

East Meets West

Combining the Best of Eastern and Western Health Practices



Eastern or alternative health stresses prevention, stress reduction from relaxation, spiritual growth, and vital forces exercises

Western medicine focuses on science, testing, medical prescriptions and is very analytical.

Both approaches have great benefits.

Why not combine these approaches together into a total spirit, mind, vital forces, and body philosophy ?

This is what the Personal Longevity Program and Longevity Training is all about !

All of Our Training is based on the 10 Principles:

The 10 Principles of Personal Longevity

- 1) Real Long Lived Persons Exist**
People really have lived a long time-so you can do it too
- 2) Define Your Purpose in Life**
Know your life purpose-To live life with meaning
- 3) Enable Your Life Urge**
Know without doubt that you will live a long and happy life
- 4) The Importance of a Spiritual Connection**
A spiritual connection is important for happiness & long term health
- 5) Having Love in your Heart**
Unconditional Love is real-It will make you happier and healthier
- 6) Activate your Vital Forces**
Improve the vitality of your energy body for health and to enjoy life more
- 7) The Science of Longevity**
Use new therapies and discoveries from Science & Medicine
- 8) Keep your Physical Body Healthy**
Eat a proper diet, use herbal supplements, and exercise
- 9) Use Your Intuition for Safety**
Learn to use your intuition to keep you safe
- 10) Implement the above principles in your life**
Implement these principles for long term health, greater happiness, and extended longevity

Personal Longevity, Inc.

Rancho Palos Verdes, Ca.
Phone: 310-386-6388
E-mail: mke@personal-longevity.com
<http://personal-longevity.com>



Longevity Webinars

Online Longevity Training Webinars



Why you should signup:

- You will Learn how to optimize your long term Health & Longevity
- Attend from the comfort of your own home
- A very modest price of \$35 per session (Pay one at a time)
- Attend one session weekly for a total of 11 one hour Webinars
- Bonus of Basic Longevity Online Account access after attending all 11 sessions.

About the Longevity Webinars



Who should attend:

- Baby Boomers who are looking for ways to improve their health and longevity
- Persons wanting to improve not only their exterior beauty but their inner youthful beauty & health too.
- Spas & Resorts who are interested in our other programs and want to learn more before committing.

Development of the Longevity Training Program

The Longevity Coaching program was developed over several years by Martin Ettington and has been well validated in the last two years by clients. The online Webinars are based on this content and many Longevity Workshops Martin has successfully given and contains many materials used in those events.

What you will learn in these Webinars:

- Learn details about the 10 Principles of Personal Longevity
- Videos with exercises for the attendees to internalize longevity practices
- Forms to review your overall health status and plan how you will implement these practices long term
- Question & Answer Sessions at the end of each Webinar

Javier Pereira, 169, died 1958



Other Benefits from these Webinars:

- Completion of all 11 sessions authorizes the user to receive one user license to access the full online Basic Longevity Training
- All fees can be used as payments toward the full Longevity Coaching program or Packaged Longevity Workshops

Shirali Mislumov, 168 Died 1973



Signup Instructions:

1) Go to our Meetup group at:

<http://meetup.com/Longevity>

2) Look for the next event with the prefix title "**Longevity Training Webinar**"

3) Signup for each event for \$35 online and you will receive emailed instructions to attend the event

Training Developed By
Martin K. Ettington



Engineer, Writer of 27 Books/Ebooks,
and International Longevity Expert