



THE OPRAH  
MAGAZINE

MARCH 2016

**OPRAH'S  
ONLINE  
AUCTION**  
Her clothes!  
Her shoes!  
Your chance to  
bid & win!  
(All for a good  
cause)

THE  
SALAD SKEPTIC'S  
GUIDE TO ♥ING  
VEGGIES

**Do You Believe  
in Soul Mates?**  
TURN TO PAGE 100  
AND YOU WILL!

PART 2 OF OUR SPECIAL SERIES  
**When someone  
you love has a  
mental illness**

**HOW  
TO BEAT  
STRESS  
IN ONE  
EASY STEP**  
PG. 88

**O's  
First-Ever  
Fashion  
Line**

FLATTERING,  
CUTE—AND  
JUST YOUR  
SIZE!

**The Finds**

**SAVVY  
SWAPS**

Our favorite new products make nutritious eating as easy as 1-2-3: Extracted from organic apples, **Dolcedi** sweetener is like sugar in a bottle, but with a much lower glycemic index—22.5 to sugar's 68 (\$9; [rigonidiiasiago-usa.com](http://rigonidiiasiago-usa.com)). Algae-derived **Thrive oil** tastes as neutral as canola (we swear!), with a super-high smoke point for frying; one tablespoon contains about as many good fats as an avocado (\$12; [thrivealgae.com](http://thrivealgae.com)). **Califia Better Half**, a dairy- and soy-free half-and-half substitute, marries good-for-you almond milk with velvety coconut cream (\$3.50; Whole Foods Markets).



**MAKE  
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Clear your

**FOR A  
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your load