



Episode Synopses for January, 2017

Week of JANUARY 2, 2017		
2-Jan	BALA-2797-255	Today's show focuses on smart and safe travel gear, plus features a course on small conceal firearm safety
3-Jan	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.
4-Jan	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!
5-Jan	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
6-Jan	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!



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Week of JANUARY 9, 2017		
9-Jan	BALA-2859-235	Today's show talks preterm birth and focuses on the importance of bringing babies to full term, or 40-weeks.
10-Jan	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.
11-Jan	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
12-Jan	BALA-2862-238	Today's show is dedicated to raising awareness about a rare and genetic disease that destroys the immune system in infancy
13-Jan	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!



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Week of JANUARY 16, 2017		
16-Jan	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.
17-Jan	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.
18-Jan	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
19-Jan	BALA-2894-243	Show is dedicated to raising awareness about hunger: superfood sweet potatoes, chef Ralph Pagano cooks up comfort food; CARE, an international humanitarian organization, supports women and families across the world
20-Jan	BALA-2895-244	Cooking up Texas barbecue ramen noodles; learn about at-home hair loss restoration; up close and personal with a detoxification program in a compassionate environment.



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Week of JANUARY 23, 2017		
23-Jan	BALA-2798-256	On today's show, learn about how a university helps transition high school seniors to college freshman; plus hear about a life-threatening rare blood disease.
24-Jan	BALA-2897-246	Online education that's military friendly; advances in non-invasive weight loss procedures; all-natural skin care from the honeycomb; how to keep your car clean.
25-Jan	BALA-2898-247	Integrative oncology to help cancer patients live life to the fullest; life with rare and hereditary tyrosinemia type 1; an insurance company with heart that honors caregivers
26-Jan	BALA-2799-257	On today's show, learn all about online education for a variety of classes and degrees, plus hear about new tests that check for an array of wheat antigens.
27-Jan	BALA-2801-259	On today's show, learn how to video chat with a doctor, hear from a skincare expert about the latest technology to help fight signs of aging; plus help kids conquer their math skills in a fun way



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Week of JANUARY 30, 2017		
30-Jan	BALA-2901-250	Explore online degrees in healthcare, business nursing and more; affordable holiday gifts for tech-savvy people; how one company provides food and hope on the heels of a disaster, traditional Italian sauce recipes
31-Jan	BALA-2902-251	Undergraduate and graduate campus experiences at a New England university; unique high seas travel experience that gives back; living with and managing epilepsy; laptop tips
1-Feb	BALA-2802-260	On today's show, learn about innovations in help for caregivers; eliminating glasses and improving eyesight through breakthrough neuroscience technology, and a unique pant that slims all over
2-Feb	BALA-2804-262	The Balancing Act heads to the kitchen to cook up holiday recipes with organic produce, shows how aloe can help in the battle against acne and gives an education on America's favorite beverage
3-Feb	BALA-2796-254	Today's show is packed with information from learning about kids with food allergies and resources that can help, online culinary program for cooking and baking to transforming kid's bedtime battles to peaceful sleep