The Hidden Link Between Inflammation and Blood Clots: What Everyone Needs to Know

By Robert Ferguson

One year ago, one of my former weight loss clients, Jacquelyn J., saw a Facebook post I shared about a supplement I believe nearly everyone can benefit from, *BalanceOil+*. In that post, I also mentioned the *Dried Blood Spot (DBS) Test*, which measures critical biomarkers like the omega-6 to omega-3 ratio, the omega-3 index, the arachidonic acid percentage, and cell membrane fluidity.

Jacquelyn reached out. We got her tested and set her up with BalanceOil+. Unfortunately, she never started taking the oil, and shortly after, she canceled her subscription. It's important to note that her test results painted a troubling picture:

- Her omega-6 to omega-3 ratio was severely out of balance.
- Her omega-3 index was dangerously low.
- Her cell membrane fluidity was compromised.
- And her arachidonic acid percentage was extremely high.

In short, **Jacquelyn showed clear signs of chronic inflammation** — the kind of inflammation linked to higher risks of **blood clots, heart attack, and stroke**.

Six months later, on December 5, 2024, Jacquelyn suffered a massive heart attack caused by a blood clot. It took her life.

And now, as I write this, another woman — also tested, also inflamed, and with an elevated arachidonic acid percentage — is in the hospital, fighting for her life because of blood clots.

The challenge we face is getting people to slow down and understand the real meaning of being inflamed, especially as it relates to the omega-6 to omega-3 imbalance. It’s not just about diet; it’s about filling the nutritional gaps that are nearly impossible to close without intentional support, especially when it comes to getting enough **omega-3 fatty acids** and reducing excess **arachidonic acid**, a well-documented precursor to arterial narrowing, clotting, stroke, and heart attack.

What Are Blood Clots and Why Do They Form?

Blood clots are gel-like clumps of blood that form when platelets and fibrin proteins come together to stop bleeding. This is a natural and essential part of the body's healing process. However, when clots form unnecessarily or fail to dissolve properly, they can block blood flow and trigger life-threatening events such as a heart attack, stroke, or pulmonary embolism.

The Rise in Blood Clot Incidence

Over the past decade, blood clots have become more common. Factors contributing to this increase include a more sedentary lifestyle, higher rates of obesity, insulin resistance, exposure to environmental toxins, hormonal therapy, and post-viral inflammation, including complications associated with long COVID. Many of these risk factors share a common thread: **chronic inflammation**.

It is also important to address the growing belief that COVID-19 vaccines are directly responsible for the increased prevalence of blood clots. While rare clotting events have been reported with specific vaccines such as Johnson & Johnson's and AstraZeneca's (linked to a condition called vaccine-induced thrombotic thrombocytopenia, or VITT), most vaccinated individuals do not experience these effects. The SARS-CoV-2 virus itself is far more strongly associated with widespread clotting and vascular inflammation than the vaccines. Emerging data continues to support that chronic inflammation and underlying metabolic dysfunction are far more significant contributors to the rising rates of clotting disorders than vaccination alone.

That said, open, ongoing scientific inquiry is warranted, and individuals concerned about their own risk should consider getting tested to assess inflammatory markers and clotting risk factors.

The Inflammation-Clot Connection

Inflammation is the body's natural response to injury or infection, but when it becomes chronic, it can wreak havoc on the vascular system. Here's how:

- Chronic inflammation increases levels of pro-inflammatory cytokines (e.g., IL-6, TNF-alpha), which promote clot formation.
- It damages the endothelium (the inner lining of blood vessels), making it more likely for platelets to stick and form clots.
- It elevates tissue factor expression, which activates the clotting cascade.

In this inflamed state, the blood becomes "stickier," and the risk of clot formation rises sharply, even in the absence of injury.

Conditions That Promote Inflammation and Clot Risk

Several conditions are known to increase inflammation and the likelihood of clot formation:

- Obesity
- Insulin resistance and type 2 diabetes
- Autoimmune conditions like lupus and rheumatoid arthritis
- Chronic infections (e.g., COVID-19, HIV)
- Inflammatory bowel disease
- Smoking and exposure to environmental pollutants

How to Lower Inflammation and Reduce Clot Risk

The good news is that many of the drivers of inflammation are modifiable. Here's how to naturally lower your risk:

- **Balance your omega-6 to omega-3 ratio**: Modern diets are overloaded with omega-6 fats from vegetable oils and processed foods. Increasing intake of omega-3s through fish, algae, or supplements like *BalanceOil+* is essential to restoring balance.
- **Reduce your arachidonic acid levels**: This inflammatory omega-6 fat is linked to clot risk. Testing and diet adjustments can help.
- **Consume polyphenol-rich foods**: Berries, olives, turmeric, and green tea help reduce inflammation.
- **Stay active**: Physical activity improves circulation and lowers inflammatory markers.
- **Support gut health**: A healthy microbiome helps regulate inflammation.
- **Get tested**: Don't guess. Know your numbers: omega-3 index, omega-6:3 ratio, arachidonic acid percentage, and cell membrane fluidity.

Conclusion: Prevention Starts With Awareness

Blood clots may seem like sudden, random events. But often, they are the result of long-standing, silent inflammation. By understanding the biomarkers linked to clot risk — and taking action to improve them — we can take control of our health, reduce our risks, and in some cases, save lives.

Take Action Today

If you were forwarded this article or found it online, reach out to the person who shared it with you — they can help you get started with the same at-home testing and support that has helped so many others.

To speak directly with me, email robert@dietfreelife.com or click here to schedule a free consultation. Don't wait until it's too late. Get tested, get informed, and take charge of your health.

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