

Why I Take BalanceOil+ Every Day, And Think You Should Too

By Robert Ferguson

I take BalanceOil+ every day. So do my kids. And if you knew what I know, I believe you'd make it part of your daily routine, too.

You don't have to be a doctor or scientist to understand this. BalanceOil+ is something that helps *everyone*. It's simple, it's natural, and it works with your body to help you feel better, move better, and live better.

What I Tell People When They Ask What I Do

Being a clinical nutritionist, best-selling author, health and wellness consultant to Fortune 100 companies, and someone who has helped thousands of people, including celebrities and professional athletes, lose weight and improve their health, I get asked all the time:

"Robert, what do you do? What supplements do you take?"

Without hesitation, I tell them:

I do not go a day without taking BalanceOil+. And I make sure I get sunshine.

If I'm not getting enough sun, then my second must-have supplement is a good **Vitamin D3**.

This isn't just advice I give; this is how I live. Because when you understand how important BalanceOil+ is for your cells, your brain, and your long-term health, you don't skip it.

Let me show you why.

Our Bodies Are Out of Balance

Before 1960, people ate simple, natural foods. Their bodies remained in balance because they consumed the right kinds of fats, especially healthy fats called **omega-3s**. These fats help your brain, heart, immune system, and cells function properly.

However, today, most people consume excessive amounts of seed oils and processed foods. These are high in **omega-6s**, a type of fat that can cause inflammation when consumed in excess. And we do eat too much, way too much.

Experts recommend a balance, such as **1 omega-6 for every 1 omega-3**. But most people in the United States and Canada are way off. The average person has **20 times more omega-6 than omega-3**! That's like trying to run a car with the wrong kind of oil.

What Happens If You Stay Out of Balance?

Here's something important to know:

Having too much omega-6 and not enough omega-3 doesn't usually cause problems overnight. It builds up, little by little, *until your body breaks down*.

This imbalance is not like forgetting to drink water, where you feel thirsty and then get dehydrated. With this, you might feel fine... until one day, you're dealing with:

- High blood pressure
- Brain fog or memory loss
- Weight gain
- Blood sugar problems
- Tiredness that doesn't go away
- Joint pain or inflammation
- Mood swings or anxiety
- Trouble sleeping

And here's what many people don't realize:

Low omega-3 levels, especially without the support of polyphenols, have been linked to **ADHD, depression, poor focus, anxiety, irritability**, and even **aggressive behavior**. Your brain is mostly made of fat, and it depends on omega-3 fatty acids to work properly. But not just any omega-3 will do. It's the **combination of omega-3s with polyphenols** that makes the real difference, something we've learned through the testing explained later in this article. Studies show that increasing omega-3 intake in this form can help support brain health and emotional balance in both children and adults.

Want to Know If You're Out of Balance?

There's a simple at-home test called a **dried blood spot (DBS)** test. I'll explain how you can get the test. It's simple and takes just a couple of minutes. In short, you just prick your finger and send in a few drops of blood. The lab checks your **omega-6 to omega-3 ratio** and reports the amount of omega-3 in your cells.

Most people are way out of balance, but this is where BalanceOil+ makes a big difference.

This is where the rubber meets the road. You can't argue with real numbers. This test is reasonably priced and done by one of the world's most trusted and scientifically validated labs. It provides a clear picture of your current health status.

And here's the best part: You start taking BalanceOil+, and then 120 days later (which is the lifespan of a red blood cell), you take the test again.

Now you *know*, because blood work doesn't lie. You'll see for yourself whether your body is returning to balance.

What Makes BalanceOil+ So Special?

BalanceOil+ is not your average fish oil. It's a powerful blend of:

- **Omega-3s** from wild fish
- **Polyphenols** from olives (strong plant nutrients that protect your cells)
- **Vitamin D3** (to support bones, immunity, and mood)

This unique mix helps your body absorb the omega-3s and keep them active inside your cells, where real health begins. It has been clinically shown to restore your omega-6 to omega-3 ratio back into balance. And the proof is in the testing: comparing your blood results before taking BalanceOil+ to those after 120 days of use speaks for itself.

Why BalanceOil+ Helps So Much

BalanceOil+ works at the *cellular level*. That means it helps your body work better from the inside out. Here's what people often notice after taking BalanceOil+:

- ✓ Less pain in joints
- ✓ Better memory and focus
- ✓ More energy
- ✓ Clearer skin
- ✓ Healthier eyes
- ✓ Fewer sick days
- ✓ Stronger heart
- ✓ Easier weight loss
- ✓ Better blood sugar control
- ✓ More balanced mood and improved behavior

It's not hype. It's not magic. It's what your body does naturally when it finally gets what it needs.

But Wait... Why Am I Just Now Hearing About This?

That's a fair question, and one I get all the time.

Here's the truth:

➡ **Most doctors don't learn nutrition in medical school.**

They are trained to diagnose and prescribe medicine, rather than focusing on food and cellular health. That's why they often miss the root cause of health problems like inflammation or mental health symptoms.

➡ **This testing is still "new" in the U.S.**

In Europe, test-based nutrition like this has been growing for over a decade. The BalanceOil+

product and dried blood spot testing were developed in Norway and are now becoming more widely known here.

➡ **Many famous trainers and influencers follow trends, not science.**

Some promote whatever is popular or brings attention. But BalanceOil+ isn't trendy, it's backed by real science. And once you understand the science, it's hard to ignore.

➡ **There's no giant marketing budget.**

BalanceOil+ isn't pushed by big drug companies or celebrity sponsors. It grows by results and by word of mouth. That's probably how you found this article or heard about it through a friend.

Final Thought

You wouldn't drive your car without good oil. Why treat your body any differently?

BalanceOil+ is the clean, healthy oil your cells have been waiting for. And because most people are out of balance, they often feel better when they regain balance.

If you'd like to test your levels, learn more about how this works, or get started, please schedule a free consultation or send me a message.

This is one of the smartest things you can do for your health and your family's health.

Ready to Take the Next Step?

If you would like to obtain the at-home test and BalanceOil+, please contact the person who shared this article or email me directly at robert@dietfreelife.com.

You can also schedule a free consultation with me, and I'll walk you through everything.

If you're ready and just want to get started now,

👉 <https://www.zinzino.com/shop/2015067525/US/en-US/products/premier-kits/910465>

When it comes to the oil, I personally recommend the flavor: **Lemon, Orange Mint**.

Prefer capsules instead of oil?

👉 <https://www.zinzino.com/shop/2015067525/US/en-US/products/premier-kits/910576>

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