

# Test-Based Nutrition 101

By Robert Ferguson

Have you ever wondered if your vitamins and supplements are truly working? Most people take supplements based on recommendations, assumptions, or general advice without ever knowing if they're genuinely effective. Enter **Test-Based Nutrition**—a scientific approach that replaces guesswork with clear, measurable results.

## What Is Test-Based Nutrition?

Test-Based Nutrition uses objective testing, such as blood tests, saliva tests, or dried blood spot tests, to measure specific nutritional biomarkers. These tests identify nutrient deficiencies, imbalances, or excesses in your body, allowing for targeted nutritional strategies. Instead of blindly taking supplements, Test-Based Nutrition provides personalized, data-driven guidance tailored to your individual biological needs.

## Why Guessing Isn't Good Enough

Many people take supplements because they "feel" better or because someone recommended them, but these subjective experiences are anecdotal and unreliable. Without objective measurement, you may be wasting money on supplements that aren't truly moving the needle.

## Real-Life Examples of Test-Based Nutrition

### Vitamin D3: A Common but Crucial Example

Vitamin D deficiency is extremely common. Symptoms often include fatigue, weakened immunity, frequent illness, mood swings, muscle weakness, and poor bone health. Doctors use a simple blood test to check vitamin D levels. Based on the results:

1. **Baseline Test:** Confirm low vitamin D levels (below 30 ng/mL).
2. **Intervention:** Supplement with Vitamin D3 daily.
3. **Retest:** After 3-6 months, vitamin D levels are rechecked.
4. **Outcome:** Levels rise into a healthy range (50-70 ng/mL), verifying the supplement's effectiveness.

### Iron Levels: A Clear and Common Example

Iron deficiency commonly leads to symptoms like fatigue, dizziness, hair loss, shortness of breath, headaches, and pale skin. Doctors typically:

1. **Baseline Test:** Confirm low iron/ferritin levels.
2. **Intervention Protocol:**
  - Eat iron-rich foods (red meat, beans, spinach).
  - Supplement with iron tablets or liquid iron.
  - Severe cases may require an iron infusion.
3. **Retest:** Iron levels are retested after intervention.
4. **Outcome:** Iron levels normalized, symptoms resolved, confirming the intervention's success.

## **Omega-3 Index and Cell Membrane Fluidity: The Balance Test Example**

Symptoms of low omega-3 or imbalanced omega-6 to omega-3 ratios often include chronic inflammation, joint pain, poor memory, dry skin, dry-eye syndrome, increased mood disorders such as anxiety, depression, suicidal thoughts, autism, ADHD, fatty liver, insulin resistance, high blood pressure, type 2 diabetes, and increased cardiovascular risk. The dried blood spot test (Balance Test) provides crucial insights:

- **Omega-6 to Omega-3 ratio:** Indicates inflammation and overall cellular health.
- **Omega-3 Index:** Measures omega-3 fatty acids in red blood cells—critical for heart, brain, and metabolic health.
- **Arachidonic Acid Percentage:** Reflects inflammation and health concerns.
- **Red Blood Cell Membrane Fluidity:** Reveals how effectively nutrients enter and waste exits cells, impacting energy (ATP) production and overall health.

Here's the Test-Based Nutrition process for omega-3s:

1. **Baseline Test:** Omega-3 index at 4% (below ideal 8-12%).
2. **Intervention:** Daily use of a quality omega-3 supplement like BalanceOil+.
3. **Retest:** After 120 days, the omega-3 index improves significantly (e.g., 9%).
4. **Outcome:** Improved cell membrane fluidity, reduced inflammation, and measurable improvements in overall health.

## **Benefits of Test-Based Nutrition**

- **Personalized:** Tailored specifically to your biological needs.
- **Efficient:** Save money by discontinuing ineffective supplements.
- **Data-Driven:** Eliminates guesswork and uncertainty.
- **Effective:** Objective proof of nutritional improvement.

## **Your Call to Action**

Being in the 21st century brings many challenges—but also progressive opportunities. You don't have to wait to experience serious health issues like blood clots, narrowing arteries, or

the numerous conditions related to low omega-3 levels, poor arachidonic acid percentages, imbalanced omega-6 to omega-3 ratios, and unhealthy cell membranes.

In the privacy and convenience of your home, you can embrace Test-Based Nutrition by taking a simple dried blood spot test (Balance Test). This test provides a baseline of your fatty acid profile, clearly showing your omega-3 levels, omega-6 to omega-3 ratios, arachidonic acid percentages, and insights into your cellular health.

After 120 days, retesting will confirm whether your efforts and changes are genuinely improving your health. Without question, Test-Based Nutrition is the gold standard, applicable to many areas of your life—meaning you are no longer guessing, but testing when it comes to your health.

## Pay It Forward

To learn more or get started, contact the person who shared this article with you, or email me directly at [Robert@dietfreelife.com](mailto:Robert@dietfreelife.com). You can also [click on the link to schedule a free consultation](#) about obtaining the Balance Test. This test provides valuable insights that everyone—children and adults alike—can benefit from.

## References

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