

# The Silent Epidemic: America's Health Crisis

By Robert Ferguson

For over 30 years, I've dedicated my career to helping people lose weight and improve their health. I've worked with thousands of individuals, guided them through the complexities of nutrition, and witnessed firsthand the transformative power of the right foods and supplements. But in the past year, I've seen something truly remarkable—something that has changed the way I look at health and supplementation forever.

## What I Have Witnessed

Over the last 12 months, I've introduced my clients to a validated test and scientifically backed supplement designed to optimize the ratios of omega-6 to omega-3 ratios, and omega-3 and arachidonic acid levels and improve overall health. The results have been nothing short of *amazing*:

- **Blood Pressure:** Of the 27 clients I work with who had high blood pressure, 18 no longer have high blood pressure. Some of them were on medication, some were not. The only difference? They started taking this supplement daily. Even more impressive, *42% of those on blood pressure medications have eliminated them entirely.*
- **Fatty Liver:** I've worked with 22 clients diagnosed with fatty liver. Of those, *13 no longer have fatty liver*—and the only difference is that they have been taking the supplement daily. The clients who chose *not* to take it? They still have fatty liver.
- **Cardiovascular Risk:** Those consistently using this supplement have seen improvements in their cardiovascular markers, reducing their risk of blood clots, strokes, and heart attacks. Those who haven't made the change remain at increased risk.
- **Weight & Insulin Resistance:** Clients who take the supplement have lost more weight and improved their insulin sensitivity, while those who don't continue to experience more difficulty in losing weight and see no improvement with insulin resistance.
- **Omega-6 to Omega-3 Ratio & Omega-3 Index:** Clients who have been consistently taking this supplement have seen significant improvements in their **Omega-6 to Omega-3 ratio**, shifting from an unhealthy imbalance to a more optimal 3:1 or better. Additionally, their **Omega-3 Index**—a crucial marker of cardiovascular and metabolic health—has increased to levels associated with reduced disease risk.
- **Arachidonic Acid (AA) Levels:** Those taking the supplement have observed a **better balance of Arachidonic Acid (AA)**, a key inflammatory marker. An optimal balance of AA is crucial for reducing systemic inflammation, which plays a role in nearly every chronic disease.
- **Dry Eye & Macular Degeneration:** Dry eye disease is a growing problem, affecting approximately *16 million adults* in the U.S. [5]. Over the last year, 30 of my 40 clients with dry eye who have been taking the supplement no longer have dry eye. The 10 that don't take the supplement still have dry eye, and many report that their condition has

worsened. Additionally, macular degeneration—a leading cause of vision loss—has been linked to chronic inflammation and poor omega-3 levels, further highlighting the need for targeted nutritional support.

### The Bigger Picture: America's Health Crisis

These are not isolated cases—these results reflect a much larger issue. The statistics on metabolic dysfunction in America are staggering:

- **High Blood Pressure:** 48% of U.S. adults (about 119 million people) have hypertension, a major contributor to heart disease and stroke [1].
- **Non-Alcoholic Fatty Liver Disease (NAFLD):** Today, approximately *45% of adults* have NAFLD [2]. But this wasn't always the case. In 1975, NAFLD was virtually unheard of—never diagnosed. The only people with fatty liver at that time were alcoholics. Now, it is one of the most common liver diseases, primarily driven by poor diet and metabolic dysfunction.
- **Insulin Resistance & Prediabetes:** An estimated 79 million Americans have prediabetes, significantly increasing their risk of type 2 diabetes and heart disease [3].
- **Cardiovascular Risk:** Heart disease remains the #1 cause of death in the U.S., with strokes and heart attacks claiming lives every day [4].

### A Scientifically Validated Solution

This is not anecdotal guesswork. This supplement is backed by a scientifically validated test that proves its efficacy in improving omega-6 to omega-3 ratios, and omega-3 and arachidonic acid levels, reducing inflammation, and enhancing metabolic health. The science behind it aligns perfectly with what I've observed in my clients.

### Why This Matters for You

You don't have to be part of the statistics. You don't have to wait until things get worse. If you've been struggling with blood pressure, fatty liver, insulin resistance, dry eye, or weight issues, this supplement could be the missing piece to your health puzzle.

I have personally been the nutritionist for hundreds of physicians, and over the last year, 17 of my doctors were introduced to this supplement and the test, and ALL are regular consumers now. Many are beginning to make both the test and supplement available to their patients. Why? The simple answer is that it makes sense.

Now, in no way am I promising that everyone will experience the same outcomes as my clients. Like any supplement, I always encourage my clients to consult with—get a second opinion from—their doctor. That said, I am confident you'll get a thumbs up, and when you share your validated test results with your doctor, he/she will want to learn more.

I invite you to watch my free presentation, where I break down the science behind this supplement and how it can transform your health:

👉 **Watch the Free Presentation Now:** <https://www.mydietfreelife.com/balanceoil-with-omega3>

The supplement I've been referring to throughout this article is **BalanceOil+**. The test that I have referred to is a **Dried Blood Spot (DBS) test**, known as the **BalanceTest**. Together, they form what is called **test-based nutrition**, eliminating the guesswork often associated with supplementation. Instead of wondering, "I think it's working," test-based nutrition provides measurable data to confirm improvements.

This approach represents the future of optimizing health—grounded in science and validated through testing. Take control of your health today. The results speak for themselves.

## References

1. Centers for Disease Control and Prevention (CDC). High Blood Pressure Facts. Retrieved from <https://www.cdc.gov/bloodpressure/facts>
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