# A Health Test Your Doctor Lies About

## By Robert Ferguson

**Robert's note:** I used the word "lies" in the title of this article to grab your attention. However, not every doctor intentionally lies about what you're about to learn. That said, I strongly believe that understanding **Arachidonic Acid** is just as important as testing for triglycerides or monitoring blood pressure. Yet, this critical health test is often omitted, despite its significance as a predictor—or precursor—of heart attacks, strokes, and blood clots.

After reading this article, I think you'll understand why I titled it *A Health Test Your Doctor Lies About*. It's a lie of omission, perhaps rooted in willful ignorance on the part of some doctors. I look forward to hearing your thoughts.

Did you know there's a fatty acid in your body that could predict your risk of a heart attack or stroke? It's called **arachidonic acid (AA)**, and it plays a big role in your health. But here's the shocking truth: most doctors don't test for it. Why not? Because they aren't taught about it in medical school, and insurance companies don't pay for the test. If doctors can't bill for it, they don't test it. This means many people never learn that too much AA could put them at risk for serious health problems like heart attacks, strokes, and blood clots.

#### What is Arachidonic Acid?

Arachidonic acid is a type of **omega-6 fat** that your body uses to make special molecules called **eicosanoids**. These molecules help your body heal injuries, but too much of them can cause problems. When you have too much AA, your body makes more **inflammatory** molecules. These can lead to:

- Blood clots, which block blood flow and can cause a heart attack or stroke.
- **Plaque buildup** in your arteries, which makes it harder for blood to move through.
- Chronic inflammation, which damages your blood vessels and other tissues.

#### Why Testing for AA Matters

Testing for AA levels can show if you're at risk for health problems before they happen. High AA levels mean your body might be making too many inflammatory molecules. These molecules can make your blood sticky and more likely to form clots. They can also damage your blood vessels, leading to conditions like **high blood pressure** and **atherosclerosis** (hardening of the arteries).

Knowing your AA levels could help you make changes to lower your risk. For example, eating fewer omega-6 fats and more omega-3s (found in fish oil) can help balance AA levels and reduce inflammation.

# Why Don't Doctors Test for AA?

Even though high AA levels are dangerous, testing for AA isn't part of standard health checkups. Here's why:

- 1. **Doctors aren't trained to test for AA**. Most medical schools focus on traditional risk factors like cholesterol and blood pressure, not fatty acids like AA.
- 2. **Insurance won't pay for the test**. If doctors can't bill insurance companies for it, they're less likely to recommend it.
- 3. **It's not part of the guidelines**. Organizations that create health guidelines haven't made AA testing standard, even though research shows its importance.

## How Does AA Compare to Cholesterol and Triglycerides?

Doctors often test your cholesterol and triglycerides because they're well-known markers of heart health. But AA is just as important. While cholesterol shows how much fat is in your blood, AA shows how **inflammatory** your body is. Inflammation is a major cause of heart disease, strokes, and other health problems.

#### What Can You Do?

If your doctor doesn't test for AA, you can still take steps to protect your heart:

- 1. **Eat more omega-3 fats**. Omega-3s help balance omega-6 fats like AA. Good sources include fatty fish (like salmon), walnuts, and high-quality supplements like BalanceOil+.
- 2. **Avoid too many omega-6 fats**. These are found in processed foods, vegetable oils (like soybean and corn oil), and fried foods.
- 3. Ask for a fatty acid test. You can request a test from a functional medicine doctor or use at-home tests that measure your fatty acid levels.

#### Why Balancing AA is Important

Long ago, people's diets had a healthy balance of omega-6 and omega-3 fats. But today, most people eat way too many omega-6 fats and not enough omega-3s. This imbalance leads to high AA levels and more inflammation. By balancing these fats, you can lower your risk of heart attacks, strokes, and other health problems.

## The Competition That Shapes Your Health

Without question, our body—and overall health—benefits greatly from ensuring we consume adequate omega-3 fatty acids. However, if your diet is high in omega-6 fatty acids (e.g., linoleic acid found in vegetable seed oils), a competition occurs. Enzymes in the body, which are neutral, will prioritize breaking down omega-6s into arachidonic acid instead of converting omega-3 fatty acids like alpha-linolenic acid (ALA) into DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid). Again, this is more likely when omega-6s are present in abundance

DHA and EPA are essential omega-3 fatty acids that are active forms. DHA is critical for brain health, vision, and cellular structure, comprising a significant portion of the brain and retina. EPA plays a key role in reducing inflammation, supporting heart health, and enhancing immune function. Together, DHA and EPA are vital for maintaining cognitive function, promoting cardiovascular health, and combating chronic inflammation in the body.

When omega-6 intake is excessive, these enzymes get "pulled away" from supporting proper omega-3 metabolism. This imbalance can impact your levels of arachidonic acid, which plays a critical role in inflammation and overall health.

To improve this balance and achieve healthier levels of arachidonic acid, it's in your best interest to reduce omega-6 consumption. Here's how:

- Avoid cooking oils and foods containing the *Terrible 10* ingredients.
- Limit ultra-processed foods, such as packaged candies, chips, and donuts.
- Choose oils from the *Terrific 4*: extra virgin olive oil, extra virgin avocado oil, extra virgin coconut oil, and extra virgin palm oil.

#### The Terrible 10 ingredients are as follows:

- 1. Safflower Oil: ~75% linoleic acid
- 2. Grapeseed Oil: ~70% linoleic acid
- 3. Sunflower Oil: ~65% linoleic acid
- 4. Corn Oil: ~58% linoleic acid
- 5. Soybean Oil: ~55% linoleic acid
- 6. Cottonseed Oil: ~52% linoleic acid
- 7. Sesame Oil: ~42% linoleic acid
- 8. Rice Bran Oil: ~35% linoleic acid
- 9. Peanut Oil: ~32% linoleic acid
- 10. Canola Oil: ~20-28% linoleic acid

## **Final Thoughts**

Testing for **arachidonic acid** could save lives, but it's not a standard part of healthcare. Doctors aren't trained to do it, and insurance companies don't cover it. This leaves many people at risk without knowing it. By learning about AA and taking steps to balance your fats, you can take control of your health. Don't wait for your doctor to suggest it—start asking questions and making changes today!

# **Call to Action**

Take control of your health today with the **BalanceTest**, an at-home test that provides a clear picture of your fatty acid levels, including arachidonic acid. With this test, you'll know if your AA levels are putting you at risk for inflammation and serious health issues.

Once you have your results, use **BalanceOil+** to restore balance. BalanceOil+ is more than just a fish oil supplement. It combines omega-3s with **polyphenols** from unripe olives, which protect omega-3s from oxidation and help your body absorb them more effectively. Unlike regular fish oil, which loses polyphenols during processing, BalanceOil+ ensures your omega-3s stay stable and deliver maximum benefits.

Don't wait for symptoms to appear. Take the BalanceTest and start using BalanceOil+ today to reduce inflammation, improve heart health, and live a longer, healthier life.

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