

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 coaching 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.

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Longevity Coaching

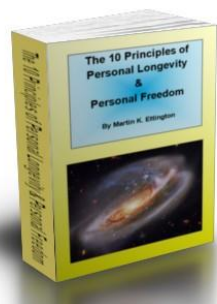
Make a Great Living as a Longevity Coach !



The Benefits of Longevity Coaching:

- A health philosophy which helps your clients integrate spirit/mind/body.
- Build your Brand by integrating Longevity Coaching into what you already do.
- Resell our Training Program to make additional \$\$\$
- Baby Boomers are aging and looking for ways to improve their health and longevity

About the Professional Personal Longevity Coaching Program



**Train Online using
desktops/laptops/phones/tablets
with 60+ hours of multimedia**

What Longevity Coaches Do:

- Longevity Training with clients
- Be a Coach and Educator
- Be an Author and Writer
- Personal Trainer and/or Dietitian
- Yoga and Meditation Instructor
- Alternative Medicine Practitioner
- Lecturer & Speaker
- Integrate with other products and services

**Greater Purpose and
Happiness in Life helps
determine your overall health**



Join our 6000+ members on Facebook

<https://www.facebook.com/ThePersonalLongevityProgram>

What we Offer:

- A Longevity Coaching Certification Program all done from the comfort of your home
- Our Exclusive Longevity Membership site has huge amount of info.
- Short term benefits to clients thru "Personal Freedom"
- Assist on marketing your services

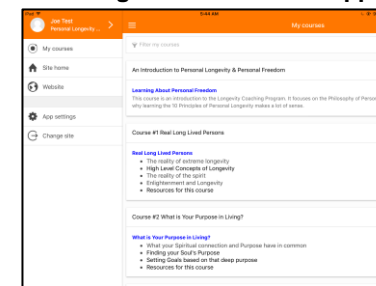
"The channels of revenue are endless"

Additional Business Support Services:

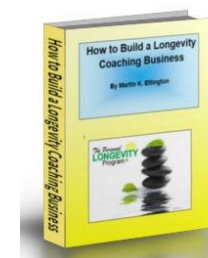
- Create your own coaching website with one of our easy pre-designed templates
- Resources and tools to improve business, attract clients and make more money
- SEO Package to generate traffic
- Social Media Package
- Email Marketing Package



Training on Phone/Tablet app:



"It's a philosophy of optimizing Long Term Health, Greater Happiness, and Extended Longevity"- Marty Ettington



**Training Developed By
Martin K. Ettington**



**Engineer, Writer of 30 Books/Ebooks,
and International Longevity Expert**