

SPRING 2014

YOUR FRESH MOMENT NATURAL HEALTH WISDOM

viva

MAGAZINE
THE JOURNAL OF
BALANCED LIVING

EGGS ON PIZZA?

TRY THESE UNEXPECTED RECIPES THAT REALLY WORK

CREATE THIS SPRING'S HOTTEST HAIR STYLES

5

BEST NATURAL ALLERGY AIDS

NATURAL WAYS TO **GIVE YOUR LOVE LIFE A BOOST**

EXCLUSIVE

AMERICAN HUSTLE'S ELISABETH RÖHM

ON CREATING A BALANCED LIFE

HOW **DEBRA MESSING** DEALS WITH EXTREME ALLERGIES



PHOTOGRAPH BY [unreadable]