



## Dr. Cindy M. Howard

**Chiropractic Internist | Nutritionist  
Speaker | Author | Practice Owner**

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"I couldn't put this one down; it made me laugh, and it made me cry. Cindy's story is a wonderful example of how to smile in the face of adversity, to say 'Try me!' instead of 'Why me?' and to have the faith to stay 'in spirit' through the toughest of times. Cindy is David and has slayed Goliath!"

—Bill Storm, corporate trainer, international speaker, Tony Robbins Companies

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## MEET DR. CINDY

From a modern dancer to a title-winning powerlifter, Dr. Cindy M. Howard's life has been an exciting journey, filled with endless adventures and a vibrant spirit. As a board-certified chiropractic internist, nutritionist, and national speaker, she dedicates herself to empowering others to live their best lives, both emotionally and physically.

Cindy was fortunate to win the parent lottery, blessed with loving and supportive parents who were always there for her during school projects, Halloween costume creations, and even those infamous bad boyfriends. Their optimistic outlook on life nourished Cindy's sharp sense of humor, contributing to her overall zest for life. In her youth, she found herself at two opposing ends of the athletic spectrum, immersing herself in the world of professional dancing (thanks to countless hours spent watching Solid Gold) while simultaneously conquering the realm of competitive powerlifting, securing titles in both bench press and deadlift.

Driven by her passion for athletics, Cindy pursued a career in chiropractic school following her graduation. Today, she channels her enthusiasm into running her thriving practice, where she attends to a diverse array of patients with conditions ranging from fatigue to autoimmune diseases, catering to individuals from pediatrics to professional athletes.

Ever the determined and resilient individual, Cindy encountered a life-changing moment when she personally diagnosed herself with Hodgkin's lymphoma by reading her own test results. This experience solidified her unwavering belief that we possess the power to choose our approach to life and determine how we respond to the challenges presented by the universe. Embracing this philosophy, she authored her inspiring book, *Positively Altered*, a celebration of this empowering belief system.

When Cindy's not seeing patients or speaking on stage, she's navigating life in the South Suburbs of Chicago with her boyfriend Keith and her three amazing kids. If you're up for an inappropriate joke, any pastime involving the ocean, or achieving your next big challenge, Cindy has you covered. Her life motto embodies her spirit: "I'll do anything once, twice if it's fun, three times just to be sure." So, dive in. See what you can learn about yourself. Become positively altered.

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## ABOUT THE BOOK

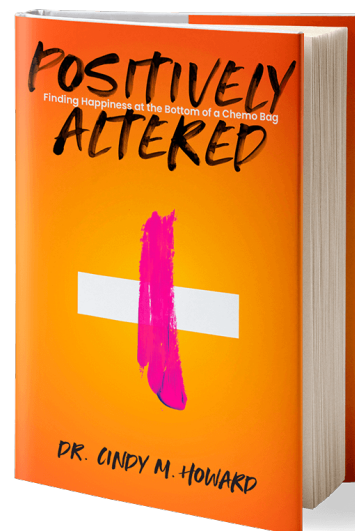
### *Positively Altered: Finding Happiness In the Bottom of a Chemo Bag*

(Flamingo Press, September 12, 2023)

Thirty-four stories, three postscripts, and one big message: *Positively Altered* is a call to action for every one of us to unapologetically live and love our own way no matter what challenges life brings.

*Positively Altered* is about how to find happiness in the rarest of places—for starters, at the bottom of her chemo bag. In a collection of raw, in-the-moment stories that come to life with self-deprecating humor and a hearty dose of reality, Cindy doesn't sugarcoat her journey any more than she bemoans her fate.

A rollercoaster of both laugh-out-loud and tender moments about love, parenthood, friendship, and cancer, Cindy's message packs a punch and delivers an honest look at life and how adversity can positively alter our lives.



From sharing her *51-Things List* and *Duplex Theory* to her *Two-Martini Accident*, Cindy's stories will be that nudge you've needed to see things more clearly and settle more confidently into the superhero that's you. So grab your cape and join Cindy on page one...or page fifty-five if you're in a hurry.

