



Episode Synopses for July, 2017

Week of July 3, 2017		
3-July	BALA-3007-445	Celebrate your dad's and congratulate your grads on the balancing act. Watch chef Ralph Pagano as he joins Host Olga Villaverde in a special half hour featuring grilling basics- tire tips and a getaway to bliss in Bimini!
4-July	BALA-2998-436	Broadway Across America sings and dances into your home with An American in Paris. Tips on navigating the home loan process. Want to achieve a younger look? "Fillerina" is the way to go! Car maintenance courtesy of Bosch's quality "cabin air filter."
5-July	BALA-2999-437	Caring for your loved one (or yourself!) has never been easier- a DIY wound therapy. Behind the Mystery: the rare cancer Polycythemia Vera- how you need to know. Healthy skin in minutes, the benefits of natural dry brushing.
6-July	BALA-3000-438	A guide to all things moms and soon to be moms need to know. Now that you're expecting... time to get ready for the baby! From advanced screenings to stroller seat makeovers and healthy hydration tips, you'll be baby ready!
7-July	BALA-3001-439	Broadway Across America once again singing and dancing its way into your home with "Finding Never Land." Plus, a look at genetic mysteries and tips on the home loan process.



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Week of July 10, 2017		
10-July	BALA-3002-440	On today's show, stress test that saves lives, mortgage options to consider when buying a new home. Plus beauty secrets revealed and a nutrition plan to help motivate weight loss.
11-July	BALA-3003-441	On this episode, we will reveal beauty secrets the natural way. Laryngitis sufferers, we have the cure for you! Plus add a dash of spice to your life and better battery options for your auto needs.
12-July	BALA-3004-442	The importance of life insurance, Improve your credit score with point of sale financing. Go behind the mystery rare & genetic disease, Innovative breakfast cereal options.
13-July	BALA-3005-443	Moo Free & Earth-friendly alternatives to milk. Straight talk for those who have served our country—securing a VA home loan. Chill your car out and beat the heat! Effective relief for Restless Legs Syndrome.
14-July	BALA-3006-444	Get peace of mind when buying a car. Protect your online income stream. Win the battle against frizzy hair. Maggi Liquid Magic in a bottle! The importance of blood work.



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Week of July 17, 2017		
17-July	BLLF-0001-446	We're change makers who are elevating key issues, serving our communities, inspiring hope and taking action. We're a movement...transforming our tomorrow with small socially conscious choices and acts, that when multiplied by millions can change the world for good. We'll be featuring kids who are stepping up and making a difference in their community, empowering them to effect positive change in the world, among their peers and within themselves. We'll explore ways in which families can help their children find their voice and what we can do as parents to raise caring and compassionate children
18-July	BLLF-0002-447	Investing in the young and young at heart-- helping our aging population live more fulfilling lives and children helping other children and more, through volunteerism. Highlighting Caesar's Entertainment and Project Change.
19-July	BLLF-0003-448	Investing in the future- helping children around the world and here at home through education, mentoring and volunteerism. Plus helping our four legged friends.
20-July	BLLF-0004-449	They've been bullying and now they're fighting back with encouraging words and love-- NOT hate.
21-July	BLLF-0005-450	From a young Sickle Cell Warrior who is making a difference one cake at time to a teen who was bullied. Adrian Paul gets in the kitchen with these young warriors to turn negatives into positives. Plus how one man hopes that modeled generosity will exponentially increase the power of giving; Meet two outstanding teens in Allstate's "They Say" project.



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Week of July 24, 2017		
24-July	BLLF-0006-451	Meet the folks behind two organizations who give back in a big way. Join our host Adrian Paul as he travels to Spokane Washington to make a difference in the community. Generation Alive is aiding the victims of the dark world of sex trafficking. Blessings Under the Bridge –how one couple is helping the homeless. Two outstanding teens from Allstate’s “They Say” project.
25-July	ACHL-0027-452	The latest on a new treatment for patients with Thyroid Cancer, non-invasive screening options for expectant mothers and saying so long to surgical scars.
26-July	BALA-2778-165	On today's show, learn about an innovative catheter that can enable an active lifestyle; plus hear tips on shaving for daughters.
27-July	BALA-2915-331	<i>The Balancing Act</i> gets a behind-the-scenes look at the Broadway classic, Cabaret, and then heads to the kitchen to explore serving dinner for breakfast!
28-July	ACHL-0028-453	Exploring ways you can improve your body’s mechanics with the latest innovations in medical care, including hip replacement, and the ketogenic lifestyle to keep your body running at peak performance.



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Week of July 31, 2017		
31-July	BALA-2916-332	<i>The Balancing Act</i> helps you kick off your big game day with tips on keeping your kids active, making healthier side dishes, getting creative with waffle cones and using pecans in new ways.
01-Aug	BALA-2917-333	Make sure every detail from engagement to "I Do" is perfect! <i>The Balancing Act</i> welcomes experts in personalized stationery and unique gifts to help you plan the wedding of your dreams.
02-Aug	BALA-2918-334	Go back to school for your master's at Colorado Christian University, try out some chicken casserole with Maruchan and be safe on the road with tips from TA and Petro Travel Centers. Don't miss this episode of <i>The Balancing Act</i> .
03-Aug	BALA-2920-335	Learn more about holistic drug and alcohol addiction treatment, the importance of preventative veterinary care and putting your best foot forward in college - all on today's episode of <i>The Balancing Act</i> .
04-Aug	BALA-2921-336	Our wedding special continues with experts from The American Wedding, who go over every detail of the perfect invitation. Not to mention a look at what one of their wedding gurus did for her own wedding!