



Episode Synopses, January, 2018

Week of January 1, 2018		
1-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
2-Jan.	BALA-3028-475	New Year, New You: How to pick a mattress; Why walnut drink is a healthy alternative to milk; The best way to rent cars in Europe.
3-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.
4-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.
5-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



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Week of JANUARY 8, 2018		
8-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
9-Jan.	BALA-2947-376	On this episode <i>The Balancing Act's</i> Amber Milt meets the creative team behind Broadway's new musical <i>If/Then</i> . We've also got some great ideas for a road trip.
10-Jan.	BALA-2948-377	Get an inside look at Off-Broadway's "The Wizard of Oz" in Boston, learn how Internet security for kids and VPNs are linked and one of the ways college kids are eating healthy.
11-Jan.	BALA-2949-378	Great ideas from <i>The Balancing Act</i> to help keep your life in Balance. Have fun as we go behind the scenes on Broadway. Get healthy with tasty blueberry recipes and lastly protect our future with life insurance. Don't miss it!
12-Jan.	BALA-2950-379	Great ideas from <i>The Balancing Act</i> to help keep your life in Balance. Have fun as we go behind the scenes on Broadway. Get healthy with tasty blueberry recipes and lastly protect our future with life insurance. Don't miss it!



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Week of JANUARY 15, 2018		
15-Jan.	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.
16-Jan.	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.
17-Jan.	ACHL-0032-476	Irritable Bowel Syndrome with diarrhea, IBS-D, is a common disorder that affects the large intestine. Symptoms vary from person to person and can have a significant impact on sufferers.
18-Jan.	BALA-3024-472	Aging in Place- How the NCCAP provides accreditation for home care givers. What you need to know about life insurance. Get motivated to lose weight effectively, plus how to pick the right sunscreen.
19-Jan.	BALA-3026-473	Another side to Mexico through the eyes of the La Coleccion resorts. We showcase the magic, safety, and uniqueness that is La Collection resorts.



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Week of JANUARY 22, 2018		
22-Jan.	ACHL-0033-477	Tardive Dyskinesia is a movement disorder that occurs after Long-term use of antipsychotic medications. Now there is a way to manage your symptoms, while keeping your psychosis under control.
23-Jan.	BALA-2951-380	<i>The Balancing Act</i> takes a trip to Broadway, going behind the scenes of Cabaret! Plus, learn more about continuing education and work it out with some fitness tips in the park.
24-Jan.	BALA-2952-381	From aging skin to aging eyes, <i>The Balancing Act</i> offers solutions to looking your best in the face of the natural process of aging. Also, find out how to get truly private Internet access.
25-Jan.	BALA-2953-382	Where will your passion take you? On this episode of <i>The Balancing Act</i> , we talk to an award-winning photographer, a Celebrity Mixologist and a NASA scientist as they explain the breakthroughs their passions led them to.
26-Jan.	BALA-2954-383	On this episode it's all about education: from learning how to get your sexy back to a new recipe for lettuce wraps. Heading to college? Consider Jackson State University, plus ways to deck out your dorm.



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Week of JANUARY 29, 2018		
29-Jan.	BALA-2955-384	On this episode, we help increase your appreciation for wine while also saving you money, introduce a new way to enjoy Southwestern Cuisine, help you get your sexy back, and offer tips on reliving your college years!
30-Jan.	BALA-2956-385	On this episode, we meet a woman who is raising awareness about the rare hormonal disorder, Cushing's Syndrome; learn more about managing food allergies and discover why traveling to Puerto Rico for surgery is on the rise.
31-Jan.	BALA-2957-386	On this episode of <i>The Balancing Act</i> , we'll explore how to stay healthy, not just physically, but with financial decisions that affect your overall health - in the pocketbook, purse, and wallet. Make the best decisions!
1-Feb.	BALA-2958-387	<i>The Balancing Act</i> goes high tech, featuring products to protect your privacy on the internet, stream virtually any movie or television show and sophisticated printers from Canon. Don't miss <i>The Balancing Act</i> !
2-Feb.	BALA-2959-388	<i>The Balancing Act</i> takes a closer look at allergies and asthma and how to deal with these chronic conditions. Then we look at the latest fashions and get some helpful travel tips.