

How to Live to 120 Years of Age: The Cellular Blueprint for Longevity

By Robert Ferguson

Introduction

Many scientists, historians, and ancient texts agree on one thing: the human body was designed to live for up to 120 years. The Bible references this number in Genesis 6:3, stating, "My Spirit shall not strive with man forever... yet his days shall be one hundred and twenty years." In Chinese medicine and philosophy, this number is also seen as the upper limit of a natural human life. Modern science supports this view—many U.S. and global researchers confirm that under optimal conditions, human cells can support life for 110 to 120 years.

One of the key lessons you'll learn in this article is the importance of your **omega-6 to omega-3 ratio** and your **omega-3 index percentage**. These two biomarkers—both related to your body's fatty acid profile—significantly influence your health span, lifespan, and how well your cells function as you age.

Your **omega-6 to omega-3 ratio** reflects the balance between pro-inflammatory and anti-inflammatory fats in your diet. A healthy ratio—ideally around 3:1 or lower—helps reduce chronic inflammation and supports overall cellular function.

Your **omega-3 index percentage** measures the amount of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA)—two essential omega-3 fatty acids in your red blood cell membranes. An optimal omega-3 index is considered to be between 8% and 12%, and it's strongly associated with better heart, brain, and metabolic health.

Earlier, I mentioned lifespan and health span, and to clarify, *lifespan* refers to how long you live, while *health span* is how long you live in good health—free of chronic illness and disability. Ideally, we want both to be long and closely aligned.

That's why this article focuses on optimizing **cellular health**. The quality of your years matters just as much as the quantity. The real goal isn't just to live longer, but to live better—with more energy, fewer medications, and minimal disability.

This aligns with a growing scientific consensus: we have far more control over our aging process than once believed. Researchers increasingly agree that with the right habits—including an optimal omega balance—we can maintain health longer and potentially reach lifespans of 110 to 120 years.

Full Transparency

As you explore the importance of the omega-6 to omega-3 ratio and the omega-3 index, I want to be fully transparent: I am a partner with the company Zinzino, Inc. This partnership allows me to offer access to an at-home blood spot test that reveals your fatty acid profile. I also recommend BalanceOil+, a supplement that has been clinically tested and proven to improve these markers.

Yes, I do earn income when people become my customers. However, what you're about to read is grounded in science, not sales. I'm sharing this with humility and integrity because I believe everyone deserves the opportunity to live a longer, healthier life—starting at the cellular level.

A Message for Those Over 40

If you're over 40 years of age, this message is especially for you. It's common to assume that age limits your ability to change -- but that's simply not true. Your body is constantly renewing itself. Most of your cells are replaced every 7 to 10 years, meaning the choices you make today can shape your health for decades to come.

Even if this is your first time hearing about the omega-6 to omega-3 ratio or omega-3 index, the good news is that meaningful improvements can happen quickly. Studies show that with the right adjustments, these biomarkers can improve in just 120 days -- leading to better brain function, cardiovascular health, reduced inflammation, and more.

It's never too late to take action. You can begin optimizing your cellular health today and extend both your *health span* and *lifespan* -- regardless of your starting point.

Why Cellular Health Is the Foundation of Longevity

Aging begins at the cellular level. Over time, cells experience mitochondrial decline, membrane rigidity, oxidative stress, and chronic inflammation. All of these contribute to age-related diseases and reduced vitality.

One of the most critical aspects of cellular function is **membrane fluidity**, which determines how well oxygen and nutrients enter cells and how efficiently waste is expelled. This fluidity is heavily influenced by your intake -- and balance -- of **omega-6 and omega-3 fatty acids**.

- A high omega-6 intake (from seed oils like soybean and corn oil) combined with low omega-3 intake (from fish and marine sources) results in inflammation, stiff membranes, and reduced adenosine triphosphate (ATP), the molecule that powers cellular energy production.
- An optimal ratio (ideally 3:1 or lower) promotes cellular resilience, better communication between cells, and stronger immune defense.

