

Clinical Study Reveals a Proven Way to Slow Prostate Cancer Growth

By Robert Ferguson

Cancer is a six-letter word that no one wants to hear. And "prevention"—a ten-letter word—often only gains importance when it's too late. However, growing evidence and numerous studies indicate that achieving a balanced omega-6 to omega-3 ratio not only helps slow the progression of many diseases but is also a proven strategy for reducing the risk of chronic illnesses, including cancer.

With many cancers on the rise, I wanted to highlight one that is becoming increasingly prevalent: prostate cancer. This clinical study caught my attention because it reinforces a message I've been passionately sharing—**the importance of getting tested to know your omega-6 to omega-3 ratio and taking a product I personally endorse, BalanceOil+.**

BalanceOil+ combines omega-3s with polyphenols from unripe olives, ensuring superior absorption and effectiveness. Time and time again, I have seen the incredible health benefits that come from achieving balance.

A recent phase II clinical trial conducted by researchers at the University of California, Los Angeles (UCLA) has revealed that a diet high in omega-3 fatty acids and low in omega-6 fatty acids, supplemented with fish oil, can significantly reduce the proliferation of prostate cancer cells in men undergoing active surveillance. The study, published in the *Journal of Clinical Oncology*, highlights the potential of dietary interventions in managing early-stage prostate cancer.

Study Overview

The trial, known as CAPFISH-3, involved 91 men diagnosed with grade group 1 or 2 prostate cancer who had chosen active surveillance over immediate treatment. Participants were randomly assigned to either a dietary intervention group or a control group with no dietary changes. The intervention group adopted a diet rich in omega-3 fatty acids and low in omega-6 fatty acids, complemented by fish oil supplementation, over a one-year period. Prostate biopsies were conducted at the study's onset and after one year to assess changes in the Ki67 index, a biomarker indicative of cancer cell proliferation.

Key Findings

The results demonstrated a notable difference between the two groups:

- **Intervention Group:** The Ki67 index decreased by approximately 15%, from 1.34% at baseline to 1.14% after one year.
- **Control Group:** The Ki67 index increased by about 24%, from 1.23% at baseline to 1.52% after one year.

This 31% differential reduction in the Ki67 index between the groups was statistically significant, suggesting that the dietary intervention effectively slowed cancer cell growth.

The Importance of Omega-6 to Omega-3 Balance and the DBS Test

This study underscores the crucial role of maintaining a balanced omega-6 to omega-3 ratio for overall health and cancer prevention. Historically, humans maintained a 1:1 omega-6 to omega-3 ratio, but modern diets—loaded with processed foods and vegetable (seed) oils—have skewed this balance to a staggering 20:1 or higher. Such an imbalance is associated with chronic inflammation, which is a known driver of cancer progression.

One of the most effective ways to determine an individual's omega-6 to omega-3 ratio is through the **DBS (Dried Blood Spot) test**. This at-home test provides precise insights into a person's omega-6 to omega-3 ratios, and omega-3 index and arachidonic acid percentages and whether their dietary intake is sufficient to reduce disease risk. Most individuals in the U.S. are out of balance and have omega-3 percentages far below the optimal range of 8-12%, putting them at an increased risk for inflammation-driven diseases, including cancer.

How BalanceOil+ Can Help

For those seeking to restore their omega-6 to omega-3 balance and lower inflammation, **BalanceOil+** is a scientifically backed supplement that combines high-quality omega-3s with polyphenols from unripe olives. Unlike traditional fish oil supplements, which often oxidize before absorption, BalanceOil+'s unique formulation ensures maximum stability and absorption. The polyphenols act as a "chaperone," protecting the omega-3s from oxidation and improving their bioavailability.

Research suggests that correcting omega-6 to omega-3 imbalances through supplementation like BalanceOil+ can help reduce systemic inflammation, which in turn is associated with a lower risk of all types of cancer, including prostate cancer. By integrating a high-quality omega-3 supplement into one's routine, individuals can actively work toward better cellular health, reduced inflammation, and improved longevity.

And when I say high-quality omega-3 supplement, I only recognize one, and that is BalanceOil+ because according to a DBS test, no other product comes close. In my opinion, BalanceOil+ is the number one supplement in the world that everyone benefits from.

Final Thoughts

The UCLA study adds to the growing body of evidence highlighting the role of omega-3s in cancer management. However, simply consuming omega-3s without knowing one's baseline levels may not be enough. By taking the DBS test (AKA Balance Test), individuals can accurately assess their omega-6 to omega-3 ratio and make informed dietary and supplementation decisions.

For those serious about reducing their cancer risk and optimizing their health, testing and correcting omega-3 deficiencies through **BalanceOil+** could be a game-changing strategy. Feel

free to schedule a free consultation with me, or one of our certified coaches to determine the best approach for incorporating BalanceOil+ and a DBS test into your lifestyle and take proactive steps toward long-term health and wellness.

References

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