

The Secret to Saving Your Eyesight: How One Supplement Transformed Lorraine's Vision

By Robert Ferguson

When Lorraine first came to me, she shared how her journey with **dry eye syndrome** had been long and frustrating. “I tried everything,” she said. “Eye drops, gel products—you name it. Some were drops, others were gels, and nothing seemed to help for long. I was even told to drink more fluids and limit screen time, but over time, my eyes just got worse.” Eventually, Lorraine's doctor diagnosed her with **age-related macular degeneration (AMD)**, linking her worsening dry eyes to the slow decline of her vision.

Lorraine's story took a turn for the better when she began working with me. Through personalized nutrition coaching and integrating **BalanceOil+**, she started to experience relief and regain hope for her vision. As Lorraine says now, “If only I had met my nutrition coach, Robert Ferguson, and the BalanceOil+ earlier. It goes to say, ‘Better late than never.’”



Understanding Macular Degeneration

Age-related macular degeneration is one of the most common causes of vision loss in adults over 50. It occurs when the **retina**, the part of the eye that helps us see, becomes damaged over time. Two main culprits behind AMD are **inflammation** and **oxidative stress**, both of which damage the sensitive cells in the retina.

Fortunately, nutrients like **omega-3 fatty acids** and **polyphenols** can protect the eyes from these threats and even slow the progression of AMD.

How Omega-3 Fatty Acids Protect Your Eyes

1. Reducing Inflammation

Omega-3s, especially **DHA (docosahexaenoic acid)**, are vital for eye health. They reduce inflammation in the retina, protecting its delicate cells from damage.

2. Maintaining Retinal Structure

DHA is an essential part of the photoreceptor cells in the retina. These cells are critical for vision, and omega-3s help keep them healthy and functioning.

3. Slowing AMD Progression

Studies have shown that people who eat more omega-3-rich foods or take omega-3 supplements are less likely to develop advanced AMD. When combined with other nutrients, omega-3s can help preserve eyesight over time.

Polyphenols: The Unsung Heroes of Eye Health

1. Antioxidant Protection

Polyphenols, found in foods like berries, green tea, and dark chocolate, are powerful antioxidants. They protect the retina from **oxidative stress**, which is a major cause of AMD.

2. Improved Circulation

Some polyphenols, such as flavonoids, help improve blood flow to the eyes. This ensures that the retina gets the oxygen and nutrients it needs to stay healthy.

3. Reducing Inflammation

Like omega-3s, polyphenols reduce inflammation in the retina, helping prevent further damage and supporting overall eye health.

Why Testing Matters: The Balance Test

Before starting any omega-3 supplement, it's important to know your **Omega-3 Index Percentage**—a measurement of omega-3 fatty acids in your red blood cell membranes. Many people assume their omega-3 supplement is effective, but research shows that most products fail to deliver real results.

The **Balance Test** is an at-home test that gives you a baseline of your omega-3 levels before starting BalanceOil+. After using BalanceOil+ for 120 days (four months), you test again to confirm its effectiveness.

Why does BalanceOil+ work so well compared to other omega-3 supplements?

- **It includes polyphenols**, which are absent in most other omega-3 products. Polyphenols protect omega-3s from oxidation and enhance their absorption and effectiveness.
- BalanceOil+ provides a scientifically proven balance of omega-6 to omega-3 fatty acids, helping you reach optimal levels for better eye and overall health.

This testing process ensures that BalanceOil+ is not only working but delivering the results your body and eyes need.

Lorraine's Transformation

When Lorraine and I started working together, her vision was deteriorating, and her dry eyes caused constant discomfort. She relied on expensive eye drops and gels, and her doctor's recommendation to limit screen time wasn't enough to stop the progression of AMD.

We began by improving her nutrition habits. I encouraged her to eat more omega-3-rich foods, like salmon and grassfed beef and eggs, and add polyphenol-packed options like berries and green tea. To ensure consistent and adequate intake, I introduced her to **BalanceOil+**, the only supplement that combines both omega-3s and polyphenols.

The results were incredible. Within six weeks of using BalanceOil+, Lorraine's dry eyes were gone. She no longer needed eye drops or gels, saving money and enjoying newfound comfort. Even better, her vision stabilized, and she felt hopeful again. "I can't believe how much better my eyes feel," she shared. "I only wish I had started sooner."

What the Research Says

- The **AREDS2 (Age-Related Eye Disease Study 2)** found that nutrients like omega-3s, lutein, and zeaxanthin can reduce AMD progression.
- New studies suggest that combining omega-3s with polyphenols enhances protection for retinal cells.

Why BalanceOil+ Stands Out

Unlike other supplements, **BalanceOil+ is the only one that provides both omega-3s and polyphenols** in one convenient formula. This unique combination offers the anti-inflammatory and antioxidant power needed to protect the retina and improve eye health.

It's no wonder 27 of my clients with dry eye syndrome experienced complete relief within six weeks of taking BalanceOil+. Not only do they feel more comfortable, but they're also saving money by no longer needing to buy eye drops or solutions.

Take Action Today

Lorraine's story is proof that it's never too late to protect your vision. By adding omega-3s and polyphenols to your nutrition habits, you can give your eyes the nutrients they need to stay healthy. Don't wait until it's too late—take action today! [Schedule a free consultation with Robert Ferguson](#) and learn how an integrative approach to blending proper nutrition with the BalanceOil+ can benefit you now, and for the rest of your life.

References

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