



## Episode Synopses for July, 2019

Week of July 06, 2019		
06-July	BALA-3146-599	This episode of <i>The Balancing Act</i> takes you behind the scenes of a Broadway hit. Then, stay tuned as we learn about a new medical treatment and discover delicious recipes.
07-July	BALA-3147-600	Life insurance tips, more about a better quality of water, how to get a better night's sleep and Chef Ralph Pagano goes meatless.
08-July	BALA-3148-601	New technology empowers physicians to prevent esophageal cancer, seasonal allergy tips, ways to straighten your teeth and avocado recipes.
09-July	BALA-3149-602	It's time to give yourself some love! Stay tuned as we discover the latest in skin-care trends, along with new, fashionable eyewear and delicious, sweet treats.
10-July	ACHL-0060-603	What you need to know about nOH, a condition that impacts patients who have underlying neurologic conditions.



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Week of July 13, 2019		
13-July	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.
14-July	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> .
15-July	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> .
16-July	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!
17-July	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> .



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Week of July 20, 2019		
20-July	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>
21-July	BALA-3102-557	Buckle up! We're exploring two unique destinations – Turks & Caicos and Calle Ocho – with celebrity chef Ralph Pagano.
22-July	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.
23-July	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.
24-July	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 July 27, 2019		
27-July	BALA-3045-494	A special edition of <i>The Balancing Act</i> -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.
28-July	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!?!
29-July	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.
30-July	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.
31-July	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.