

MS



RD

RACHEL HARVEST

NURTURE — GROWTH

Media Kit & Speaker Brief

Rachel Harvest, MS, RDN
Founder & CEO, *The Harvest Method*

www.theharvestmethod.com | [@theharvestmethod](https://www.instagram.com/theharvestmethod)



Rachel Harvest

Registered Dietitian Nutritionist,
entrepreneur, and founder of
The Harvest Method

Rachel holds a **Master's degree in Clinical Nutrition from New York University** and has advanced training in behavioral health nutrition, eating disorder treatment, functional medicine, and dialectical behavior therapy (DBT). **Her work focuses on the intersection of nutrition, emotional regulation, nervous system health, and behavior change.**

Before entering the field of nutrition, Rachel trained as a classical ballerina. That experience shaped her understanding of discipline, embodiment, and the cultural pressures many people internalize about food and body image.

Through *The Harvest Method*, Rachel has built a carefully **curated team of Registered Dietitians** who **integrate evidence-based nutrition with psychological and behavioral skill-building**. Together they help clients move from confusion and self-criticism toward clarity, sustainable habits, and greater self-trust.

SIGNATURE TOPICS

- ✓ Nervous System Regulation & Eating Behavior
- ✓ Why Knowing What to Do Isn't Enough
- ✓ Emotional Intelligence & Food
- ✓ Functional Nutrition & Mental Health
- ✓ Healing Disordered Eating Patterns
- ✓ Self-Trust and Sustainable Habits
- ✓ Entrepreneurship in Healthcare



THE HARVEST METHOD

NURTURE — GROWTH



WHO WE ARE

The Harvest Method is a national telehealth practice providing personalized functional and integrative nutrition therapy. Our team of Registered Dietitian Nutritionists combines medical nutrition therapy with behavioral health approaches to support lasting change in how people relate to food, their bodies, and their overall well-being

THE HARVEST METHOD FRAMEWORK

Self-Knowledge

Understanding your patterns, thoughts, emotions, and physical signals.



Self-Care

Developing supportive daily practices that nourish both body and mind.



Self-Trust

Rebuilding confidence in your internal signals and decision-making.



Self-Respect

Learning to treat yourself with steadiness, boundaries, and care.



WHO WE SERVE

The Harvest Method primarily serves individuals who are thoughtful, high-functioning, and seeking a deeper understanding of their relationship with food, health, and personal growth.

Our clients often come to us when they feel overwhelmed by conflicting health advice, stuck in cycles of restriction and overcompensation, or disconnected from their own internal signals.

Through personalized care and skill-building, we help clients develop clarity, consistency, and a more grounded relationship with nutrition and well-being.

SERVICES & OFFERINGS

1:1

functional and integrative nutrition therapy



Telehealth care with Registered Dietitians across the US



Behavioral health-informed nutrition coaching



Eating disorder recovery support



Nervous system-informed nutrition care



Educational resources, courses, and digital tools



PARTNERSHIP OPPORTUNITIES

- ✓ Podcast interviews
- ✓ Speaking engagements
- ✓ Expert commentary
- ✓ Workshops and panels
- ✓ Brand collaborations aligned with health and well-being





SHORT BIO (MEDIA USE)

Rachel Harvest, MS, RDN, is a Registered Dietitian and founder of *The Harvest Method*, a national telehealth practice providing functional and integrative nutrition therapy. With training in behavioral health nutrition, DBT, and eating disorder treatment, Rachel helps people understand the connection between thoughts, emotions, the nervous system, and food behaviors. Her work focuses on practical, sustainable change that supports both physical and emotional well-being.

MEDIA ASSETS

Available upon request

- Founder headshots
- *The Harvest Method* logo
- Brand imagery
- Speaker photos

CONTACT

Media & Speaking Inquiries
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Website
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