

# Brenna Bray, PhD

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## Brenna Bray, PhD




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Dr. Bray is a dedicated Scientific Researcher, Educator, Holistic Health Clinician (Integrative Nutrition Health Coach), and advocate. Dr. Bray's training includes a PhD in Biomedical Sciences & Neuroscience and postdoctoral training in Complementary and Integrative Health and Eating Disorders funded by the National Institute of Health (NIH). Her graduate work focused on the neurobiological underpinnings that enable stress hormones (cortisol) to alter reward neurotransmission and salience in healthy conditions (enabling stress to enhance motivation, focus, and drive) and in amphetamine withdrawal (enabling stress to prompt relapse)([Bray et al., 2016, 2018, 2020; Barr, Bray, Forster, 2017](#)). Her postdoctoral work focused on environmental, clinical, and neurobiological factors associated with eating disorders ([Bray et al., 2022a, 2022b, 2023, 2021, 2024, 2025](#)), which prompted her to found the [NourishED Research Foundation \(NRFi, \[www.nourishedrfi.org\]\(http://www.nourishedrfi.org\)\)](#), a 501(c)(3) organization that uses research to highlight and change the social justice factors that often underpin mental health disparities. In addition to founding and directing NRFi, Dr. Bray is a core faculty member in the National University of Natural Medicine (NUNM)'s [Clinical Research MS program](#) and [Building Research across InterDisciplinary Gaps \(BRIDG\) program](#) and a [research faculty at NUNM's Helfgott Research Institute](#). She is also an Associate Adjunct Professor at Naropa University's [Clinical Mental Health Counseling MS Program](#) and in the [Psychology Department](#) and [Psychedelic Studies programs](#). Dr. Bray run a successful [integrative nutrition and holistic health practice \(\[www.brennabray.com\]\(http://www.brennabray.com\)\)](#) and writes a holistic health column for [AboutBoulder.com](#). She is also an avid ultra-marathon mountain trail runner with longstanding practices of yoga, meditation, and indigenous exploration. Her many activities and engagements are fueled by her passion for making health information and health self-efficacy accessible to everyone.



**BRENNA BRAY, PHD**

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