



Episode Synopses for December, 2016

Week of DECEMBER 5, 2016		
5-Dec	ACHL-0017-399	From learning about pre-screening for 22q11.2 deletion syndrome to raising awareness about mushroom supplements, be informed and in the know to prevent future health issues with your family and your pets.
6-Dec	BALA-2967-396	Learn to save money for your child's education, find out how to support better health through better snacking, discover the secrets of looking younger, and put some spice in your life with some southwestern recipes.
7-Dec	ACHL-0018-400	From learning about pre-screening for 22q11.2 deletion syndrome to raising awareness about mushroom supplements, be informed and in the know to prevent future health issues with your family and your pets.
8-Dec	BALA-2968-397	Some things get even better with age. Join us on The Balancing Act as we explore intimate hygiene, fine wines, and a story that speaks to the child in us all. Embrace your older side and empower your younger side!
9-Dec	ACHL-0019-401	Achy knee? Painful shoulder? Serious bone problems? Today we cover a variety of solutions from a new knee brace technology and novel shoulder replacement surgery, to bone targeting medicines for bone metastases.

**THE
BALANCING
ACT**

Week of DECEMBER 12, 2016		
12-Dec	BALA-2969-398	From learning about pre-screening for 22q11.2 deletion syndrome to raising awareness about mushroom supplements, be informed and in the know to prevent future health issues with your family and your pets.
13-Dec	BALA-2970-402	Whether you're planning a big trip, investing in your home, or just refilling a prescription, managing your finances is a part of life. <i>The Balancing Act</i> shows you all the ways you can save, making planning stress-free.
14-Dec	BALA-2972-404	From digestive health and a satisfying sex life, to college roommate etiquette 101, <i>The Balancing Act</i> keeps its viewers well informed and in the know.
15-Dec	BALA-2973-405	This holiday season, get big box, bulk savings by booking a cruise on Norwegian through BJ's. Staying home? Make meals for the whole family in half the time using new Dole Organic Salad Kits!
16-Dec	BALA-2974-406	Tune in to <i>The Balancing Act</i> for strategies on how to shop smart by renting your furniture to own. Also learn how to stay motivated with online learning. Stay smart and feed your brain with seafood superfood and BrainJuice!

**THE
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Week of DECEMBER 19, 2016		
19-Dec	BALA-2975-407	We've got tips tailored to all the women and mom's out there! After-school snacks for the kids, how to keep your car in tip-top shape and the latest feminine sports jersey's that will have you cheering.
20-Dec	BALA-2976-408	We have what you need to gain confidence in all aspects of your life. From improving your self-confidence with a beautiful smile and a public speaking class, to cooking lessons and even improving your credit score.
21-Dec	BALA-2977-409	Get a behind-the-scenes look at the Broadway hit, The Illusionists, courtesy of "The Trickster", one of the featured performers. Also on the show, learn how to manage your chronic disease with new innovations and education.
22-Dec	BALA-2981-413	<i>The Balancing Act: A Holiday to Remember.</i> Celebrating the season in style with fashion and beauty tips, plus creating a bountiful table from a delicious holiday ham to decadent dessert. And no party is complete without a sophisticated signature cocktail and sparkling wines. Salute!
23-Dec	BALA-2978-410	Thanks to Chef Ralph Pagano you don't have to be a professional pastry chef to bake like one. And you don't have to go a professional to fill those wrinkles. Now there's a new derom filler treatment called Fillerina.

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Week of DECEMBER 26, 2016		
26-Dec	BALA-2979-411	Don't miss Travel Tips brought to you by Sunoco. True Key™ by Intel Security is an app that remembers your passwords so you don't have to. America's Best Care Plus is a national online pharmacy and medical supplier. Turn ordinary baked goods into extra-ordinary and bake like a pro with White Lily premium flours.
27-Dec	BALA-2980-412	<i>The Balancing Act</i> visits Broadway with the hit production, "The Bodyguard." We also take you in the kitchen for a quick bite and health updates for you and your family.
28-Dec	BALA-2850-227	Learn about a special pharmacy that cares for cystic fibrosis patients, safe use of antibiotics in farm animals, and affordable high-tech technology without tradeoffs.
29-Dec	BALA-2851-228	Today's show takes you Behind the Mystery of a common hereditary bleeding disorder: von Willebrand Disease; plus <i>The Balancing Act</i> heads to the kitchen to cook up a fun breakfast recipe of customizable noodle omelets.
30-Dec	BALA-2852-229	Meet Wanda, a unique doll part of a Tooth Fairy kit for kids; plus see an organic hair care line for women.