

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 Exclusive Longevity Subscription Site 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

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Longevity Member Site

Enhance your Personal Freedom and Longevity



The Benefits of the Exclusive Longevity Membership Service:

- Helps you build your longevity and personal freedom practices
- New Materials available each month
- Basic Longevity Training Included
- World Famous Longevity Blog with over 900+ entries
- Many Videos on Longevity
- Ebooks to Download
- A Community for discussions on Longevity

About the Exclusive Longevity Subscription Service



There are many areas of longevity focus and information in the exclusive longevity subscription service

Some of the Areas on this Site:

- An Introduction to Personal Freedom
- Basic Longevity Training
- Longevity Books & Specials
- The Longevity Community
- Video Blog and Specials
- Longevity Resource Pages
- Longevity Recipes
- Longevity Affirmations
- Chronic Illness Relief

Greater Purpose and Happiness in Life helps determine your overall health



Join our 6000+ members on Facebook

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

More Functionality:

- Podcasts and Webinars
- Long Lived People and Places
- The Family Package
- Discounts and Special Codes



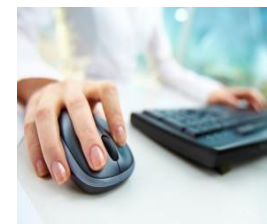
Learn about Personal Freedom:

Personal Freedom is all about breaking psychological barriers, improving Life Purpose, and thinking outside of the box to live life more fully with more happiness and hope

Recorded Webinars & Podcasts



"We have a philosophy of optimizing Long Term Health, Greater Happiness, and Extended Longevity"- Marty Ettington



Basic Longevity Training is included for Subscribers



Subscription Site Developed By
Martin K. Ettington



Engineer, Writer of 30 Books/Ebooks,
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