



Episode Synopses for October, 2018

Week of Oct. 01, 2018		
1-Oct.	BALA-3048-496	A look at how students, parents and the community are finding ways to help stop bullying. Plus ways to give back to those affected by Marjory Stoneman Douglas High Schools shooting.
2-Oct.	BALA-3049-497	Similac has introduced the first (and only) infant formula in the U.S. to have 2'-FL HMO. This is important because HMOs support your baby's developing immune system. Then, Chef Stuart O'Keeffe is back in The Balancing Act kitchen to show Olga Villaverde and Julie Moran how to prepare an entire day's worth of healthy, delicious meals.
3-Oct.	BALA-3050-498	Learning more about Interstitial Cystitis/Bladder Pain Syndrome-one woman's heartfelt story. More on another heart wrenching disease: Parkinson's. And they say an apple a day keeps the doctor away-two new apple varieties.
4-Oct.	BALA-3051-499	Ways to improve communication, protect and even nourish your family. Safety solutions to assist while you're behind the wheel. Plus helping those with hearing loss communicate more effectively and natural nursing technology.
5-Oct.	ACHL-0041-500	The importance of organ, eye and tissue donation. We also see how a little girl's life was changed because of organ donation after a heartbreaking battle with liver cancer at 3 years old. Finally, one woman's transformation, one healthy habit at a time, and how she's helping other woman transform their lives.



Episode Synopses for October, 2018

Week of Oct. 08, 2018		
8-Oct.	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.
9-Oct.	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> .
10-Oct.	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> .
11-Oct.	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!
12-Oct.	BALA-2922-337	Get motivated to complete your college degree, learn how to be safe on the road and get the recipe for a delicious Thai noodle soup, all on this episode of <i>The Balancing Act</i> .



Episode Synopses for October, 2018

Week of Oct. 15, 2018		
15-Oct.	BALA-2923-338	Transformations Drug & Alcohol Treatment Centers, Merck Animal Health and Microsoft take center stage on <i>The Balancing Act</i> .
16-Oct.	BALA-2768-156	Today's show tackles tough carpet stains, talks firearm safety and tips for becoming a homeowner.
17-Oct.	BALA-3008-454	On this buzz worthy edition of <i>The Balancing Act</i> , hosts Amber Milt and Olga Villaverde dive into the hive, exploring the fascinating world of bees, and showing how we all do our part to Feed a Bee.
18-Oct.	BALA-3009-455	Tips on the importance of vitamins supplement for pet health; Protecting your skin from the sun; Quick Bytes with Chef Ralph Pagano – Tilapia; Tips on the home loan process and all you need to know about Clubfoot.
19-Oct.	BALA-3010-456	On today's show we're helping all the foodies out there with entertaining tips! From pairing the perfect wine with your meal, stirring up some quick meals for your guests, and creating the perfect and adorable cookie bar!



Episode Synopses for October, 2018

Week of Oct. 22, 2018		
22-Oct.	BALA-3011-457	Keeping your body, car, and home with tip top shape with advice from experts you can trust!
23-Oct.	BALA-3012-458	Everything you need to know about cord blood banking. Maggi Liquid Magic in a bottle! What to look for when choosing sunscreen.
24-Oct.	BALA-3019-466	This episode of <i>The Balancing Act</i> focuses on breast cancer awareness.
25-Oct.	BALA-3013-460	Financial Analyst Natali Morris follows the journey of one Spokane, Washington family as they navigate their way to a stable financial future.
26-Oct.	BALA-3014-461	Money saving tips, how to be your own boss, how to plan the perfect party, and vacation in style.



Episode Synopses for October, 2018

Week of Oct. 29, 2018		
29-Oct.	BALA-3015-462	We're giving all the mom's out there tips to master being a mom boss! Spot your child's health issues early, make a meal that will leave your family wanting more, how to change a tire, and how to master home loan approvals.
30-Oct.	BALA-3016-463	From Disney's "Aladdin: The Musical" to creating your own signature scent with PartyLite candles... a yummy recipe for good measure....magical ways to balance your life.
31-Oct.	BALA-3017-464	Behind the scenes of Andrew Lloyd Webber's sequel to "Phantom of The Opera," "Love Never Dies." For your health, we tackle the top symptoms and triggers for primary periodic paralysis and how to know if you're having a stroke..
1-Nov.	BALA-3018-465	The Balancing Act Goes Behind the Scenes with Emilio & Gloria Estefan and the Broadway Musical "On Your Feet". Find the perfect pairing with Ménage à Trois wines.
2-Nov.	ACHL-0031-468	Living with Polycythemia Vera-- Understanding Your Symptoms.