

Trupti Gokani, MD

Trupti Gokani, MD, is an award-winning, board-certified neurologist best known for her innovative and integrative approach to treating headache pain. Her unique melding of modern medicine and ancient wisdom has enabled her to establish a thriving private practice along Chicago's North Shore, where her patients seek her insights as an Ayurvedic "neurologist coach" (Optimal Mind Coach) who heals the head by healing the mind and the body. Dr. Gokani is the founder of the North Shore Headache Clinic and the Zira Mind and Body Center.



Dr. Gokani is a sought-after trainer and speaker, having lectured extensively in the field of neurology and psychiatry, specifically regarding headaches, mood disorders, insomnia, adrenal fatigue, hormonal issues and adult attention deficit disorder (ADD). She has spoken at the American Headache Society, the Midwest Pain Society, the American Academy of Neurology, and the American Psychiatric Society. Her work — on topics ranging from Botox efficacy and safety, to the prevalence of bipolar disorder in cluster headache patients — has been published in such esteemed journals as the *American Journal of Pain Management*. She has also published articles pertaining to food allergies and headaches, along with the Ayurvedic approach to migraine, in the well-regarded *Journal of Headache*.

Dr. Gokani's special interests include Ayurvedic mind-body types, women's issues and headaches, yoga as a treatment modality, nutrition and pain, adrenal fatigue, stress, the gut-brain connection, insomnia, and emerging, non-traditional approaches to headache management. In support of patients whose health issues can be effectively addressed through the incorporation of high-quality herbs and nutrients in their diets, she developed a line of supplements that provide combinations and concentrations of supportive nutrients not available elsewhere in the market.

When not in the clinic, working one-on-one with patients whose complaints range from debilitating migraines to chronic fatigue, Dr. Gokani dedicates her time and significant insights to helping the wider community understand the "purpose" of their pain and how to heal themselves through a deeper appreciation of the mind-body connection. Dr. Gokani was recently featured on The Dr. Oz Show, is contributing to a health documentary that will be released early 2016, and recently released her new book, *The Mysterious Mind: How to Use Ancient Wisdom and Modern Science to Heal Your Headaches and Reclaim Your Health*, available on Amazon.

Dr. Trupti Gokani 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. She has continued to educate herself for the benefit of her patients, gaining experience and credentials in Ayurvedic medicine, clinical psychopharmacology and transcendental meditation. She is certified by the American Board of Neurology & Psychiatry, and is licensed to practice in Illinois and California. Learn more about Dr. Gokani at www.ZiraMindAndBody.com.