

Autumn Enloe, MS, RD, LD, CLT

Registered Dietitian & Certified LEAP Therapist

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Autumn is not only very knowledgeable but also very real. She can take complex nutrition concepts and make it easy to understand. - Alex S.



About Autumn

Autumn is a functional dietitian/nutritionist and the owner of Autumn Enloe Nutrition where she focuses on helping busy moms make their health a priority.

She helps her clients get to the root cause of their health issues through her individualized and holistic approach. She has worked with thousands of clients on areas such as weight loss, blood sugar support, gut health, mindful eating, food sensitivities, meal planning, and more.

She holds a Masters degree in Food and Nutritional Sciences, a Bachelors in Community Health Education, and is also a Certified LEAP Therapist.

She provides personal nutrition coaching and frequently posts on social media and on her blog at www.autumnenloe.com

Speaking Topics:

- Metabolism Makeover
- Six Ways to Clean Up Your Eating Habits
- Eight Non-Food Related Reasons Why You Aren't Losing Weight
- Debunking Common Nutrition Myths

Previous Speaking Engagements At:

- Buffalo Wild Wings Corporate
- Mississippi Market Co-Op
- Preferred One Corporate
- Revival Chiropractic
- Stillwater Community Education
- Lux Family Chiropractic
- Anning Johnson