

Oasis of Hope CEO Offers Secrets for a 'Long Healthy Life'

With the recent news that U.S. life expectancy plunged in the first half of 2020 due to the COVID-19 pandemic, health is something we all think about these days. But Daniel Kennedy has an even deeper concern: to promote health so people can increase their years of healthy living—to help them have a healthy long life.

“Medicine has done an incredible job at fighting disease, but not promoting health,” Kennedy, CEO of Oasis of Hope, an alternative cancer treatment center in Playas de Tijuana, Mexico, says. To that end, Oasis of Hope has produced a new documentary, *Healthy Long Life*, which he says, “goes through a lot of the top issues on how to be healthy as you age.” Available on Amazon Prime, the documentary provides information to help people prevent cancer and other diseases and to stay healthy as they age.

“Our life expectancy in the United States right now is a little over 79 years, but the CDC also measures how many of those years you’ll be healthy, and they call it the healthy life expectancy,” Kennedy says. “So life expectancy is about 79 years, but healthy life expectancy is only 69 years.

“That really got my attention,” Kennedy says, explaining that most of us hold some beliefs about health that we need to change, including the idea that doctors exist to “fix” us when we’re sick. “We’re very passive about our health,” he says. “and that is really what *Healthy Long Life* is focused on: what you can do.”

Not only does the documentary feature Kennedy’s interviews with experts such as Dr. Francesco Branca, director of

nutrition for the World Health Organization; other international medical professionals; and researchers, but it includes stories of people Kennedy calls “cancer victors.” By this, he means “people who had advanced stage cancer but were able to turn it around. ... And they are going to tell you exactly how lifestyle medicine has more impact than your genes.”

To hear more from about how you can have *Healthy Long Life*, listen to the entire episode of the *Strang Report* podcast [here](#), find the *Healthy Long Life* documentary [here](#) and share these resources with friends and family who need to know the truth about lifestyle medicine. Make sure to subscribe to the *Strang Report* podcast on Apple Podcasts or your favorite platform for more informative and inspiring stories. {eoa}

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