

# Prostate Health Every Man Must Know

By Robert Ferguson

If you could reduce the risk of prostate cancer—matter of fact, all cancers—you would want to know. What you will learn in this article is how a simple, inexpensive at-home blood test can reveal your omega-6 to omega-3 ratio and omega-3 index percentage, two powerful biomarkers that influence inflammation and long-term health. Based on your results, you can then apply a straightforward protocol that includes what I consider the number-one supplement that everyone benefits from—BalanceOil+.

**BalanceOil+ is composed of 60% omega-3 fatty acids and 40% polyphenols extracted from preharvest olives.** This powerful combination provides superior antioxidant protection and enhances the absorption of omega-3s, leading to measurable improvements in both your omega-6 to omega-3 ratio and your Omega-3 Index percentage.

**Important note:** BalanceOil+ is not your typical fish oil or standard omega-3 supplement. While it contains high-quality omega-3s, what sets it apart is the infusion of polyphenols—plant-based compounds that protect the omega-3s from oxidation and significantly boost their effectiveness. These benefits are not just theoretical—they are backed by results from a scientifically validated **Dried Blood Spot (DBS) test**, which I'll explain more about later in this article.

## What Are Omega-6 and Omega-3 Fatty Acids?

Omega-6 and omega-3 fatty acids are **essential fats**, meaning the body cannot produce them on its own and must obtain them from the diet. They are both important for various biological functions, including brain health, hormone regulation, and immune response. However, they serve opposing roles when it comes to inflammation.

- **Omega-6s**, found in seed oils like soybean, corn, and sunflower oil, tend to **promote inflammation** when consumed in excess.
- **Omega-3s**, found in fatty fish, pasture raised eggs, and grass-fed meats and butter, are **anti-inflammatory** and help reduce the risk of chronic diseases.

For optimal health, these fats must be balanced. While our ancestors consumed them in a **1:1 ratio**, today's Western diet skews this balance heavily—often **20:1 or worse in favor of omega-6s**, fueling chronic inflammation and disease.

## New Research Highlights the Power of Omega-3s for Prostate Health

One pivotal study comes from researchers at the University of California, Los Angeles (UCLA), who conducted a **Phase II clinical trial** on men with early-stage prostate cancer who opted for active surveillance instead of immediate treatment. The trial tested a dietary intervention rich in omega-3 fatty acids and low in omega-6, supported by fish oil supplementation.

### Key findings from the CAPFISH-3 trial (Aronson et al., 2025):

- Participants in the intervention group experienced a **15% decrease** in the **Ki67 index**, a marker of prostate cancer cell proliferation.
- In contrast, the control group saw a **24% increase** in the same marker.
- This translated to a **31% differential reduction** in cancer cell growth—simply by changing the fatty acid profile of their diet.

This study strongly reinforces what many integrative practitioners have long observed: correcting omega imbalances can positively impact cancer progression and long-term prostate outcomes.

### The DO-HEALTH Study: A Broader View of Cancer Prevention

Beyond prostate cancer, the **DO-HEALTH study**, one of the most comprehensive lifestyle-focused trials to date, demonstrated the powerful effect of combining nutrition, supplementation, and movement to reduce cancer risk.

#### Study overview (Bischoff-Ferrari et al., 2022):

- Conducted across **five European countries**, involving **2,157 adults aged 70 and older** over three years.
- Participants were given **vitamin D, omega-3s**, and a **simple strength-training program**.
- Those who followed all three interventions experienced a **61% reduction in all-cancer risk**.

These findings further confirm the critical role omega-3s play in immune regulation, inflammation control, and long-term cancer protection.

### Why the Omega-6 to Omega-3 Ratio Matters

The balance between omega-6 and omega-3 fatty acids is essential to human health. Our ancestors consumed these fats in a ratio close to **1:1**, which promoted an anti-inflammatory environment in the body. Today, due to seed oils, processed foods, and dietary shifts, the average person's ratio has shifted to **15:1 or worse**—creating a breeding ground for chronic inflammation and disease (Simopoulos, 2002).

Inflammation is a key factor in the development and progression of:

- Prostate cancer
- Cardiovascular disease
- Autoimmune conditions
- Insulin resistance
- Neurodegenerative disorders

Balancing this ratio is not something that can be left to guesswork. That's why we utilize **Dried Blood Spot (DBS) testing**, which provides a precise readout of an individual's **omega-6 to omega-3 ratio**, **Omega-3 Index**, and **Arachidonic Acid percentage**. These metrics are invaluable for determining disease risk and customizing a plan to restore balance and reduce inflammation.

## BalanceOil+: A Clinically Validated Solution

One of the most effective tools we've seen for restoring this critical balance is **BalanceOil+**, a supplement that combines **premium omega-3 fatty acids (EPA and DHA)** with **polyphenols from cold-pressed, early-harvested olives**. This unique pairing is key because:

- The **polyphenols prevent oxidation** of the omega-3s, enhancing stability and tissue delivery.
- The combination increases **cell membrane fluidity**, allowing for better nutrient transport and inflammation control.
- Unlike traditional fish oil, BalanceOil+ is tested and validated to help individuals achieve balance **within 120 days**—the life cycle of a red blood cell.

BalanceOil+ is not just another supplement—it is a **test-verified solution**. Based on thousands of test results, it consistently delivers what it promises: reduced inflammation, better cellular health, and measurable improvement in markers like PSA.

## Real Results: Lower PSA Levels and Improved Health

Among the men we've worked with, many presented with elevated PSA levels or concerns about prostate cancer. After testing, most were out of balance—with ratios as high as 20:1 or greater. Once they began using BalanceOil+ daily, many of these individuals:

- **Lowered their PSA levels** to within normal ranges
- **Postponed or avoided biopsies** or invasive procedures
- Reported better energy, focus, and metabolic health

While these are anecdotal experiences, they mirror the results seen in the UCLA trial and validate the power of restoring nutritional balance.

## Taking Action: Proactive Prostate Health Starts Now

Prevention is no longer a vague concept—it's measurable, actionable, and powerful. Between the results of the **CAPFISH-3 trial**, the **DO-HEALTH study**, and the success stories from clients who've embraced test-based nutrition, one message is clear: **you can take control of your prostate and overall health today**.

Here's how:

- ✅ **Get tested** – Know your omega-6 to omega-3 ratio and inflammation status with a DBS Balance Test
- ✅ **Supplement smart** – Take BalanceOil+ daily to restore balance and reduce risk
- ✅ **Be proactive** – Share this information with others and make prevention part of your lifestyle

## Learn More and Get Started

Watch our free presentation to understand how the Balance Test and BalanceOil+ can improve your health: <https://www.mydietfreelife.com/balanceoil-with-omega3>

**Order the Balance Test** and take the first step toward real cancer prevention. Email me at [robert@dietfreelife.com](mailto:robert@dietfreelife.com) and I'll send you a link that includes discount savings. Or, contact the person that shared this article with you.

## References

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