

Trupti Gokani, MD

www.truptigokanimd.com



CURRICULUM VITAE

Employment

Integrative Mindset Coach

Founder of Three Brain Optimization™ Program

08/2021- Present

Chief Medical Officer

Saffron & Sage Holistic Healing Center

10/2020- Present

San Diego, CA

Zira Mind and Body Center

Founder, Integrative Neurology Center

02/2013- 9/2021

Glenview, IL

Ancient HealthCare, LLC

Spokesperson and Chief Medical Advisor

09/2016-02/2019

Encinitas, CA

North Shore Headache Clinic, Highland Park

Founder & Medical Director

01/2006-02/2013

Glenview, IL

North Suburban Wellness, Highland Park

Administrative Director

03/2007-04/2013

Highland Park, IL

Robbins Headache Clinic, Northbrook

Staff Neurologist

12/2002-12/2005

Northbrook, IL

Board & Advisory Positions

American Chronic Pain Association

President of the Board

12/2020- Present

Verse, Online Healing Arts Platform

Advisor

03/2021-Present

Great Lakes Regional Headache Society

Secretary of the Board

10/2018- Present

Patient Mind, Inc
Vice President of the Board

09/2017- Present

BrowTine Consulting
Educational Coordinator for MigrainePro™

04/2016- Present

Education

University of Illinois, Urbana – Champaign (Biology & Economics 1993)
Graduated Magna Cum Laude (Top 5% Graduating Class)
Deans List 1989 – 1993 (all semesters)
Omicron Delta Epsilon (Economics Honorary GPA 5.0/5.0 in Economics)

University of Illinois, College of Medicine (M.D., 1997)

Postdoctoral Training

Internship in Family Practice, MacNeal Hospital, Berwyn 1997 – 1998
Residency in Psychiatry, University of Illinois, Chicago (January – June 1999)
Residency in Neurology, University of Illinois, Chicago (June 1999 – June 2002)
Chief Resident in Neurology, (June 2001 – June 2002)

Licensure and Certification

Illinois (2002 – Present)
California (2010- Present)
American Board of Neurology & Psychiatry, Board Certified
(June, 2003; Recertified 2/2014)

Hospital Privileges

North Shore University Health Systems
Staff Privileges

06/09-07/19

Media/Speaking

Featured as a repeat guest on the Dr.Oz show
Blogger on Huffington Post
Speaker and on Faculty for various pharmaceutical companies

Honors and Awards

Breaking Barriers Award

04/12

This award was given by the Chicago Foundation for Women's Asian American Leadership Council honoring Dr Gokani for breaking barriers to transform the field of health and wellness

'Excellent' Rating for Risk Management Practices- Awarded by American Physicians

Additional Training

Integrative NLP Coach Certification

The Association for Integrative Psychology

08/2021

Master Practitioner of NLP Certification

Empowerment Institute

07/2019

Ayurvedic Wellness Counselor- Kerala University

Completed 500 hour Distance learning program

Mid Term paper- Migraine from an Ayurvedic Perspective

07/2010

Maharishi University Transcendental Meditation Program-

02/2010

Ayurvedic Medicine for Health Professionals Training Course 01/2010-06/2010

Through the Maharishi University/Scripps Center for Integrative Medicine, San Diego

Completed 4 weekend educational blocks during which I became versed on the use of Ayurvedic herbals.

Master Clinical Psychopharmacologist Certification.

Completed certification through the Neuroscience Education Institute in

08/2006

Metagenics Mood and Cognitive Disorders Symposium

-Completed training on use of Supplements for Mood Disorders

Chicago

11/2006

Nutritional Therapy in Medical Practice

-Completed course with Drs. Jonathan Wright & Alan Gaby

Las Vegas

01/2007

IV Nutrient Certification

Utilizing IV Magnesium, B vitamins, Vit C, along with other agents for acute/chronic symptom relief

-Completed certification with Dr Michael Wald

01/2009

Ayurvedic Pulse Practicum- Ayurvedic Institute, New Mexico

Attended a one week Practicum with Dr Vasant Lad and was instructed on the Ayurvedic pulse diagnosis

06/2009

Biopuncture Technique Seminar

Utilizing homeopathics for injectables for various conditions

-Completed training with Dr. Kerschot

09/2009

Institute of Functional Medicine – The Many Faces of Pain- Functional Models for Assessment and Treatment

05/2008

Institute of Functional Medicine- Hormone Symposium

02/2012

Research

MIST II

3/07-12/07

PFO and Migraine Study

A study in collaboration with Rush University to determine the relationship of Patent Foramen Ovale to Migraine headaches.

Previously participated in the following studies:

Merck Menstrual Migraine Study 2005. Patients were recruited patients with menstrually-associated migraines. Measured response to various abortive medications taken during menses.

