

The “Dre Eye” Fix

By Robert Ferguson

Do you have dry eye? Do you know someone who struggles with it? What if the solution to dry eye was as simple as incorporating two key nutrients into your daily routine? Would you make the change? The good news is that **you can**, and in this article, you'll discover exactly what these two ingredients are and how effortlessly they can become part of your lifestyle.

The two nutrients I am referring to are omega-3 fatty acids and polyphenols from unripe olives. Fortunately, the combination of these ingredients is available in one supplement called BalanceOil+. I had 30 of my private nutrition clients who suffered from dry eye **start using** BalanceOil+, **and** without making any other changes in their lifestyle, every single one of them saw their dry eye symptoms disappear.

To help you and others understand why my clients have had success ending dry eye with BalanceOil+, I felt it would be helpful to highlight why dry eye is so common in the United States and Canada but is practically unheard of in countries like Japan, Norway, and Iceland. The key differentiator in preventing and addressing dry eye is knowing your omega-6 to omega-3 ratio. Simply put, the better your omega-6 to omega-3 ratio, the less likely you are to experience dry eye.

What is Dry Eye?

Dry eye is a common and often chronic condition that occurs when the eyes do not produce enough tears or when the tears evaporate too quickly. It is frequently linked to **Meibomian Gland Dysfunction (MGD)**, a disorder where the oil glands in the eyelids become clogged, leading to poor tear quality and rapid evaporation.

Dry eye has become as common as the common cold in the United States and Canada. According to the **American Academy of Ophthalmology**, an estimated **16 million adults in the U.S. have been diagnosed with dry eye disease**, with millions more experiencing symptoms but remaining undiagnosed. Prevalence rates are even higher among older adults, with **nearly 30% of individuals over 50** suffering from chronic dry eye. Women are disproportionately affected, as hormonal changes associated with aging can worsen symptoms.

In contrast, as I mentioned earlier, in countries like **Japan, Norway, and Iceland**, dry eye is a rare occurrence. Why? Because these populations have a far more balanced omega-6 to omega-3 fatty acid ratio, which plays a crucial role in maintaining healthy tear production and reducing inflammation. If you're wondering, what is this ratio, and how can I adjust my diet to eliminate dry eye, keep reading.

The Role of Omega-6 to Omega-3 Ratios in Eye Health

The meibomian glands in the eyelids secrete an oil-based substance called meibum, which stabilizes the tear film and prevents rapid tear evaporation. The composition of this meibum is

directly influenced by dietary fat intake, particularly the balance between omega-6 and omega-3 fatty acids.

- **Omega-3s (EPA & DHA):** Help maintain a fluid, stable meibum, reducing inflammation and preventing gland blockages.
- **Omega-6s (Linoleic Acid, Arachidonic Acid):** In excessive amounts, these promote chronic inflammation, leading to thicker, clogged meibomian glands and unstable tear film.

Countries that consume diets with an optimal omega-6 to omega-3 ratio (3:1 to 5:1) see very few cases of dry eye. However, in North America, where the ratio often exceeds 20:1, dry eye has become an epidemic.

Countries with Balanced Omega-6 to Omega-3 Ratios & Low Dry Eye Rates

Japan (~4:1 Omega-6:3 Ratio)

- High intake of fatty fish (sardines, mackerel, salmon) and low consumption of processed seed oils.
- Minimal chronic inflammation-related diseases, including dry eye.

Iceland & Norway (~3:1 Ratio)

- Diets rich in marine-based omega-3s and low in industrialized processed foods.
- High intake of polyphenols from wild plants, which prevent lipid oxidation in meibomian gland oils.

Mediterranean Diet Regions (~3:1 - 5:1 Ratio)

- Regular consumption of olive oil (rich in polyphenols) instead of omega-6-heavy seed oils.
- Low prevalence of dry eye and other inflammatory disorders.

The U.S. & Canada: A Dry-Eye Epidemic Driven by Omega-6 Dominance

In North America, over 95% of people have an omega-6 to omega-3 ratio exceeding 20:1, often reaching 50:1. This imbalance is caused by:

1. **Excessive Omega-6 Intake**
 - High consumption of soybean, corn, canola, and sunflower oils found in processed foods.
 - Factory-farmed meat and dairy, which are low in omega-3s and high in pro-inflammatory fats.
2. **Severe Omega-3 Deficiency**
 - Low seafood intake and minimal consumption of EPA & DHA.

- Widespread use of plant-based omega-3s (ALA), which convert poorly to usable forms.
3. **Impact on the Meibomian Glands**
- Prioritization of omega-6s leads to thicker, more solidified meibum that clogs glands.
 - Tear evaporation increases, leading to dryness, irritation, and blurred vision.

The Solution: Restoring the Omega-6 to Omega-3 Balance

To **reverse dry eye syndrome**, the key is lowering omega-6 intake while increasing omega-3s (EPA & DHA):

- ✓ **Eliminate seed oils** – Avoid soybean, canola, corn, sunflower, safflower oils.
- ✓ **Eat more fatty fish** – Salmon, sardines, anchovies, mackerel (or supplement with high-quality omega-3s).
- ✓ **Take a bioavailable omega-3 supplement** – Preferably one like BalanceOil+, which combines EPA/DHA with polyphenols, improving absorption and preventing oxidation.
- ✓ **Increase polyphenol intake** – Olive oil, berries, and dark leafy greens help reduce lipid oxidation in the eyes.
- ✓ **Avoid processed foods** – These contain pro-inflammatory trans fats and omega-6-heavy oils.

Call to Action: Take Control of Your Eye Health

If you struggle with dry eye syndrome, the first step is to know your omega-6 to omega-3 ratio. Get a **DBS (Dried Blood Spot) Test** to determine your levels and see where you stand.

Get tested and take action! Over 30 of my clients have eliminated their dry-eye symptoms by restoring their omega-6 to omega-3 balance with BalanceOil+. This supplement provides the right ratio of EPA, DHA, and polyphenols to protect your meibomian glands and improve tear stability.

Fix the ratio = Fix the problem. Don't let dry eyes control your life—take the first step today!

References

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