



Dr. Cindy M. Howard

DC, DABCI, DACBN, FIAMA, FICC

Speaker | Author | Entrepreneur | Positively Altered Project Founder

Short introduction

Dr. Cindy Howard is a board-certified chiropractic internist, nutritionist, SHIFT™ expert, award-winning author, entrepreneur, and founder of the Positively Altered Project. She also “walked through cancer” and speaks candidly about adversity.

Her authority comes from decades of clinical experience and leadership in health care. Her resonance comes from lived truth, humor, and a refusal to sugarcoat what growth actually requires.

Dr. Cindy equips audiences with the SHIFT™ experience and a perspective that changes how people show up at work and in life.

Full introduction

Dr. Cindy Howard is a board-certified chiropractic internist, nutritionist, award-winning author, and practice owner with decades of clinical and leadership experience in health care. She also “walked through cancer” and speaks candidly about adversity, stress, and burnout.

Her authority comes from years in practice, policy leadership, and professional advocacy. Her resonance comes from lived truth, sharp humor, and a refusal to sugarcoat what growth actually requires. She doesn’t inform and inspire with hype. She equips people with perspective—and with words that change how they show up at work and in life.

Dr. Cindy is the founder of the Positively Altered Project, a growing movement dedicated to helping leaders, clinicians, and organizations rethink well-being, performance, and resilience. The project weaves together science, story, and community to challenge outdated narratives around stress,

success, and strength—offering a more integrated approach to wellness that honors mental, physical, and emotional health as inseparable.

Through speaking, writing, podcasting, and professional collaboration, Dr. Cindy advances practical, human-centered strategies for navigating pressure, change, and complexity in the workplace with her SHIFT™ methodology. She also serves in leadership roles within statewide and national professional associations and remains actively involved in legislative advocacy to protect patient care and elevate standards across the health care system.

Her vision is both simple and ambitious: to help individuals and organizations become positively altered—one conversation, one choice, and one meaningful SHIFT™ at a time.