

# Bridging the Nutrition Gap to Optimize Health

By Robert Ferguson

Throughout history, many health problems have been caused by a lack of important nutrients. For example, scurvy, a disease that killed many sailors long ago, was caused by not eating enough vitamin C. People with scurvy suffered from bleeding gums, tiredness, and even death. Another example is beriberi, a condition caused by a lack of vitamin B1 (thiamine). It led to symptoms like weakness, confusion, and heart problems.

Even today, nutrient deficiencies can cause serious health problems. For instance, some babies are born with a condition called spina bifida because their mothers didn't get enough folate during pregnancy. Fortunately, doctors learned the importance of folate, and now many foods are fortified with it to prevent this condition.

A few decades ago, vitamin D3 deficiency became a major concern. Without enough vitamin D3, people experienced weak bones, fatigue, and even depression. Luckily, doctors began testing for vitamin D3 levels, and people started taking supplements or spending more time in the sun. As a result, fewer people suffer from these symptoms today.

Now, a new yet old nutrition gap needs attention: omega-3 fatty acids. Since the mid-1950s, the rise of ultra-processed foods and the poor feeding practices for farmed animals have drastically reduced the natural intake of omega-3s in our diets. This has resulted in poorer physical and mental health outcomes. Nearly 99% of adults and children have suboptimal levels of omega-3s, which is alarming because omega-3s are essential for maintaining brain function, eye health, cardiovascular health, and overall well-being.

Without enough omega-3s, people are more likely to experience problems like:

- Cognitive decline (difficulty thinking and remembering)
- Vision loss
- Depression and suicidal thoughts
- Chronic illnesses, including heart disease
- High blood pressure and triglycerides
- Dry skin
- Type 2 diabetes
- Brittle nails
- Joint pain and stiffness
- Increased inflammation in the body

Most people don't realize how much omega-3s affect their health. But the good news is that this problem can be fixed. Here's how:

## **Step 1: Take a Balance Test**

A Balance Test is a simple way to measure your omega-3 levels. It shows your omega-3 percentage and your omega-6 to omega-3 ratio. These numbers tell you if you need more omega-3s in your diet.

## **Step 2: Use BalanceOil+**

BalanceOil+ is a special supplement that combines omega-3 fatty acids with polyphenols, which are natural compounds that protect omega-3s and help your body use them better. By taking BalanceOil+, most people can improve their omega-3 levels in less than four months.

## **Why Does This Matter?**

Bridging the nutrition gap with omega-3s can improve your health in many ways. It can sharpen your mind, protect your vision, lift your mood, and reduce your risk of chronic diseases. Just like vitamin D3 testing and supplementation helped solve a major health problem, increasing omega-3 levels can do the same.

Don't let a lack of omega-3s hold you back. Start by learning your levels with a Balance Test and take steps to restore your omega-3 levels. You have the power to optimize your health and feel your best!

## **References**

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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 e-mail Robert at [robert@dietfreelife.com](mailto:robert@dietfreelife.com).