

## The Root Cause of Many Health Issues has been Revealed!

Let's say you have not been able to figure out why you're tired most of the time, or that you can't seem to lose weight even though you are eating right, would you want to know what the root cause is?

A large majority of health conditions to include inflammation, dementia, gut dysbiosis (imbalance of the gut), depression, acne, dry eye, menstrual cramping, anemia, fatigue, and insulin resistance are symptoms of not getting enough omega-3 fatty acids. Omega-3s and omega-6s are both essential polyunsaturated fats that perform important functions in your body. They're both essential because our body can't produce the amount of omega-3s or omega-6s you need to survive. So, we must eat them.

While omega-6s are essential for life, only small amounts are necessary. However, overindulgence can lead to detrimental effects. It's advantageous to acquire omega-6s naturally from foods like eggs, almonds, walnuts, sunflower seeds, tofu, and grass-fed butter. On the contrary, excessive consumption of omega-6s from ultra-processed foods containing soybean, sunflower, rice bran, corn, canola, cottonseed, and safflower oils can be harmful. Moreover, the production process and susceptibility to rancidity of these oils, as well as grapeseed and rice bran oils commonly used in cooking, are associated with various health issues.

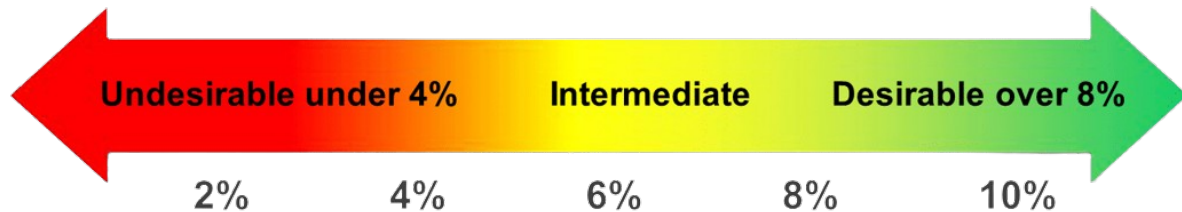
On the flip side, it's estimated that over 90 percent of adults and children in the United States and Canada aren't getting sufficient omega-3s, a need easily met by incorporating oily fish like wild salmon, tuna, sardines, and catfish into their diets, or by using quality omega-3 supplements. Shockingly, almost all individuals are unaware of their deficient omega-3 levels and lack an understanding of its consequences.

**Here's a sobering fact:** every year, around 84,000 people die prematurely due to insufficient intake of high-quality omega-3 oils. Furthermore, millions suffer from inflammation and various health problems simply because their omega-3 levels are inadequate.

Imagine discovering that your health could significantly improve by ensuring you're getting enough omega-3s. A crucial initial step is assessing your omega-3 levels, and you can conveniently do so from home with an "Omega-3 Index Test." Unlike a cholesterol test, you don't need a doctor for this assessment. Our at-home test includes a self-addressed envelope for mailing, and you receive your results via email. All tests are conducted by Vitas Analytical Services, the global leader in dried blood spot analysis for omega-3 testing.

## Omega-3 Index Test

Given the information from the National Institutes of Health and the Framingham data, where the Omega-3 Index is shown to be as predictive of total mortality as smoking, and a target range of 8–11% is associated with lower mortality and fewer major adverse cardiac and cardiovascular events. Knowing that your Omega-3 Index is a risk factor for death from coronary heart disease, wouldn't you want to know your omega-3 levels?



One of the primary results of the Omega-3 Index Test is determining the percentage of omega-3 in your red blood cell membrane. A value above 8 percent indicates adequate omega-3 status. It's crucial for anyone striving to maintain their physical and mental well-being to either consume oily fish regularly (3-7 times a week) or supplement with a high-quality omega-3 supplement in their healthcare routine.

A higher Omega-3 Index percentage indicates a greater concentration of EPA (eicosatetraenoic acid) and DHA (docosahexaenoic acid) in the red blood cells, which correlates with improved cardiovascular health, reduced inflammation, and enhanced cognitive function. Achieving an Omega-3 Index of 8 percent or higher is considered optimal for overall well-being.

Just to clarify, a higher concentration of EPA and DHA, which are omega-3 byproducts, contributes to lowering triglycerides and maintaining healthy blood pressure levels. They also support a healthy heart rate and normal blood flow. Furthermore, EPA aids in promoting good circulation, while DHA assists in generating a healthier form of circulating LDL-cholesterol. Additionally, DHA is essential for eye health and maintaining good vision.

