

Dr. Trupti Gokani, MD | The StressRx™ Expert

Bridging Ancient Wisdom + Modern Neuroscience
to Heal Stress at the Root

Motivational Speaker
& Women's Coach



Trupti Gokani, MD is a board-certified neurologist, bestselling author, and integrative health visionary who helps high-achievers, teams, and health seekers rewire their stress response, heal chronic symptoms, and reclaim their purpose.

Known for blending modern medicine with Eastern healing traditions, Dr. Gokani created the groundbreaking Three-Brain Reset™—a holistic system that connects the mind, gut, and heart to transform physical, emotional, and spiritual health.

Seen on The Dr. Oz Show, featured in The Huffington Post, and recognized for her powerful keynotes, she has become a sought-after voice in the fields of neuroscience, Ayurveda, and mind-body transformation.



SIGNATURE TOPICS



From Burnout to Brain Power

Why your gut, hormones, and mindset hold the key to sustainable success.



The Three-Brain Reset™:

An Eastern Rx for Western Stress

A science-backed roadmap to rewire overwhelm and unlock high performance.



The StressRx Prescription: How to Lead, Focus, and Thrive in High-Stakes Environment

Simple strategies to sharpen emotional intelligence and prevent burnout.



Mood, Motivation & the Microbiome

The missing link between productivity and gut health—backed by brain science.

