

Why Frequent Exercisers Take Longer to Balance Their Omega-6 to Omega-3 Ratios

By Robert Ferguson

Robert's note: Did you know that regular exercise, while great for your health, can make it harder to maintain a healthy balance of omega-6 to omega-3 fatty acids? Discover why frequent exercisers face unique challenges in achieving this balance and how a quality supplement like BalanceOil+ can help optimize recovery, reduce inflammation, and enhance performance. Read on to learn the science-backed strategies that will take your health and fitness to the next level!

One of the most important action steps everyone can take to improve their health is to conduct a Dried Blood Spot (DBS) test to determine if they have an insufficient percentage of omega-3 fatty acids in their body and whether their levels are balanced with both Arachidonic Acid (AA) and omega-6 to omega-3 ratios. Why? Because when you have an insufficient percentage of omega-3, and you're out of balance with AA and your ratios, you cannot be in optimal health.

For those who exercise frequently, achieving the ideal omega-6 to omega-3 ratio can be surprisingly challenging. While regular physical activity is vital for overall health, it introduces physiological factors that can make balancing these essential fatty acids more difficult. Here, we explore why this happens and how to address it effectively.

As you become familiar with the importance of testing and knowing your Omega and AA numbers, the need for balance becomes clear. For everyone—and arguably even more so for those who exercise frequently—achieving balance with a combination of polyphenols and omega-3s is essential. Among my clients who exercise frequently, particularly those training-like professional athletes, we observe faster improvements in balance when they use BalanceOil+ Premium. This improvement is likely due to the Premium formula containing four times the polyphenols compared to the basic version, even though both provide the same amount of omega-3s.

The Importance of Omega-6 to Omega-3 Ratios

Omega-6 and omega-3 fatty acids are essential fats that play crucial roles in the body. Historically, humans maintained a balanced 1:1 ratio of these fats. However, modern diets, rich in omega-6 from seed and vegetable oils, have shifted this balance to a ratio of 20:1 or higher. This imbalance contributes to inflammation, poor cellular health, and metabolic dysfunction. Achieving balance is essential for optimizing overall health. For athletes, it is especially important, as omega-3s enhance recovery, reduce inflammation, and improve cellular function.

Common Nutrition Mistake Made by People Who Exercise

One of the most common mistakes made by people who exercise is underestimating the importance of supplementing with a high-quality omega-3 supplement. While exercise has numerous benefits, it also increases the body's demand for omega-3 fatty acids due to oxidative stress, inflammation, and higher energy needs. Many exercisers believe they can achieve optimal levels of omega-3s through diet alone, but this is rarely the case, given modern dietary imbalances and the prevalence of omega-6 in foods.

Supplementing with a product like BalanceOil+ is essential for exercisers. Its unique combination of omega-3s and polyphenols not only protects the fatty acids from oxidation but also enhances their absorption into cell membranes. The inclusion of polyphenols ensures maximum efficacy, making it an ideal choice for anyone looking to optimize their omega-6 to omega-3 ratio. For those who exercise frequently, the benefits of BalanceOil+ are particularly significant, as it supports faster recovery, reduces inflammation, and promotes overall cellular health.

Why Frequent Exercisers Struggle to Balance Their Ratios

1. Increased Oxidative Stress

Intense exercise generates reactive oxygen species (ROS), which can oxidize omega-3 fatty acids, reducing their bioavailability. Oxidation not only prevents omega-3s from reaching cell membranes but also diminishes their anti-inflammatory benefits.

Solution: Incorporate polyphenol-rich foods and supplements like BalanceOil+, which protect omega-3s from oxidation and neutralize ROS, ensuring these fats remain available for cellular use.

2. High Energy Demands

Frequent exercise increases the body's demand for energy. Omega-3 fatty acids, particularly EPA and DHA, are sometimes used as an energy source during prolonged or intense physical activity. This can divert them from their role in maintaining cellular health and reducing inflammation.

Solution: Prioritize a diet rich in omega-3s, with consistent supplementation to replenish what the body uses for energy.

3. Competition with Omega-6 Fatty Acids

Omega-6 and omega-3 fatty acids share the same enzymes and pathways for incorporation into cell membranes. With modern diets already skewed toward omega-6, exercisers face even more competition, especially if their diet includes processed or seed-oil-based foods.

Solution: Reduce omega-6 intake by avoiding processed foods and seed oils. Focus on whole, unprocessed foods and high-quality omega-3 sources to improve the balance.

4. Increased Lipid Turnover

Active individuals experience higher rates of lipid metabolism and turnover. This means fats, including omega-3s, are rapidly utilized and replaced, making it harder for these fatty acids to accumulate in cell membranes.

Solution: Regularly consume omega-3s through both diet and supplementation to keep up with the body's higher turnover rate.

5. Temporary Inflammation from Exercise

While moderate exercise reduces chronic inflammation, intense or prolonged activity can trigger temporary inflammation as part of the recovery process. This increases the body's demand for omega-3s to manage inflammation, leaving less available for balancing ratios.

Solution: Support recovery with anti-inflammatory foods, like fatty fish and leafy greens, and omega-3 supplements that include polyphenols for enhanced effectiveness.

6. Micronutrient and Antioxidant Needs

Exercise depletes micronutrients and antioxidants that are essential for maintaining omega-3 stability. Without adequate support, the omega-3s consumed may oxidize before they can reach cell membranes.

Solution: Ensure adequate intake of vitamins C and E, as well as polyphenols, to prevent omega-3 oxidation and support overall recovery.

How to Achieve Balance Faster

Balancing omega-6 and omega-3 ratios requires a strategic approach, especially for frequent exercisers. Here's how to optimize your results:

1. **Choose the Right Omega-3 Supplement:** Not all omega-3 supplements are created equal. Products like BalanceOil+ stand out by combining omega-3s with polyphenols from unripe olives, protecting the fats from oxidation and improving their absorption.
2. **Reduce Omega-6 Intake:** Limit consumption of processed foods, seed oils, and grain-fed animal products, which are high in omega-6 fatty acids.
3. **Focus on Anti-Inflammatory Nutrition:** Incorporate foods like wild-caught salmon, walnuts, flaxseeds, and chia seeds into your diet, which are rich in omega-3s.
4. **Support Recovery:** Use anti-inflammatory practices, such as proper hydration, sleep, and antioxidant-rich diets, to optimize the body's use of omega-3s.

5. **Test and Monitor Progress:** Consider an at-home test, like the BalanceTest, to measure your omega-3 levels and omega-6 to omega-3 ratio. Frequent monitoring helps you adjust your strategy for faster results.

Conclusion

While exercise is beneficial for health, it can introduce unique challenges for balancing omega-6 and omega-3 fatty acids. By understanding these factors and implementing targeted solutions, frequent exercisers can improve their ratios, reduce inflammation, and enhance overall performance. With the right nutrition and supplementation, achieving balance is not only possible but also highly rewarding for long-term health and athletic success.

If you have questions, feel free to email me at Robert@dietfreelife.com. You can also [click here](#) to schedule a free consultation to learn about my programs, the DBS test, and what I believe is the number-one supplement everyone needs, BalanceOil+.

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.