Lifespan vs. Health Span: A Global Comparison

Let's look at how different countries measure up in terms of how long people live, how many of those years are healthy, and how their **omega-3 index percentages** compare.

Country/Region	Life Expectancy (2025)	Healthy Life Expectancy (HALE)	Centenarian Density (per million)	Avg. Omega-3 Index (%)
Hong Kong	85.8 years	~74–76 years	≈ 1,330	~8–10%
Japan	85.0 years	~74 years	≈ 1,000	~8–11%
South Korea	84.5 years	~73–74 years	≈ 165	~7–9%
Iceland	83.2 years	~81.8 years	≈ 121	~7–9%
Greece	82.2 years	~68.6 years	— (Ikaria: Blue Zone)	~6–8%
Okinawa (Japan)	—	~97% of life disability-free	Exceptionally high	~10–11% (regional est.)
United States	77.5 years	~66 years	≈ 232	~3–4%

Notice how the top countries not only live longer but spend **more years free of disease and disability**—and also have **significantly higher omega-3 index levels**.

The **United States** shows one of the widest gaps between lifespan and health span and has a low average omega-3 index—an indicator of poor fatty acid balance. This “sick span” is largely preventable with better omega balance.

The Omega-6 to Omega-3 Ratio: The Silent Driver of Aging

Throughout human history, our ancestors maintained an omega-6 to omega-3 ratio close to **1:1**. Today, the average American ratio is **20:1 or worse**, primarily due to the widespread use of ultra-processed foods and industrial seed oils.

Research has shown that a high omega-6 to omega-3 ratio is associated with:

- Increased inflammation
- Higher risk of cardiovascular disease
- Accelerated brain aging and neurodegeneration
- Poor immune regulation

On the other hand, improving this ratio to **below 3:1** has been shown to:

- Improve insulin sensitivity
- Reduce the risk of stroke and heart disease
- Support cognitive function and brain plasticity
- Delay cellular aging and improve mitochondrial health

Countries like Japan, Hong Kong, South Korea, Iceland, and Greece generally consume more omega-3s through traditional diets rich in fish, olive oil, seaweed, and fermented or fiber-rich foods -- and fewer omega-6-rich seed oils.

How to Optimize Your Ratio and Extend Your Health Span

1. **Test Your Ratio** – Use a simple dry blood spot test to determine your current omega-6 to omega-3 ratio and omega-3 index.
2. **Eat Smarter** – Reduce or eliminate industrial seed oils and ultra-processed foods. Consume more fatty fish like wild salmon and tuna, seaweed, chia seeds, flaxseed, and cook with extra virgin oils like olive, coconut, palm, and avocado.
3. **Supplement Wisely** – Choose a food-based omega-3 supplement like BalanceOil+, which contains omega-3s in triglyceride form and is protected by polyphenols to improve absorption and stability. One bottle of BalanceOil+ is made up of 60% omega-3s from wild fish, and 40% polyphenols from unripe olives.
4. **Support Cellular Health** – Ensure you're getting enough polyphenols, fiber, vitamin D, and movement to support mitochondria and immune function.

Conclusion

If we want to live to 120 -- and thrive along the way -- we must start with the smallest building blocks: our cells.

The **omega-6 to omega-3 ratio** and **omega-3 index** may be the most powerful (and most ignored) indicators of aging and disease risk.

Just as centenarians from Okinawa, Hong Kong, Greece, and Japan have shown, long life isn't just about genes -- it's about lifestyle and cellular resilience.

Ready to Take the Next Step?

To get tested and begin taking BalanceOil+, contact the person who shared this article or email me directly at robert@dietfreelife.com. You can also [schedule a free consultation](#) to ask questions and explore next steps.

If you're ready to get started with the test and BalanceOil+ now, [click here](#), and don't hesitate to reach out with any questions.

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