

# Strokes Don't Start in the Brain, They Start in the Blood

By Robert Ferguson

## A Story That Should Make You Pause

She believed she was doing everything right.

She exercised. She ate well. She looked healthy.

Then, out of nowhere, she had a stroke.  
And then another.

How does that happen?

That question is exactly why I'm writing this.

Because what most people are told about strokes is incomplete.

## What Is a Stroke? (Simple Explanation)

A stroke happens when blood flow to the brain is disrupted.

There are two main types:

- **Ischemic (iss-KEE-mick) stroke**, when a blood clot blocks blood flow
- **Hemorrhagic (hem-or-RAJ-ick) stroke**, when a blood vessel breaks and bleeds

In both cases, brain cells are deprived of oxygen.

And when that happens, damage can occur quickly.

## The Biggest Misunderstanding

Most people think strokes happen suddenly.

Like something just went wrong overnight.

But that's not how it works.

A stroke is not caused by what you ate last week.  
It is the result of what has been happening inside your body for years.

## Think of It Like This

A stroke is like a pipe bursting in your home.

The burst didn't happen the day the pipe broke.

- It happened because of years of pressure
- Years of buildup
- Years of damage you couldn't see

By the time the pipe bursts, the problem has already been there.

## The Missing Link: Inflammation and Your Blood

Your blood is made up of cells, and every cell has a membrane.

That membrane is made from many nutrients, but fats play a major role in how it functions and how your cells communicate.

Two of the most important are:

- Omega-6 fatty acids, such as Arachidonic Acid (AA)
- Omega-3 fatty acids, such as Eicosapentaenoic Acid (EPA) and Docosahexaenoic Acid (DHA)

## Why This Balance Matters

These fats act like messengers:

- Omega-6 (AA) promotes inflammation and clotting
- Omega-3 (EPA and DHA) supports balance and blood flow

## What's Actually Happening Inside Your Body

The fats in your cell membranes help produce signaling compounds that affect:

- Inflammation
- Blood vessel function
- Platelet behavior

When Arachidonic Acid (AA) is higher:

- More inflammation
- More constricted blood vessels
- More platelet stickiness

When Eicosapentaenoic Acid (EPA) is higher:

- Less inflammation
- Better vessel relaxation
- Less platelet aggregation

This directly affects clot risk.

## The Ratio That Changed Everything

Years ago, humans had a balance close to:

- **1:1 (omega-6 to omega-3)**

Today, many people are closer to:

- **20:1 or higher**

This shift has come from:

- Processed foods
- Seed oils
- Lower intake of **marine-based omega-3s (EPA and DHA), found primarily in fish and seafood**

Plant-based omega-3s such as flaxseed and chia seeds provide Alpha-Linolenic Acid (ALA), which must be converted into EPA and DHA, and that conversion is very limited in the human body.

## What Science Has Been Saying for Years

**Dr. Artemis Simopoulos**, a globally respected physician, highly cited nutrition researcher, and author known for her pioneering work on essential fatty acids, has been one of the leading voices on this topic for decades.

Her research shows that:

- A high omega-6 to omega-3 ratio promotes chronic disease
- A lower ratio helps reduce cardiovascular risk

She has also highlighted how this balance directly influences:

- Blood pressure regulation
- Clotting
- Inflammation
- Vascular function

Her work helped shift the scientific conversation from simply looking at fat intake to understanding the importance of fatty acid balance.

## What Happens Over Time

When this balance is off for years:

- Blood vessels become irritated
- Inflammation slowly increases
- Platelets become more “sticky”
- Blood becomes more likely to clot

Think of it like **rust forming on metal**.

It builds slowly, quietly, until one day something breaks.

## Here’s the Key Point

A poor omega-6 to omega-3 balance does not directly cause a stroke.

But it contributes to inflammation and clotting risk, which are key drivers of stroke.

## A Conversation That Stood Out

When I spoke with her, a woman who looked extremely healthy yet experienced back-to-back strokes, I asked a simple question:

Had she ever heard of an inflammation score or tested her omega-6 to omega-3 ratio?

