

Kelly Brogan, MD

Dr. Kelly Brogan MD is a holistic psychiatrist, and author of the New York Times Bestseller, [A Mind of Your Own](#) and [Own Your Self](#), the children's book, [A Time for Rain](#), and most recently, [The Reclaimed Woman](#). She also co-edited the landmark textbook, [Integrative Therapies for Depression](#).

Kelly is the creator of the feminine reclamation program, [Reclaimed](#), the online healing program, [Vital Mind Reset](#), and its associated membership community, [Vital Life Project](#).

Kelly completed her psychiatric training and fellowship at NYU Medical Center after graduating from Cornell University Medical College and has a B.S. from MIT in Systems Neuroscience. She specialized in a root-cause-resolution approach to psychiatric syndromes and symptoms.

She was one of the first to specialize in prescribing to pregnant and breastfeeding women before waking up to the untold story of pharmaceuticals and the truth about so-called chronic illness.

After putting her own diagnosis of Hashimoto's thyroiditis into remission through lifestyle medicine,

she devoted her practice to medication discontinuation and chronic illness recoveries. She describes her healing protocol in the New York Times Bestseller, [A Mind of Your Own](#). Her protocol has also been published in the medical literature with [history-making](#) outcomes.

During this time, Kelly appeared on the [Joe Rogan Experience](#) which thousands describe as a catalyst for their own awakening around birth control, antidepressants, and more. She has a podcast of her own, [Reclamation Radio](#), which is in the top .05% of podcasts worldwide.

In 2020, she made the notorious Disinformation Dozen for questioning the dominant narrative around public health and associated mandates. Since that time, she has focused on feminine reclamation, embodiment, and emotional self-mastery and specifically the reclamation of traditional values for women, exposing the "poor bargain" of feminist breadwinning, and healing the dynamics between men and women.

Kelly teaches psycho-emotional and somatic tools to support women in generating safety within rather than demanding it through control-based tactics.

SIGNATURE PROGRAMS

THE RECLAIMED WOMAN

The Reclaimed Woman is a six-week self-study program designed to support women in accessing more feminine energy, more self-confidence, and more creativity (without trying).

VITAL LIFE PROJECT

The only freedom-focused online membership of its kind. Inspired by the history-making program Vital Mind Reset, VLP is here to defrag your fear-based health beliefs & support you in developing radical trust in your body.

VITAL MIND RESET

VMR is a 44-day protocol with scientifically proven outcomes around quality of life, mood, and well-being.

VMR PARTNER NETWORK

This world-class, 12-week self-study program empowers practitioners and coaches to administer Kelly's clinically proven holistic health protocol.

PRIVATE COACHING

Kelly and her team offer private one-on-one coaching.



SOCIAL FOLLOWING

221,031

t.me/kellybroganmd



instagram.com/kellybroganmd/

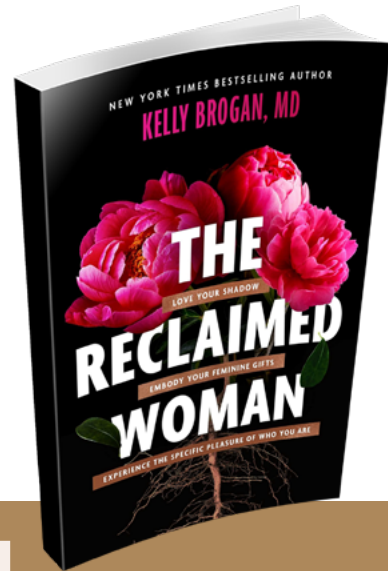


x.com/kellybroganmd





KELLY'S NEW BOOK,
THE RECLAIMED
WOMAN
IS OUT NOW.



KELLY BROGAN

Kelly Brogan MD is a renegade psychiatrist, New York Times Best-Selling author, and top podcast host.

She is the creator of the feminine reclamation program, Reclaimed, the online healing program, Vital Mind Reset, and its associated membership community, Vital Life Project.

Kelly's first book, A Mind of Your Own, was a New York Times Bestseller. Her newest creation, The Reclaimed Woman, showcases the reasons modern women are living unfulfilling, overwhelming, and complaint-filled lives.

The book resolves the gaslight that says we should be enjoying the freedom hard-wrought by feminism, sexual liberation, and medication. It exposes all of the ways that women are outsourcing their power and living life from childhood wounds in business, mothering, and relationships.

Kelly is also the host of Reclamation Radio, which is in the top 0.05% of podcasts worldwide.

RECLAMATION RADIO

- ▶ Wear Your Villain Crown
- ▶ The Reason You Suffer
- ▶ The Truth About Mental Illness
- ▶ 8 Signs You're in Victim Consciousness

ARTICLES

Depression: It's Not Your Serotonin

Healing Betrayal

What's the Healthiest Diet?

CREDENTIALS

BS in Systems Neuroscience from MIT

MD from Cornell University

Psychiatric training and fellowship at NYU Medical Center

PODCAST APPEARANCES

- ▶ If You Want to Stay Sick, Don't Watch this on the Aubrey Marcus Podcast
- ▶ How to Reclaim Feminine Divine Power on the Human Upgrade Podcast with Dave Asprey
- ▶ How Women Can Reclaim Their Feminine & Finally Feel Safe on The Higher Self Podcast with Danny Morel
- ▶ The Joe Rogan Experience with Dr. Kelly Brogan

SELECT PUBLICATIONS

- Robert D Abbott, Kyle Sherwin, Hannah Klopf, Holly J Mattingly, Kelly Brogan. Efficacy of a Multimodal Online Lifestyle Intervention for Depressive Symptoms and Quality of Life in Individuals with a History of Major Depressive Disorder. *Cereus*, 2020 Jul 8;12(7).
- Integrative Therapies for Depression: Redefining Models for Assessment, Treatment, and Prevention. Edited by and with contributions from Dr. James Greenblatt and Dr. Kelly Brogan.
- Kelly Brogan, MD; Alyssa Jarvi, PhD; Shelby Anderson, BS; Sarah Kalen Flynn, MD. Clinical Remission of Treatment-Resistant Depression, Polysubstance Abuse, and Antidepressant Discontinuation Syndrome Through Engagement of Lifestyle Interventions. *Advances*, Fall 2020, Vol. 34, No. 4: (4-12).
- Kelly Brogan, MD, Alyssa Jarvi, PhD; Hannah Klopf, OMS-II; Tiffany Turner, NMD. Healing of Dissociative Identity Disorder, Borderline Personality Traits, and Bipolar Disorder Through Lifestyle Interventions: A Case Report. *Advances*, Summer 2020, vol. 34, no. 3: (4-10).
- Kelly Brogan, MD, Alyssa Jarvi, PhD; Hannah Klopf, OMS-II; Tiffany Turner, NMD. Schizophrenia Symptom Alleviation Through Implementation of a Lifestyle Intervention Program. *Advances*, Spring 2020, Vol. 34, No. 2: (24-29).