

Testimonials

Tiffany H (TN)

MaryRuth has a wealth of knowledge and shares it in a compassionate and memorable way. She is able to take complex information and put it into bite-sized pieces for everyone to understand. She takes the time to answer questions and make sure that you understand the material presented. Her extensive expertise is well sought after, and I am so thankful to have the opportunity to learn from such a highly educated teacher. Take a class, and you will be pleased with the information she shares, and you will be glad you learned such vital information for you and your family. She is such a blessing, and I am so for her.

Eva S. (Norway)

I am always SO blessed listening to Maryruth's programs. She has so many experiences, both spiritually and with health, and she is therefore so full of compassion and love. Thank you, dear Maryruth, for always being willing to answer questions and help. Love you.



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“Helping Families Build Health, Resilience, and Practical Preparedness”

Living Ready Collective



**Maryruth Dilling,
MSMHC, DTM**

Maryruth Dilling is an educator, author, and Natural Health Professional who equips families with practical tools for resilience, wellness, and intentional living from a biblical worldview. I educate, challenge, and encourage people to make lifestyle changes to improve mental and physical wellness.

Speaking & Training Topics

Health and Wellness

- NEWSTART Lifestyle Principles
- Detoxification Basics
- Health for Seniors
- Food & Behavior

Emergency Preparedness

- Beginner Preparedness
- Herbal and Natural Remedies
- Food Storage Basics

Special Family Support

- Autism & Sensory Challenges
- Preparedness for Families with Special Needs
- Integrative Mental Health

Services Offered

Speaking Engagements

Weekend Seminars

Health Consultations

Preparedness Coaching

Parent Support Consultations

Small Group Workshops

Church Training Events

Custom presentations are available
for churches, schools,
homesteading groups, and
community organizations.

