



Episode Synopses for December, 2018

Week of Dec. 03, 2018		
3-Dec.	BALA-3033-481	Learn about heart-healthy recipes and a new way to cleanse your skin.
4-Dec.	BALA-3037-484	Stories from the heart. Columbine survivor Crystal Miller & Stoneman Douglas student share their stories. Picking a retirement community. How Chef Ralph Pagano's life has changed since his kitchen explosion.
5-Dec.	BALA-3039-485	We're in the kitchen with restaurant-inspired recipes you can create at-home. Plus behind the scenes of Chicago-The Musical - 20 Years of Razzle Dazzle!
6-Dec.	BALA-3021-469	Broadway Balances America: Behind the scenes of Waitress- The Musical. Serving up quick and easy meals right from the freezer, plus the tip and tools you need to know when it comes to life insurance.
7-Dec.	BALA-3022-470	A look into two diseases.... the rare Congenital Plasminogen Deficiency and the more common Lupus Nephritis. Patients stories, doctor expertise and what's on the horizon for treatment.



Episode Synopses for December, 2018

Week of Dec. 10, 2018		
10-Dec.	BALA-3053-502	Transiting from high school to college can be difficult- a new online platform can help peer to peer. Attending a very special prom for students with cancer and "In the Kitchen with Chef Stuart O'Keeffe"-summer salad.
11-Dec.	BALA-3052-501	Signature summer desserts made with JELL-O. Plus we're mixing up signature cocktails with Angostura Bitters. What you need to know about timeshares and ways to help older adults age more successfully.
12-Dec.	BALA-3054-503	Lots on the menu: Nutrition for your baby, plus we're in the Kitchen with Ingrid Hoffmann- A Taste of Mediterranean- summertime favorites. Innovative solutions for health care. On campus with Barry University.
13-Dec.	BALA-3057-506	It's back to school and there's a lot to do making sure your kids are well equipped. Hosts Olga Villaverde, Christina Nicholson and Forever Freckled sisters explore tips, tricks and products to make this transition seamless.
14-Dec.	BALA-3055-504	We're serving up delicious ideas, including QuickBytes with chef Ralph Pagano, food and wine with Rombauer Vineyards, and vacationing at Country Inn.



Episode Synopses for December, 2018

Week of Dec. 17, 2018		
17-Dec.	BALA-3056-505	On <i>The Balancing Act</i> , Beth Troutman tells her story and cause; Christina Nicholson embarks on a fun adventure in Orlando with her family; and former football player Marc Bouniconti shares his journey of healing.
18-Dec.	BALA-3058-507	Behind The Mystery: Understanding Neurogenic Orthostatic Hypotension (nOH).
19-Dec.	BALA-3060-508	Fitness and Fun in the Sunshine State.
20-Dec.	ACHL-0042-509	Innovations in the prevention of Migraines, Erika Vetrini gets up close and personal with 23andMe.
21-Dec.	BALA-3040-486	Columbia College offers affordable and flexible learning options. Blogger, stylist and influencer Carrie Greenberg and her sister pediatrician Dr. Katie Friedman test out three new toothbrushes from Foreo.



Episode Synopses for December, 2018

Week of Dec. 24, 2018		
24-Dec.	ACHL-0038-488	The diagnostic journey of autoimmune Thyroid Disease.
25-Dec.	BALA-3046-487	How to pick a retirement facility, plus tips on how to live in the now from author Laura Saltman. Forever Freckled blogger shows us the latest in skin care technology.
26-Dec.	BALA-3075-521	A Holiday to Remember. In the kitchen of Chef Ingrid Hoffman; Holiday platters; Style knows no size; fashions; Quick bites with Ralph Pagano; Multi-cooker meal options.
27-Dec.	ACHL-0039-489	A Candid Discussion of Miscarriage and Infertility. Understanding Early Pregnancy Loss.
28-Dec.	BALA-2528-304	There are many reasons for taking trips. On this episode we discuss less-expensive, world-class surgery trips and taking pets along for the ride, plus non-GMO's for your skin, beauty and health.



Episode Synopses for December, 2018

Week of Dec. 31, 2018		
31-Dec.		
01-Jan.		
02-Jan.	BALA-3078-522	New Year New You Special. A guide to optimal health—how to pick the best supplements for you; how to start a non-profit; timeless wardrobe essentials from Foxcroft NYC.
03-Jan.	BALA-3058-507	
04-Jan.	BALA-3060-508	