

A CONVERSATION WITH *k.d. lang*

# alive

CANADA'S NATURAL HEALTH AND WELLNESS MAGAZINE

*SPRING  
CLEANING  
for your body*

HOW TO CULTIVATE  
*calendula*

*eco*  
trends

AQUA  
*fit*

NUCLEAR  
POWER  
POLITICS

PLIGHT OF THE  
honeybee

PLASTIC  
PROS AND CONS

Emerald Lake Lodge

- asparagus with miso vinaigrette
- creamy morel soup
- braised elk osso bucco
- rhubarb upside-down cake

gardening  
*by the moon*

