Baby Bath Soap
(237 ml, 8 fl. oz.)
All-natural soap for babies and children lathers up gently, without stripping the skin's protective oils and leaves skin delicately scented. And what a bonus - it's also great for adults who are allergic to mass-produced soaps. (MSRP \$8.68) www.aubrey-organics.com

4. Burt's Bees Baby Bee Dusting Powder
Fragranced with ground rosebuds, herbs and essential oils, this talc-free powder will soothe and heal chafing, prickly heat and skin irritations. The blend of cornstarch, clay and slippery elm bark makes skin highly absorbent to keep the skin dry and comfortable. (MSRP \$9.99) www.burtsbees.ca

5. Nature's Gate Organic Baby Soothing Diaper Rash Cream
(2oz, 56g)
Enhanced with the fresh, fluffy-soft appeal of certified organic cotton, vitamin E and certified organic Comfrey, Calendula and Aloe Vera help soothe, calm and heal baby's tender skin. Goes on smoothly and wipes off easily, leaving delicate skin feeling soft. (MSRP \$9.99) www.natures-gate.com

6. Burt's Bees Baby Bee Pint of Buttermilk Bath
(9oz, 255g) Buttermilk Bath will soothe irritated skin conditions and soften baby's delicate skin. In fact, buttermilk bath is perfect for baby skin of all ages! Available in a darling, economical pint-sized milk bottle. (MSRP \$24.99) www.burtsbees.ca



Pamper your new bundle of joy - naturally.

Stuffed bear: courtesy of Pottery. Dot Kids, 917 Queen Street West, Toronto, ON M6H1G5