

Testimonials from Certified Functional Health Coach graduates



“Although I have attended many of Erleen’s previous retreats and have spent the last 3 years teaching about the benefits of doTERRA’s Essential Oils, I did not quite see the BIG PICTURE of what we are truly being called to in this great work until I attended this training and read the book “Food & Behavior”. WOW! Just WOW! Who knew that so much of what is ‘wrong’ today (both physically and mentally) stems from our lack of Nutrition and overload of Toxic Chemicals! I’m excited to move on to the next level of understanding as a Certified Functional Health Coach!!” Holly O.

“When I enrolled in the Certified Functional Health Coach course, my goal was to help myself and my family improve our diet. To my pleasant surprise, diet was only one aspect of health that was introduced in the course. I learned about many different modalities and approaches to health. I can see how using this knowledge will help my family, my contacts, and clients improve their lives. It will also help me build my oils business. It truly ignited the fire I need to move forward with my health and business goals.” Pauline S.

“The casual atmosphere of the course allowed us to glean information from Erleen and many others who have a wealth of knowledge beyond the course materials. Many of the things I learned were not in the course, but from those who shared experiences that validated what we were learning.” Ruth Ann S

“This course gave me a wonderful perspective on nutrition and health. Many things I already understood were confirmed through the research and concepts that were presented. Many other things were new and opened my eyes to the power of foods, nature’s plants, and extracts in supporting and regenerating the body, as well as how I can be a voice for good in guiding people toward better lifestyle choices and habits. I loved the course and highly recommend it to others.” Dan T.

“Participating in the Certified Functional Health Coach course facilitated by Erleen Tilton was an expansive experience beyond anything I anticipated. While I’ve been a strong proponent of healthy organic, gluten-free foods since 1986, Erleen’s breadth & depth of personal experience and studies were well presented and very informative. The frequent opportunities to explore situations in small groups helped me focus & learn from and about other participants. All of the materials were well thought out and provided a learning atmosphere that more than supports success as a Certified Functional Health Coach. The information shared, coupled with Erleen’s ready support, creates a great platform for the success of this program and the gifts that clients receive on their journey to more sustainable health, well-being & coaching.” Judith J.