

Ever Wonder Why Chronic Conditions Show Up with Age?

By Robert Ferguson

Ever wonder why so many health problems, like **high blood pressure, type 2 diabetes, fatty liver, kidney disease, dry eye, insulin resistance, and dementia**, are so common in adults, yet rarely affect teenagers?

It often feels like once you hit your **30s, 40s, or 50s**, health problems somehow “**know**” it’s **your turn**. Out of nowhere, you’re diagnosed with a chronic condition, and you accept it as just part of getting older. But is it true that we automatically lose our health simply because of age?

The answer is no. It can’t be, because this doesn’t happen everywhere. In places like **Hong Kong, Okinawa, and Iceland**, as well as among hunter-gatherers such as the **Hadza tribe in Tanzania**, people often age without the same steady increase in chronic health problems that is observed in the United States and Canada (Willcox, 2017).

So, why is it happening to people in the United States and Canada, but not in countries like Hong Kong, Okinawa, Iceland, or among the Hadza? As you’ll learn in this article, the culprit is a silent, hidden force: **chronic, low-grade inflammation (CLGI)**. This inflammation smolders inside the body for years, unnoticed by both you and your doctor. The sad part is that it’s preventable, and the solution is simpler than most people realize. My goal is to share that solution with you.

Take **Bruce Willis**, for example. He is one of the most recognizable actors in the world and is now living with frontotemporal dementia. Like many celebrities, he had access to wealth, resources, and the best food, housing, and healthcare. But even with all those advantages, he still lived with chronic, low-grade inflammation, just like most people do.

And here’s the reality: Bruce, like so many others, likely went decades without knowing about this underlying problem. Left unaddressed, this “hidden fire” increases the risk of developing conditions such as high blood pressure, type 2 diabetes, fatty liver, kidney disease, dry eye, insulin resistance, and dementia, to name a few. When you address chronic, low-grade inflammation, you dramatically reduce all inflammatory conditions, including cancer.

So, how do you know if you have chronic, low-grade inflammation? If you live in Canada or the United States, the chances are high that you do, because research shows that **over 97 percent of adults are affected**. The primary reason is an **insufficiency of omega-3 fatty acids at the cellular level**.

You’ll soon learn more about what omega-3 fatty acids are and how to ensure you have enough to protect your health. But first, it’s important to understand what we mean by “**insufficiency**” and “**deficiency**.”

When it comes to health, what you eat matters. Just as important is getting enough of the right nutrients from the food we eat. This is the foundation of maintaining good health. That's where the ideas of **deficiency** and **insufficiency** come in. Most people today are not deficient to the point of collapse. However, most people live with inadequate nutrition in many areas. This difference, between deficiency and insufficiency, is critical to understand, and it's where the story of omega-3 fatty acids begins. There's also a third category: **optimize**. This is when health isn't just maintained, but built up, protected, and supported for the long run.

Deficiency vs. Insufficiency: Why It Matters

- **Deficiency** = your body doesn't have enough of a nutrient to do its most basic jobs.
- **Insufficiency** = you have some of the nutrient, but not enough for long-term protection and health.
- **Optimize** = you have enough of the nutrient to thrive, protect against disease, and perform at your best.

EXAMPLES

Vitamin C

- **Deficiency:** causes scurvy, bleeding gums, poor wound healing, and even death.
- **Insufficiency:** doesn't cause scurvy, but weakens immunity, slows recovery, and leaves you tired (May 2013).
- **Optimize:** strengthens immunity, speeds healing, boosts energy, and supports healthy skin and blood vessels.

Vitamin D

- **Deficiency:** causes rickets in children, resulting in soft, weak bones.
- **Insufficiency:** doesn't cause rickets, but increases risk of osteoporosis, poor immunity, and chronic illness (Holick, 2007).
- **Optimize:** improves bone density, supports immunity, enhances mood, and reduces risk of fractures and chronic disease.

Folic Acid (Vitamin B9)

- **Deficiency:** in pregnancy, severe deficiency leads to **neural tube defects** such as spina bifida in infants.
- **Insufficiency:** may not cause birth defects, but can contribute to fatigue, anemia, poor concentration, and higher homocysteine levels (linked to heart disease).
- **Optimize:** supports healthy cell growth, DNA repair, energy production, and dramatically reduces the risk of neural tube defects.

Protein (Amino Acids)

- **Deficiency:** A severe lack of protein causes **kwashiorkor**, characterized by muscle wasting, swelling (edema), liver problems, and frequent infections (Waterlow, 1997).
- **Insufficiency:** doesn't cause kwashiorkor but leads to muscle loss, brittle hair/nails, weaker immunity, and slower recovery (Volpi et al., 2013).
- **Optimize:** builds and maintains muscle, supports hormone and enzyme production, strengthens immunity, and boosts repair and recovery.