Merck Migraine Diary, Differentiation and Decision Study (MD3).

Our clinic participated in the **Axert Intensity Migraine Study; 2004.** This study was conducted to understand the response to medications based on timing of treatment.

**Merck Pharmaceutical – Maxalt Study
Clinical Investigator – University of Illinois**

2001-2002

Participated in research studying the effects of Rizatriptan on migraines in young adults.

**POST Study, Bristol-Meyers
Clinical Investigator – Christ Hospital**

2000-2001

Participated in a study involving the early administration of neuroprotective agent to qualified candidates from a cortical ischemic event.

Previous Employment

University of Illinois, Chicago

Department of Psychiatry. (January 1994 – April 1994)

Research Assistant – Dr. Valerie Raskin

Conducted study regarding the effects of cigarette smoking during pregnancy and infant apgar scores.

Baxter Healthcare Corporation

McGraw Park, IL (Summer 1993)

Clinical Inventory/Data Specialist

Conducted research regarding the efficacy of Homechoice intraperitoneal dialysis.

University of Illinois, Urbana

Department of Physiology (June 1992 – November 1992)

Research Assistant – Dr. Esmail Meisami

Conducted laboratory research to determine the effects of thyroid hormone on reproductive organ size. Results of work was published showing that a conclusive relationship exists between reproductive organ size and thyroid hormone.

Professional Society Membership

American Council for Headache Education (2004 – 2018)-Professional Member

National Ayurvedic Medical Association (2010- Present)

National Headache Foundation (2004 – 2019)

American Pain Society (2002 – 2016)

American Academy of Neurology (1999 – 2002)

Institute of Functional Medicine (2007- 2019)

Abstracted Articles/Posters Presented

Posters Presented:

25th Annual Clinical Meeting of the American Academy of Pain Management

Phoenix, Arizona September 2014

Gokani, T Adrenal Fatigue in Migraine Patients: Cause or Clinical Correlation?

Abstracts Accepted at the following:

54th Annual Scientific Meeting of the American Headache Society, Los Angeles, CA

July 2012

1. Gokani, T

The Prevalence of Food Allergies in Migraine Patients

46th Annual Scientific Meeting of the American Headache Society, Vancouver, British Columbia, June, 2004

28th Scientific Session of the Midwest Pain Society

17th Annual Practicing Physician's Approach to the Difficult Headache Patient,
Rancho Mirage, California, February, 2004

Published in **Headache: The Journal of Headache and Face Pain**, May, 2004

1. Robbins, L. and Gokani, T.
Triggers that Precipitate Cluster Headache: A Retrospective Review
2. Robbins, L. and Gokani, T.
Anxiety, Depression, and Insomnia in Cluster Headache Patients
3. Robbins, L. and Gokani, T.
The Bipolar Spectrum in Cluster Headache Patients

Presented Abstracts

Presented at the **157th Annual Meeting of the American Psychiatric Society,**
New York, May, 2004

1. Robbins, L. and Gokani, T.
The Bipolar Spectrum in Cluster headache Patients

Submitted for Publication

Robbins, L. and Gokani, T.

Botulinum Toxin Type A for Refractory Chronic Daily Headache: Long-term Efficacy and Tolerability, January, 2004 AHS

Published Articles

Gokani, T. and Robbins, L.

Botulinum Toxin: Efficacy in Migraine, Tension-Type, and Cluster Headache
American Journal of Pain Management, July 2002, Vol. 12, No. 3, pp. 98 – 103

Lectures and Speaking Engagements

Dr. Gokani has been actively involved in teaching fellow physicians, residents, nurses, physical therapists, nurse practitioners, pharmaceutical representatives, along with the public, about various issues regarding the pathophysiology of migraines, mood disorders, sleep issues, digestive imbalances and hormonal dysfunction . She has given at least 500 lectures to fellow neurologists, internists, family physicians, ENTs, pediatricians, anesthesiologists, pain specialists and obstetrician-gynecologists.

She has been chosen to train pharmaceutical sales teams on the medical model of migraine, how to appropriately approach physicians and when their products are best suited for the clinical situations that physicians are facing.

She is a blogger for Huffington Post and she has been quoted in Chicago Parent, Make it Better, Bottom Line Health and CNS News.

Recently she was featured on the Dr. Oz show, along with on local TV and radio on topics of Ayurveda and Health. She will be featured in an upcoming documentary on Ayurveda.

Dr. Gokani has been invited to be a guest lecturer at the following institutions/society meetings:

She has been invited to speak at the following: American Headache Society, Headache cooperative of the Pacific, North Shore University Health Systems, Maharishi University of Management and Diamond Headache Clinic

Current research on:

- 1. Estrogen Dominance in Migraine –Abstract to be Submitted**
- 2. HearthMath and WAVi on brain reprogramming, optimal brain and mind health using heart centered breath.**