



Autumn Schulze

CEO of Autumn's Harvest, LLC

As a presenter Autumn engages her audience with creative concepts, utilizing food as tool for everyday preventive medicine & vitality.

Sharing the story of her Father's cancer & how food has impacted their journey.

Drawing from her background in Bio-Medical Science & former Pharmaceutical Drug Trial Research career.

Autumn is a trained Herbalist & Holistic Health Coach who helps support her clients transformation via natural support.

Autumn is an advocate for medical informed consent, natural cancer support, animal welfare & plant based nutrition.

**Autumn's Divine purpose is to empower others to
'Harvest Their Best Health & Wellness'**

Topics

LISTEN TO YOUR GUT!

Listening to our Gut is not always easy.

Discussion includes the importance of your gut microbiome, how it effects your immunity & even mindset.

Simple ways to improve gut health.

FOOD AS MEDICINE - AN INTRODUCTION

Simple concepts to introduce plant based whole foods medicine & achievable daily methods. Including Juicing & Superfoods.

HERBAL MEDICINE - THE DIVINE GIFTS

The What, Why & Hows of Everyday Herbal Medicinal Support.

Autumn's Harvest Services

PRIVATE COACHING & CONSULTING

- **Thyme to Thrive:** 6 Month VIP Mentor-ship
Gut Health & Vitality Program
- Whole Foods Health Coaching
- Private Consultations

WORKSHOP & EVENTS

Including - Growing a TX Tea Garden, Herbal Beauty, Natural Anxiety Support, Fertility Allies, Herbal Gifts & more...

ORGANIC HERBAL APOTHECARY LINE

Provides supporting organic herbal products for coaching clients & customers. Tinctures, Teas, Salves & more!



Education & Training

TEXAS A&M UNIVERSITY

B.S. Bio-Medical Science

AUSTIN SCHOOL OF HERBAL STUDIES

Becoming an Herbalist

AMERICAN COUNCIL ON EXERCISE

Health Coach Certification

HERBAL MEDICS ACADEMY

The Apothecarist Program - Level 5
Mother-Maiden-Crone
Clinical Medicine for Professionals

**FOR MORE INFORMATION
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