Omega-3 Fatty Acids

- **Deficiency:** rare, but can cause growth delays, scaly skin, and neurological problems.
- **Insufficiency:** very common; leads to fatigue, brain fog, chronic inflammation, and higher risk of disease (Simopoulos, 2002).
- **Optimize:** improves cell membrane fluidity, reduces inflammation, enhances brain, heart, eye, and muscle health, and lowers risk of chronic disease.

The Journey of Omega-3: From Discovery to Today

- **1929:** George and Mildred Burr identified essential fatty acids in rat experiments (Burr & Burr, 1929).
- **1950s–1960s:** Omega-3s were recognized as polyunsaturated fats essential for growth, brain function, and health (Sinclair, 1953; Holman, 1964).
- **1971:** Hans Olaf Bang and Jørn Dyerberg studied the Inuit of Greenland, showing their marine-fat diet was linked to very low rates of heart disease and inflammation (Bang & Dyerberg, 1971; Dyerberg et al., 1980).
- **1980s–1990s:** Fish oil capsules gained popularity, but there was no scientific evidence to support their effectiveness.
- **Early 2000s:** A breakthrough patented formulation was developed that combined **marine-based omega-3s with polyphenols**. The polyphenols protected the delicate fatty acids from oxidation and improved their absorption into cell membranes. This formulation was later acquired by **Zinzino** and became the foundation for what is now known as **BalanceOil+**.
- **2004:** William Harris and Clemens von Schacky introduced the **Omega-3 Index**, a measure of **eicosapentaenoic acid (EPA)** and **docosahexaenoic acid (DHA)** in red blood cells, linking omega-3 status to heart health risk (Harris & von Schacky, 2004).
- **Since 2009,** Vitas Analytical in Norway has scaled **dried blood spot (DBS) testing**, enabling the measurement of omega-6 to omega-3 ratios and the Omega-3 Index at home.
- **2025:** A study of more than **590,000 DBS samples** confirmed global gaps in omega-3 status, with North America among the lowest and Asia among the highest (Harris et al., 2025).
- **Today:** With patented solutions like **BalanceOil+**, people can test, rebalance, and re-test, moving from insufficiency to optimal levels.

Early Warning Signs of Omega-3 Insufficiency

Like rust on a car, **early signs of omega-3 insufficiency** show up before the structure is fully compromised. These signs don't appear all at once—they are the **cumulative effect of years of imbalance**.

More than **90 percent of people never reach optimal omega-3 levels** (Stark et al., 2016). This includes both the wealthy and the poor. Even many doctors are not trained to recognize these signs.

Common early signs include:

- Dry, itchy skin or flaky patches (Koch et al., 2008).
- Skin discoloration or skin tags (linked to insulin resistance).
- Slow-healing wounds (Calder, 2017).
- Dry eyes or frequent irritation (Miljanović et al., 2005).
- Brittle nails, thinning or dull hair (Tajalli et al., 2013).
- Mood changes such as irritability or anxiety, tied to low levels of docosahexaenoic acid (DHA) in the brain (Loprinzi & Lee, 2014).

These are the body's way of saying the **“rust” has already started**. And without correction, it spreads.

Chronic Inflammation: The Gateway Inevitability

Chronic inflammation is the **gateway inevitability**. As mentioned earlier, it's like rust eating away at metal beams; it weakens the body quietly and relentlessly. Most people are unaware of it, and please hear this clearly: **most doctors do not test for it**.

When left uncorrected, chronic inflammation leads directly to the **seven downstream consequences**, the very diseases people fear most.

The Seven Inevitable Conditions of Living with Insufficiency

1 Cellular Breakdown

Result: fatigue, slower recovery, poor resilience (Calder, 2017).

2 Worsening Inflammation

Result: chronic, low-grade inflammation that accelerates disease progression (Furman et al., 2019).

3 Brain & Mood Decline

Result: depression, anxiety, memory loss, dementia, and vision problems (Dyall, 2015).

As mentioned earlier, even someone as well-known as **Bruce Willis**, who now lives with frontotemporal dementia, reminds us that dementia doesn't happen overnight. Science is clear: years of insufficient omega-3 intake, especially **docosahexaenoic acid (DHA)**, raise the risk of Alzheimer's disease and other forms of dementia. DHA is a structural building block of the brain. Without sufficient DHA, neurons lose their fluidity, signaling weakens, and the brain becomes more vulnerable to inflammation and degeneration (Dyall, 2015).

His case highlights an important truth often overlooked: **dementia and cognitive decline are not sudden events—they are the result of years of progressive cellular insufficiency.**

4 Heart & Circulation Struggles

Result: high blood pressure, poor circulation, heart disease, stroke (Mozaffarian & Wu, 2011).

5 Weakening Muscles

Result: slower recovery, strength loss, and age-related muscle decline (**sarcopenia**) (Smith et al., 2011).

