



Episode Synopses for September, 2019

Week of Sep. 02, 2019		
2-Sep.	BALA-3056-505	On the Balancing Act, 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.
3-Sep.	BALA-3058-507	Behind The Mystery: Understanding Neurogenic Orthostatic Hypotension (nOH).
4-Sep.	BALA-3060-508	Fitness and Fun in the Sunshine State.
5-Sep.	BALA-3041-491	Broadway Balances America: Behind the scenes of Emilio and Gloria Estefan's On Your Feet! The Musical. Spring cleaning time with apple cider vinegar.
6-Sep.	BALA-3043-492	A visit with Miami Lighthouse for the Blind CEO Virginia Jacko, options for childhood nutrition and Behind the Mystery: nOH- Neurogenic Orthostatic Hypotension.



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Week of Sep. 09, 2019		
9-Sep.	BALA-3101-556	We're back with a new episode of <i>The Balancing Act!</i> Stay tuned as we go behind the scenes of the record-breaking musical, <i>Cats</i> . We also join celebrity chef Ralph Pagano as he takes to the streets with another edition of <i>Ralph on the Road!</i>
10-Sep.	BALA-3102-557	Buckle up! We're exploring two unique destinations – Turks & Caicos and Calle Ocho – with celebrity chef Ralph Pagano.
11-Sep.	BALA-3103-558	On this episode of <i>The Balancing Act</i> , we're getting serious about our health – covering everything from eye protection to prostate cancer.
12-Sep.	ACHL-0054-559	We're back with another episode of <i>The Balancing Act: Access Health</i> . Stay tuned as we dive into GOLO, a proven weight loss solution that has helped more than 1 million people live healthier lives. Plus, we're learning about 23andMe and an innovative new treatment to provide powerful knee pain relief.
13-Sep.	BALA-3044-493	Solutions for our everyday lives! From help to finding the right care for our loved one to providing safety behind the wheel.... peace of mind for parents everywhere. Plus hair color and care good advice.



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Week of Sep. 16, 2019		
16-Sep.	BALA-3045-494	A special edition of The Balancing Act-Be The Change: The positive global impact of diamonds. How Lucara Diamond Corp is making a difference both locally and globally with each precious stone it mines.
17-Sep.	BALA-3047-495	Go beyond guacamole. Plus behind the scenes of Disney's smash musical, Aladdin. Looking for a great gift? How about a photo!?!
18-Sep.	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.
19-Sep.	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.
20-Sep.	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.



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Week of Sep. 23, 2019		
23-Sep.	BALA-3083-534	On this edition of <i>The Balancing Act</i> , we're diving into fashion, travel, and the importance of taking control of your health.
24-Sep.	BALA-3084-535	The <i>Balancing Act</i> returns with an all-new episode covering the latest on Broadway as well as a cutting-edge device improving the lives of those with type 1 diabetes.
25-Sep.	BALA-3085-536	On this special edition of <i>The Balancing Act</i> on Rare Disease Day, we are taking a look at the lives of patients who suffer from lesser-known conditions.
26-Sep.	ACHL-0048-538	On this edition of <i>The Balancing Act: Access Health</i> , Erika Vetrini is getting a closer look at abdominal aortic aneurysms, a condition known as the "silent killer."
27-Sep.	ACHL-0049-539	On this edition of <i>The Balancing Act: Access Health</i> , learn about the life-changing benefits of medical imaging, organ donation, and healthy habits.



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Week of Sep. 30, 2019		
30-Sep.	BALA-3095-537	On this Special Edition of <i>The Balancing Act</i> , correspondent Beth Troutman will travel to Kansas City to meet CBD American Shaman founder Vince Sanders.
1-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> .
2-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> .
3-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!
4-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> .