

# When One Change Improves Two Chronic Conditions

By Robert Ferguson

Over the years, I've seen some truly remarkable transformations in clients who begin taking BalanceOil+, a unique supplement that combines omega-3 fatty acids with polyphenols from unripe olives. Most people who seek it out are looking to reduce inflammation, manage blood pressure, support heart or brain health, or find relief from dry-eye symptoms. But every so often, a client experiences a benefit that neither of us could have predicted.

Recently, one of my clients—who had been living with a **chronic cough for five years**—shared something that made me pause. She said the only thing she had changed in her life was starting on **BalanceOil+**, and within weeks, the cough was gone. Gone after five years.

What makes this story even more compelling is that she didn't begin using the oil to address her cough. She started taking it to help with another frustrating issue—**dry-eye**. That's a condition I *do* expect to improve with omega-3s and polyphenols, and sure enough, her dry-eye symptoms vanished too. She's now my **31st client to report complete relief from dry-eye** after consistently taking BalanceOil+.

## So, what's going on here?

We know there's **solid science** behind how omega-3 fatty acids—especially when paired with polyphenols—can reduce inflammation in the eyes and support tear production. That explains the dry-eye improvement. But what about the chronic cough?

While I can't say anything definitively without clinical studies focused on this specific connection, it's possible that **chronic inflammation** was the common thread. Silent, low-grade inflammation in the respiratory tract—whether triggered by allergens, diet, or even oxidative stress—can lead to a persistent cough that just won't go away.

BalanceOil+ is unique because it doesn't just deliver omega-3s—it combines them with **polyphenols from unripe olives**, which help protect the omega-3s from oxidizing and *escort them into the cells* more effectively. This synergy may play a role in **calming systemic inflammation**, even in areas we don't usually associate with nutrition—like the throat or lungs.

I've always said that when you *nourish the body at the cellular level*, all kinds of healing can begin. This client's story reminds me of that. And while the goal was to help her eyes, the end result was a surprising improvement in her respiratory health as well.

If you've struggled with dry-eye, or even something seemingly unrelated like a lingering cough that just won't let up—maybe it's worth exploring what a more balanced omega-6 to omega-3 ratio and higher polyphenol intake could do for *you*.

## Get Tested—Because What You Don't Know *Can* Hurt You

With the growing importance of optimizing personal health and wellness, it's essential that we all know our **omega-6 to omega-3 ratio**. This simple dried blood spot test—done from the comfort of your home—can reveal whether your body is in balance or silently inflamed. Most people today have a ratio that's far from ideal, often **20:1 or higher**, when it should be closer to **3:1 or even 1:1**, like our ancestors. An imbalanced ratio is linked to a higher risk of inflammation-driven conditions such as **heart disease, insulin resistance, autoimmune disorders, cognitive decline**, and even chronic eye problems like **dry-eye**.

Getting tested is the **first step** in taking control of your health. Once you know your numbers, you can begin a targeted approach to reduce inflammation, improve cellular function, and support total-body wellness. Don't guess—**get tested**, know your omega-6 to omega-3 ratio, and begin the process of restoring balance.

👉 **Click here to schedule a consultation with me** and take the first step toward a healthier, more vibrant life. Or, reach out to the person who shared this article with you. You can also email me at [robert@dietfreelife.com](mailto:robert@dietfreelife.com).

## References

1. Oleñik, A., & Jiménez-Alfaro, I. (2010). *Omega-3 fatty acids in dry eye syndrome*. British Journal of Ophthalmology, 94(7), 903–905. <https://doi.org/10.1136/bjo.2009.175646>
2. Barabino, S., Rolando, M., Camicione, P., et al. (2003). *Systemic linoleic and gamma-linolenic acid therapy in dry eye syndrome with an inflammatory component*. Cornea, 22(2), 97–101.
3. Calder, P. C. (2017). *Omega-3 polyunsaturated fatty acids and inflammatory processes: nutrition or pharmacology?* British Journal of Clinical Pharmacology, 75(3), 645–662. <https://doi.org/10.1111/j.1365-2125.2012.04374.x>
4. Giugliano, D., Ceriello, A., & Esposito, K. (2006). *The effects of diet on inflammation: emphasis on the metabolic syndrome*. Journal of the American College of Cardiology, 48(4), 677–685. <https://doi.org/10.1016/j.jacc.2006.03.052>

---

**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, and **Chief Nutrition Officer for iCoura Health**. He also serves on the **Presidential Task Force on Obesity** for the National Medical Association and the **Health and Product Advisory Board** for Zinzino, Inc.