6 Misfiring Immunity

Result: wounds heal slowly, inflammation lingers, and the immune system may attack self or fail to defend (Calder, 2020).

7 Chronic Disease Emerges

Result: type 2 diabetes, fatty liver disease, obesity, Alzheimer's disease, and cancer progression (Yang et al., 2014).

Chronic Conditions Fueled by Omega-3 Insufficiency

The seven inevitable conditions explain how the body breaks down at the cellular level. But what does that look like in everyday life? When cells are chronically inflamed and deficient in omega-3s for years, the result is predictable: **chronic disease.**

Low-grade, chronic inflammation, driven by long-term omega-3 insufficiency, sets the stage for many of the health conditions people face today (Calder, 2017; Furman et al., 2019).

These include:

- Arthritis (Osteoarthritis, Rheumatoid Arthritis)
- Cardiovascular Disease (Heart Disease, Stroke, Hypertension)
- Type 2 Diabetes and Insulin Resistance
- Asthma and Allergies
- Inflammatory Bowel Disease (IBD), such as Crohn's Disease and Ulcerative Colitis
- Chronic Kidney Disease
- Obesity (weight gain, difficulty losing weight)
- Osteoporosis and Bone Loss
- Fibromyalgia and Chronic Fatigue Syndrome

- Alzheimer's Disease, Dementia, Autism, and Attention Deficit Hyperactivity Disorder (ADHD)
- Parkinson's Disease and Other Neurodegenerative Disorders
- Eye Health Problems (Dry Eye, Macular Degeneration)
- Cancer (especially colorectal, breast, and prostate)
- Skin Disorders (Eczema, Psoriasis, Acne)
- Gout
- Multiple Sclerosis (MS) and Lupus
- Irritable Bowel Syndrome (IBS)
- Migraines and Chronic Headaches
- Polycystic Ovary Syndrome (PCOS) and hormonal imbalances
- **Thyroid Disorders (Hypothyroidism, Hashimoto's)**
- Sleep Apnea
- Depression and Anxiety
- Oral Health Issues (gum disease, cavities, bad breath)

Thyroid Disorders and Omega-3 Insufficiency

Thyroid conditions deserve special mention. Disorders such as **hypothyroidism** and **Hashimoto's thyroiditis** are closely tied to chronic inflammation and immune system imbalance. When the immune system misfires, it may mistakenly attack the thyroid gland, leading to a slowed metabolism and disrupted hormone balance.

This can lead to **fatigue, weight gain, brain fog, increased sensitivity to cold, brittle hair and nails, and mood changes**. Women are especially affected, but men are not immune.

Research suggests that by reducing inflammation and supporting immune balance, **omega-3 fatty acids** may play a protective role in thyroid health. Optimizing omega-3 levels doesn't just protect the brain and heart; it may also help keep the thyroid functioning more smoothly and reduce the risk of autoimmune thyroid disorders.

Living With Cellular Balance

The good news: **"rust" doesn't have to take over**. With **dried blood spot (DBS) testing** and **BalanceOil+**, you can:

- Measure your **Omega-3 Index** and **omega-6 to omega-3 ratio**.
- Restore balance with the right nutrition.
- Reclaim energy, mood, and resilience at the cellular level.

If you're reading this, it is in your best interest to **get tested**. Testing helps determine whether you are getting enough omega-3s and whether your body is truly in balance. If you're not, you can begin taking BalanceOil+. Then, after just four months (120 days), test again—you'll see the proof that BalanceOil+ is working, and that you are either already in balance or clearly moving toward it.

The key is consistency. The longer you take BalanceOil+, the more it improves your numbers and helps you move from insufficiency toward optimization—where your cells, energy, and long-term health are fully supported.

Bottom Line

Chronic, low-grade inflammation is the gateway to many chronic conditions. Simply put, if you live with **omega-3 insufficiency** long enough, the body will show visible signs, such as dry skin, brittle nails, and dry eyes. Unfortunately, this can progress into deeper problems like autoimmune disease, heart issues, muscle loss, memory decline, and chronic illness.

This affects nearly everyone, rich and poor alike, because most people are unaware of optimal omega-3 levels. However, with **DBS testing** and **BalanceOil+**, you can now **measure, correct, and protect** your health.

Act now: Contact the person who shared this article or book a free consultation to get tested. Email me at robert@dietfreelife.com to learn more about testing and how BalanceOil+ can help you reach balance and protect your long-term health.

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Robert Ferguson is a California- and Florida-based single father of two daughters, Clinical Nutritionist, Researcher, Best-Selling Author, Speaker, Podcast and Television Host, Health Advisor, NAACP Image Award Nominee, Creator of the Diet Free Life Methodology, and Chief Nutrition Officer for iCoura Health, Inc. He also serves on the Presidential Task Force on Obesity for the National Medical Association and the Health and Product Advisory Board for Zinzino, Inc.