

TRUPTI GOKANI, MD

BIOGRAPHY

Trupti Gokani, MD is an award-winning, board-certified neurologist, health & mindset coach, ayurvedic expert, and Master Practitioner of NLP, who has dedicated her life to developing a unique blend of ancient wisdom with modern approaches. By melding these approaches, she's become a highly sought-after speaker and coach, sharing holistic wellness strategies with larger-than-life media personalities like Dr. Oz, global pharmaceutical giants like Teva, and coaching clients from all over the world.

She has been a blogger for Huffington Post and served on the faculty for The Shift Network and Metagenics.



She is best known for her revolutionary integrative approach to treating migraine, one of the most disabling neurological conditions, through The Zira Mind & Body Center which she founded in 2006. As a Master Practitioner of Neuro-Linguistic Programming, she now uses this additional approach to help clients understand their unconscious mind programs which keeps them in repetitive patterns of disharmony of thoughts, words, and action, leading to misalignment with the true self and optimal health. From this experience, she has created the Three Brain Optimization Program™, which allows clients to discover the exact source of their disharmony. She is now offering this program of integrative coaching, using cutting-edge techniques, to improve energy, mindset, focus, and clarity in purpose. She helps high performers create a strategy to move them from survival mode to thriving.

This allows them to attract abundance of health, wealth, and relationships in life. Currently, Dr. Gokani is the Chief Medical Officer of Saffron & Sage, a holistic healing center in San Diego. She has served in previous roles as CMO of Ancient HealthCare, LLC, an organization founded to advance the knowledge of wisdom to the world. She is currently President of the board of the American Chronic Pain Association and is on the advisory board of Patient Mind, LLC both non-profits with a mission to empower patients with mood and pain disorders.

She is Secretary of the Great Lakes Regional Headache Society. She is also on the advisory board of Verse, an online healing arts educational platform. She is a consultant and spokesperson for Microbiome labs and is working with them to conduct research on imbalanced gut flora and neurological and psychiatric disorders. She is a consultant for BrowTine Consulting, and assisted them with the development of an online education program for migraine.

CREDENTIALS AND QUALIFICATIONS

Dr. Gokani graduated Magna Cum Laude from the University of Illinois with degrees in Economics & Biology. She later earned her medical degree from the University of Illinois at Chicago, where she also completed her training in Neurology, was Chief Resident, and pursued additional post-doctoral training and certification as a Master Clinical Psychopharmacologist through the Neuroscience Education Institute. Her early bout with insomnia in medical school led her down a path of studying eastern forms of healing, specifically Ayurveda, for twenty-five years. She initially pursued formal training in Functional Medicine through the Institute of Functional Medicine. At that time she joined forces with another integrative practitioner and started an integrative wellness center. During this time she managed a team of practitioners ranging from massage therapists and nutritionists to acupuncturists and physical therapists. Dr. Gokani became certified in IV Nutritional Therapy and offered this therapy as a bridge for those struggling to restore energy, vitality, and reduce pain. At this time started practicing Transcendental Meditation in hopes to share this wisdom with her patients.

During this contemplative time, she felt a draw to further study the ancient wisdom of Ayurveda. Due to her early exposure and personal transformation with this science, she decided to become certified in Ayurveda. She thus completed certification as an Ayurvedic Wellness & Nutrition Counselor through Kerala Academy. She then later pursued additional advanced training in Ayurveda through the Maharishi Health Professional Ayurveda Practitioner Program in conjunction with Scripps Hospital. In addition to these certifications, she trained in Pranic Healing and Chakra analysis to further pursue the mind. Her passion for understanding the physical-mental-emotional-spiritual connection to health led her to delve deeper into NLP training. As mentioned above, most recently, she has become a Master Practitioner of Neurolinguistic Programming and is becoming certified as an Integrative NLP Coach. Despite all of her work in complementary medicine, she has maintained her vigor for studying western neurology and completed board recertification for Neurology & Psychiatry. She is medically certified by the American Board of Neurology & Psychiatry and is licensed to practice in Illinois and California. Due to her passion for education and training, she had become one of the leading faculty trainers for leading pharmaceutical companies such as Teva Pharmaceuticals and has been a local or national speaker for Allergan, Abbvie, Biohaven, Lundbeck, Merck, Pfizer, Glaxo, and Astra-Zenica pharmaceuticals. She has been married for 24 years and has two children, Ariya and Arman, along with her dog Blue. She resides in the northern suburbs of Chicago. Dr. Gokani published her first book, *The Mysterious Mind*, in 2015 and is working on her second book. She is available for speaking engagements and media appearances in addition to her ongoing work at the Zira Mind & Body Center and private coaching intensives. For more information, visit Dr. Gokani at <https://truptigokanimd.com/>.