

The Radiant Life Center ~ wellness education & products

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Are you in balance?



ZINZINO

Balance oil by **Zinzino**~ A sustainably harvested fish oil from Iceland blended with olive oil, rich in Poly Phenols which preserve the delicate EPA & DHA and maximize its bioavailability. The **Zinzino Balance Test** allows us to see our Omega 6:3 ratio score as well as know just how much EPA & DHA is in our blood stream. Unless we are in balance of 3:1 or better and have 7.3 % of critical Omega 3 (EPA/DHA) in our blood, we are inflamed at a cellular level and are at risk of silent, chronic, disease causing inflammation. Take the Test! get informed.

"Low-grade inflammation is associated with everything from heart disease and diabetes to Alzheimer's and arthritis, and may even be the cause of most chronic disease" ~ University of California Berkeley, School of Public Health (2010)

So, What causes inflammation? What causes aging? And, Why is living a long healthy life such a rarity?

Firstly, all of our cells are constantly renewing themselves. We have a new set of red blood cells every 120 days. We have a new skeleton every ten years, and so on. Secondly, the body has incredible powers for regeneration and renewal, so long as we give it the life enhancing building blocks of proper nutrients. Thirdly, the body thrives in ideal environments suited to its mental, emotional, physical and spiritual needs.

For as much as we already know, living a 'Healthy Lifestyle' may elude us. Currently the science indicates that one simple factor which can make the greatest difference in our health is a balanced Omega 6:3 ratio. It is clear, that for most us, our diet creates inflammation from too many foods containing high levels of Omega 6 fatty acids and too low of Omega 3 fatty acids.

Opposite of the dietary guidelines set by the USDA back in the 70's, eating a low fat diet, high in carbohydrates is Not the way to go! Saturated Fats were demonized and promptly replaced by the polyunsaturated fats "said to be heart healthy". Turns out, the opposite is true. Polyunsaturated oils: corn, soy, safflower, grape seed, cotton seed, and canola to name a few are high in Omega 6. They have replaced the once used *butter* in baked goods, along with the once used frying oil of *lard, palm or coconut oil*. Polyunsaturated oils replaced these 'good' saturated fats. Yes, saturated fat is not bad for you. Furthermore, the commercial feed lot raising of Cattle, Hogs, Chickens and farmed Fish is a disgrace, and adds high Omega 6 to our diet compounding our inflammation. Feeding animals corn=inflammation (for them and us). Feeding animals grass=anti-inflammation (for them and us).

Right now, millions of people are taking cholesterol-lowering drugs without needing them, suffering the serious side effects of unnecessary medication. And then adding fuel to the fire, they are being advised to eat a low fat diet. Back in the year 1900, we rarely ever heard of anyone having a heart attack. Today it is the number one leading cause of death in our Nation.

Bottom Line:

Processed seed and vegetable oils are very unhealthy, loaded in omega 6 fatty acids and trans fats that contribute greatly to disease. Too much Omega 6 and (not enough Omega 3) surrounds each one of our cells in a hot sticky film that impedes the cells ability to take in nutrients and then rid itself of waste products. Since we are made up of Trillions of cells, and every cell needs a balance of essential fatty acids to function and to make new cells, it is necessary to get the right balance in our diet. When this does not happen, we get INFLAMMATION.

Inflammation leads to Degeneration.

Degeneration leads to Aging.

Premature Aging leads to Disease and early Death.

Balance Oil from Zinzino can help. [Learn more here.](#)

I am at your service to present **Zinzino** to your friends & family. Taste the Oil, and get started Now to dramatically reduce your Inflammation!! And stop degenerating!

Call me direct to order or to schedule a Balance Oil presentation in your area. Sequoia Lyn-James ~ 707-396-8840

