Dr. Darria Long

Dr. Darria leverages the best of science and “in the trenches” experience to help improve the lives of women. By combining her life’s work as an emergency room physician *and*being a mom of two – Dr. Darria has become the ‘making life better for women’ expert.

A Harvard and Yale-trained emergency medicine physician, Dr. Darria is founder of [The Trueve](https://trueve.com/), a website devoted to distilling health headlines and sharing simple, evidence-based (from western, eastern, and integrative medicine) advice on physical and mental wellness, and the health guidance you’d expect from a trusted friend. TrueveLab, the research arm of Trueve, launched [The Study of Burnout in Women](https://trueve.com/burnout), one of the most comprehensive studies on the topic, to finally find actionable solutions for all of us.

National bestselling author of [*Mom Hacks*](https://www.amazon.com/Mom-Hacks-Science-Backed-Shortcuts-Unstoppable/dp/0738284645/ref=sr_1_2?keywords=mom+hacks&qid=1561138728&s=gateway&sr=8-2), Dr. Darria is also a [TedX speaker](https://www.youtube.com/watch?v=Fe1z22_Qd9E&feature=youtu.be) of the now widely popular “An ER doctor on ending the crazy busy,” and Clinical Assistant Professor at the University of Tennessee. A featured regular on CNN, Headline News, NBC, Interview Healthline, Hallmark, Lifetime, Dr. Oz, Thrive Global and more, Dr. Darria is a national spokesperson for the American College of Emergency Physicians and author in the pre-eminent textbook of emergency medicine, *Harwood-Nuss Clinical Practice of Emergency Medicine.*

Dr. Darria was diagnosed with a sudden - and entirely unexpected - rare heart condition on New Years Eve, 2020. Going through that process, wearing a defibrillator vest for six weeks, having multiple heart surgeries, while caring for her two small children and launching Trueve, made her more committed than ever to giving women honest, easy answers to their health questions.