As mentioned earlier, you can conduct the Omega-3 Index Test from the comfort of your home. Our at-home test includes a 20-page comprehensive report that offers clarity and guidance on improving your omega-3 levels. Since most individuals have an imbalance, with omega-6s outnumbering omega-3s at a ratio of 15 to 30 or more, the objective is to decrease omega-6s and elevate omega-3s to achieve a ratio at or lower than 3 to 1 (with 3 representing omega-6 and 1 representing omega-3).

## Ready for Balance

Being out of balance can have significant consequences, but the good news is that you can restore balance, and your body and health will benefit. The high-quality omega-3 supplement I endorse is exceptionally effective, unlike typical fish oil supplements. For example, when I

conducted research to determine if this omega-3 supplement is worth recommending, I consulted my mom, who had been using a fish oil called Omega XL.

The initial step was to have my mom undergo the Omega-3 Index Test and then transition her to the omega-3 oil that I recommend. To begin with, after using Omega XL for more than four years, my mom's omega-3 Index was at 32 to 1, indicating that what she was using wasn't effective.

After four months of using the omega-3 supplement I recommend, my mom underwent testing again, and this time her ratio was 2.9 to 1. Now, my mom is in balance, which has resulted in reduced inflammation and discomfort in her left hand, a result of her rheumatoid arthritis.

Study after study reinforces the health advantages of consuming a high-quality omega-3 supplement, and we precisely offer that. Unlike many fish oil supplements that are ineffective and often reported as rancid, the omega-3 supplement we provide is not your typical purified fish oil with added vitamin E. Instead, it resembles oil from fish and is combined with lipid-soluble polyphenols sourced from unripe olives. These polyphenols act as protective agents until the omega-3s have been safely delivered to the cell membranes.

### **The Proof is in the Test**

The true value, success, or effectiveness of something can only be determined by putting it to the test through actual usage, disregarding marketing, and advertising claims—much like the best way to assess a pudding is by tasting it. When it comes to nutrition and achieving results, the gold standard is to have the ability to test before using a product or starting a program, and then testing again to validate its efficacy.

I've personally witnessed numerous individuals taking fish oil supplements and then undergoing an Omega-3 Index Test, only to discover that the supplement didn't deliver on the promises made in its marketing claims. This is where my enthusiasm shines because the omega-3 oil I endorse truly delivers results. The Omega-3 Index Test provides clear evidence, much like a Hemoglobin A1C Test used to determine whether someone is or isn't a Type 2 diabetic.

### **Expected Benefits of Omega-3**

Yes, omega-3 oil can aid as well as expedite weight loss. Yes, it can help alleviate inflammation. Yes, it can also help with menstrual cramping. The benefits of achieving and maintaining sufficient levels of omega-3 are extensive. From reducing mortality, preserving skeletal muscle, and providing an overall increase in improved health and quality of life, if there were one supplement to prioritize above all others, it would be a high-quality omega-3.

In one published study, it was shown that an individual who smokes cigarettes and maintains sufficient levels of omega-3 has a similar life expectancy to a non-smoker with insufficient omega-3 levels. In another study, researchers concluded that a person who consumes a quality

omega-3 burns over 200 extra calories a day without doing anything extra. The crucial factor in reaping the benefits of omega-3 supplementation is using a high-quality product, such as the one I endorse, and being able to assess its effectiveness through the Omega-3 Index Test. Simply put, when you test, you don't have to guess!

### **Bottom line**

The data is unequivocal: nearly 100 percent of individuals residing in the United States and Canada lack sufficient levels of omega-3 fatty acids, missing out on the associated benefits. Whether it's symptoms like menstrual cramps, night sweats, fatigue, insomnia, or a range of other issues linked to omega-3 insufficiency, our solution is clear: undergo an Omega-3 Index Test and incorporate the proven omega-3 supplement, Balance Oil+.

To learn more, send an email to my assistant Lori Baker at [lori@dietfreelife.com](mailto:lori@dietfreelife.com) or schedule a free consultation with me at the following link: <https://calendly.com/dietfreelife/coaching-session>

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Robert Ferguson is a California- and Florida-based single father of two daughters, nutritionist, researcher, best-selling author, speaker, podcast and television host, health advisor, NAACP Image Award Nominee, creator of the Diet Free Life methodology, Chief Nutrition Officer for iCoura Health, and he serves on the Presidential Task Force on Obesity for the National Medical Association. You can learn more at [www.dietfreelife.com](http://www.dietfreelife.com)