



Episode Synopses for December, 2017

Week of Dec. 4, 2017		
4-Dec.	BALA-3023-471	Serving up a menu of holiday recipes, from a healthier way to cook the traditional turkey and yummy side dishes to savory and delicious breakfast options made with almond flour. Chef Stewart O'Keefe creates signature sugar cookies and more sweet treats made with Gummi Bears... kids in the kitchen.
5-Dec.	BALA-2846-223	<i>The Balancing Act</i> heads to the kitchen to cook up a festive meal with natural tortillas; plus takes a look at how physical rehabilitation works and who can benefit from it.
6-Dec.	BALA-2848-225	<i>The Balancing Act</i> dedicates a full program to raise awareness and offer helpful information to those who suffer and their families.
7-Dec.	BALA-2849-226	Learn tips on how to allergen-proof your home, great gluten-free recipes with flax-based products, plus the latest in sponge deep-cleaning technology.
8-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.



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Week of Dec. 11, 2017		
11-Dec.	BALA-2851-228	Today's show takes you Behind the Mystery of a common hereditary bleeding disorder: von Willebrand Disease; plus the Balancing Act heads to the kitchen to cook up a fun breakfast recipe of customizable noodle omelets.
12-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.
13-Dec.	BALA-2855-231	Hear from a frostbite victim and advancements in wound care for him and diabetics, plus learn what to expect at an Inpatient Rehabilitation Hospital.
14-Dec.	BALA-2856-232	Olympic Gold Medalist and mom Kerri Walsh Jennings talks protein options to achieve your personal best; plus tips on finding your fragrance - watch as Julie Moran tests her ability to recognize scents while blindfolded!
15-Dec.	BALA-2857-233	Create, share and preserve your family history with this photo app, hear about versatile Greek yogurt to satisfy hunger and protein; enjoy travelling on the road at these full-service stopping centers



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Week of Dec. 18, 2017		
18-Dec.	BALA-2858-234	Head South-of-the-Border to explore all-inclusive family-friendly vacations; learn about "skin age" through a fun interactive test, and how to lower it! Head South-of-the-Border to explore all-inclusive family-friendly vacations; learn about "skin age" through a fun interactive test, and how to lower it!
19-Dec.	BALA-2859-235	Today's show talks preterm birth and focuses on the importance of bringing babies to full term, or 40-weeks.
20-Dec.	BALA-2860-236	Today's show offers hope to the many couples, 1 in 7 in fact, struggling with infertility and trying to get pregnant.
21-Dec.	BALA-2861-237	Protecting your skin while driving can be a matter of life and death - learn how to cut down on the sun's exposure; visit a rehabilitation hospital and follow "a day in the life" of a patient
22-Dec.	BALA-2862-238	Today's show is dedicated to raising awareness about a rare and genetic disease that destroys the immune system in infancy



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Week of Dec. 25, 2017		
25-Dec.	BALA-2863-239	Improve your healthcare with the help of a local pharmacist who can help you manage allergies and asthma; also turn back the hands of time without surgery...see how!
26-Dec.	BALA-2864-240	Learn tips on saving for unplanned expenses, see the newest styles in hair extensions and get advice on picking the best after-school program for your child.
27-Dec.	BALA-3027-474	The benefits of essential oils; Earning points for your travels; Holiday dessert recipes; Giving the gift of beauty- ways to hydrate your skin.
28-Dec.	BALA-2892-241	A beauty secret from the Far East that uses probiotics; how to know if you're eating Non-GMO foods; apple butter recipes for all meals.
29-Dec.	BALA-2893-242	Understanding Pediatric Growth Hormone Deficiency - the causes and promising new treatment options; a hidden gem of higher education that focuses on health sciences