Like 99 percent of people in the United States, she had never heard of it.

And this is what really stood out to me.

Here is someone who looked the part, a bodybuilder, a wellness advocate, someone most people would assume was the picture of health.

But what we look like on the outside is not always a reflection of what’s happening on the inside.

Because what we’re really talking about here is cellular health, not aesthetics (how your body looks on the outside).

## Why Most People Never Hear This

Doctors typically test:

- Cholesterol
- Blood pressure
- Blood sugar
- Triglycerides

But they rarely test:

- Omega-6 to omega-3 ratio in the cell membrane
- Overall cell membrane health

These are upstream factors.

The others are downstream markers.

That's like seeing smoke but not checking the fire.

- And by the time you see the smoke, the fire has already been burning.

## The Part That Can Be Easily Addressed

This is the part most people never hear.

And this is the part that can be easily addressed.

In less than 60 seconds, in the privacy of your home, you can take a BalanceTest.

Simply complete the test, place it in the mail, and it's sent to a third-party, highly respected laboratory, **Vitas Analytical Services**, used by researchers affiliated with leading institutions, including Harvard and Tufts University.

Within 10 to 20 business days, you'll receive your results, and more importantly, you'll know exactly what to do to improve them.

This is a no-brainer, and something everyone would benefit from knowing and acting on.

## What the Testing Reveals

Over time, I've had 22 individuals who were consistently taking omega-3 or fish oil supplements complete a BalanceTest.

Every one of them showed levels that were not where they needed to be.

Despite doing what they believed was right, their results showed that their omega balance had not improved.

This removes guesswork.

It replaces opinion with data.

## **Why This Matters**

Your health is not determined by what you take.

It's determined by what your body absorbs and uses.

You can take something every day.

But if it is not reaching your cells, it is not doing what you think it is doing.

## **What Makes the Difference**

One key factor is how well omega-3 fatty acids are protected and absorbed.

Formulations that include polyphenols can help:

- Protect omega-3s from oxidation
- Support delivery into tissues
- Improve effectiveness at the cellular level

## **Why Testing Changes Everything**

The real advantage is not the product.

It's the ability to measure.

- You test
- You act
- You test again

Now you have proof.

Not based on how you feel.

But based on what is happening in your blood.

## **Simple Truth**

You don't need to guess.

You can measure, act, and verify.

## **The DO-HEALTH Study (Why This Matters More Than Ever)**

In a major clinical trial known as the DO-HEALTH study (Vitamin D3, Omega-3, and Home Exercise Trial), researchers found that:

- Combining omega-3 fatty acids, vitamin D, and exercise
- Reduced invasive cancer risk by up to 61 percent

This reinforces the importance of supporting health at the cellular level.

## **A Pattern I See Every Day**

People often say:

“I’m doing everything right”

But when we test:

- Omega-3 levels are low
- Omega-6 levels are high
- Inflammation scores are elevated

And they had no idea.

## **What You Can Do Starting Today**

### **Step 1: Test, Don’t Guess**

Measure your:

- Omega-6 to omega-3 ratio
- Omega-3 index
- Arachidonic Acid to Eicosapentaenoic Acid ratio (AA:EPA)

### **Step 2: Correct the Imbalance**

Once you know your numbers:

- Increase omega-3 intake
- Improve your ratio
- Support your cells

## Step 3: Support Your Body at the Cellular Level

A targeted approach that includes omega-3 fatty acids combined with polyphenols can help:

- Improve cell membrane fluidity
- Support healthy blood flow
- Reduce inflammation

### A Hard Truth

Most strokes don't start the day they happen.

They start years earlier at the cellular level.

### Final Thought

If you feel fine...

If you believe you're doing everything right...

That's exactly why you should test.

Because what you don't know can catch up with you.

### Next Step

Contact the person who shared this article with you, or start here to get the BalanceTest and BalanceOil+ (I recommend the orange-lemon mint flavor):

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

Or reach out directly:

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### **About the Author**

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