

# Reduce Your Risk of Dementia, Alzheimer's, and More by Understanding This One Thing

By Robert Ferguson

## Imagine This...

Imagine being diagnosed with **depression, dementia, Alzheimer's, Parkinson's, or another cognitive disorder**, only to discover later that you might have reduced your risk. Even more powerful, imagine helping someone you love to lower their chances.

Advanced research and published studies in **Japan, Norway, and parts of Europe** have already uncovered what I'm now teaching. It could be **10 years, or never, before your doctor is equipped to share this with you**. In fact, many doctors are my clients, and I'm the one teaching them. I'll teach you too, if you want to learn.

In this article, you'll learn about an **at-home test** that quickly uncovers hidden risk factors. I'll then show you how to improve your results and begin reducing your risk of **cognitive decline and other chronic health conditions**. The key is to act early. As John F. Kennedy wisely said, *"The time to fix the roof is when the sun is shining."* In other words, don't wait until memory loss or early signs of **dementia, Alzheimer's, Parkinson's, or other brain disorders** appear; take steps now while prevention is still possible.

## The Hidden Clue Inside Your Blood

Behind every one of these conditions -- dementia, Alzheimer's, heart disease, even accelerated muscle loss -- lies a **silent fire** known as chronic, low-grade inflammation. Doctors often don't measure it, and you can't feel it until damage is already done.

But there is a simple way to see if this hidden fire is burning inside you. It comes down to one measurement in your blood that researchers in **Japan, Norway, and Europe** have been using for years to predict who is most at risk (Honda et al., 2022; Watanabe et al., 2020).

This measurement is called the **AA/EPA ratio**. And to understand why it matters, you first need to know what **AA** and **EPA** actually are.

## What Are AA and EPA?

- **Arachidonic Acid (AA)**: An omega-6 fatty acid found in cell membranes. AA is essential for healing and immune defense, but too much can fuel **chronic inflammation**.
- **Eicosapentaenoic Acid (EPA)**: An omega-3 fatty acid from fish (marine) and algae sources. EPA helps **calm inflammation** and restore balance.

You need both AA and EPA, but the **balance between them** matters more than the individual amounts (Tutino et al., 2019).

## What Is the AA/EPA Ratio?

The **AA/EPA ratio** measures how much AA you have relative to EPA.

- **High AA/EPA = worse** (inflammation dominates, higher disease risk)
- **Low AA/EPA = better** (inflammation is balanced, lower risk)

This ratio is now considered one of the most powerful **biomarkers of inflammation**, a root cause of dementia, heart disease, autoimmune disorders, muscle decline, and more (Kaur et al., 2024; Niwa et al., 2021).

## Why the AA/EPA Ratio Matters

### Heart and Blood Vessels

Japanese and European studies show that a **high AA/EPA ratio** predicts:

- More **vulnerable plaques** in the arteries
- Higher risk of **heart attacks and strokes**
- Increased **mortality in heart failure patients** (Niwa et al., 2021; Watanabe et al., 2020; Watanabe, S. et al., 2016)

Meanwhile, lowering AA/EPA improves outcomes and stabilizes plaque.

### Brain and Cognitive Health

Chronic inflammation damages brain cells. Studies suggest that lowering AA/EPA helps protect against:

- **Dementia**
- **Alzheimer's disease**
- **Age-related memory decline** (Martínez et al., 2024)

### Muscle and Metabolism

High AA/EPA ratios are tied to:

- **Poorer muscle recovery and strength decline**
- **More resistance to weight loss** in people with type 2 diabetes (Miyagawa et al., 2023)
- Higher risk of metabolic disorders

## Cancer and Immune Health

Elevated AA/EPA has been identified as an inflammatory biomarker in cancer tissue and is associated with immune dysregulation (Tutino et al., 2019).

## What Different Countries Have Discovered

- **Japan:** Home to landmark studies like the JELIS trial and the Hisayama Study. Findings show that a **higher AA/EPA ratio** strongly predicts cardiovascular risk. The Hisayama Study also revealed that Japan's average AA/EPA ratio has **worsened over the past decade**, especially in younger adults (Honda et al., 2022).
- **Norway and Europe:** Research links AA/EPA to **systemic inflammation and gene expression**. European cardiology now recognizes the ratio as a marker of plaque stability and long-term risk (Delgado et al., 2023; Kaur et al., 2024).
- **United States:** Though less standardized, U.S. studies increasingly confirm that a **high AA/EPA ratio** aligns with chronic inflammation and worse outcomes (Zanetti et al., 2012).

## How You Can Measure It

The good news is you don't need a hospital or advanced lab to know your AA/EPA ratio. An **at-home whole blood dried blood spot test** can reveal your numbers in days. With this knowledge, you can:

- See your **true inflammation status**
- Make **personalized changes** with food and supplementation
- Retest and celebrate measurable improvements

## Why Health Educators Should Care

Most physicians aren't testing AA/EPA yet. This gives **health coaches, nurses, trainers, and educators** an opportunity to lead. By teaching clients what this ratio means and how to improve it, you can:

- ✓ Reveal the **root cause** of many struggles
- ✓ Provide **science-based strategies** for lasting change
- ✓ Track results with **tangible progress markers**
- ✓ Position yourself as a **trusted authority** in health and wellness

## Why Become a Certified Omega Balancing Coach™

The **Certified Omega Balancing Coach™ program** equips you to translate the science of fatty acids into life-changing guidance.

As a coach, you will:

- Master the science of **Omega-6 to Omega-3 balance and the AA/EPA ratio**
- Learn to guide clients in **reducing inflammation and protecting long-term health**
- Gain access to **cutting-edge knowledge already in practice in Japan, Norway, and Europe**
- Build credibility with a certification backed by clinical evidence and proven results

## Bottom Line: Take Action Today

The **AA/EPA ratio** is more than a lab number; it's a **window into your body's ability to control inflammation**, the root driver of:

- Dementia & Alzheimer's
- Heart disease & strokes
- Muscle loss & poor recovery
- Type 2 diabetes & autoimmune conditions

👉 **High AA/EPA = higher risk**

👉 **Low AA/EPA = protection**

With an **at-home test**, you can see your results in days and take control of your health before disease takes control of you.

Here's how to get started:

✓ Ask the person who shared this article with you

✓ Email [robert@dietfreelife.com](mailto:robert@dietfreelife.com)

✓ Click to [schedule a free consultation](#)

And if you're ready to go further — to become a leader and help others — sign up to become a **Certified Omega Balancing Coach™** today: 👉 <https://www.famcourse.com>

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## About the Author

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