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## NOTABLE ENDORSEMENTS FOR *POSITIVELY ALTERED*

*"Dr. Cindy Howard's story is a lively and engaging read—raw, honest, and often hilarious. You'll have moments where you go 'Ow!' or 'Eeeww' or 'Seriously, you did what?!' . . . It's a vital read for anyone who wants to harness self-awareness and do life their own way."*

—Edith Forbes, author of *Alma Rose*, *Nowle's Passing*, and *Tracking a Shadow*

*"You'll be drawn in by Dr. Howard's breezy banter, positive outlook, and unabashed honesty. With asides galore, *Positively Altered* is like sitting down with your best girlfriend and dishing on some of life's most difficult challenges—cancer, divorce, child-rearing."*

—Renée Harmon, MD, author of *Surfing the Waves of Alzheimer's*

*"Do yourself a favor; don't drink any liquids while reading this memoir, or you might find them coming out of your nose! Cindy's hilarious delivery . . . will challenge you to think differently about your own life and any adversity you're facing."*

—Joey Coleman, award-winning keynote speaker and author of *Never Lose an Employee Again* and *Never Lose a Customer Again*

*"Cindy is the perfect person to write a book about making room for what's important in your life. . . . With a caring personality, confidence, and an unapologetic drive . . . she shows up on each page of her book with vulnerability and empathy for the various challenges we face."*

—Stephanie Halloran, chiropractic physician, *Boundless Health*

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## INTERVIEW TOPICS

Drawing from her expertise and key themes in *Positively Altered*, Dr. Cindy is available for interviews, articles, and expert commentary and can discuss:

- Embracing Adversity: Navigating Life's Challenges with Resilience and Determination
- The Liberating Path of Choice: Empowering Yourself through Decision-Making

- Navigating Health Choices: Empowering Yourself with Informed Decision-Making for Optimal Well-being
- The Power of Perception: Shaping Reality through Mindset and Response
- Revitalization and Renewal: Exploring Sources of Energy and Letting Go of the Past
- Functional Medicine's Multidimensional Impact: From Gut Health to Fatigue Management

## WHAT AUDIENCES ARE SAYING

“Dr. Howard is a double threat! When she’s presenting, she’ll not only deliver the most current, cutting edge information possible, but also do it in a way that is educational and engaging. I’ve had the privilege of speaking with Dr. Howard for years and love sharing a podium and her energy.”

—Dr. Alan K. Sokoloff, DACBSP, clinical director for the  
Yalich Clinic for Performance and Rehabilitation

“Dr. Cindy M. Howard is outstanding! She instills laughter and inspiration in every presentation. Her journey not only inspires you both personally and professionally, but she also engages audiences in opening their hearts and minds. Book Cindy for your next event if you want a message that motivates and resonates.”

—Kristi Hudson, CPCO, vice president of business relations, ChiroHealth USA

“As the past president of the Professional Football Chiropractic Society, I am part of a team that must select the best speakers in the country for our conferences who could educate, motivate, and entertain our attendees. Dr. Howard is at the top of that list.”

—Dr. Alan K. Sokoloff, sports team chiropractor for the  
NFL’s Baltimore Ravens and MLB’s Baltimore Orioles

“Dr. Howard is a world-class presenter who knows how to captivate and inspire an audience. Her passion for helping and healing people is present in every message she delivers. She has an incredible gift for informing, entertaining, and moving an audience to action, even with the most challenging of topics.”

—Paul Timko, vice president of sales and marketing, Stopain Clinical

“Dr. Howard has the ability to take any audience on a journey that touches the heart and empowers the soul. I have witnessed how she connects with an audience of thousands as if she were speaking with somebody one-on-one. Her humor and wit uplifts and inspires audiences. The world could benefit from listening—even for a few minutes—from this ever-inspiring, go-getting, loving doctor who provides hope for a world in desperate need. ”

—Jen Porro, officer of conventions & program development

“Dr. Cindy M. Howard is one of the brightest minds in healthcare. Her experience in transforming the lives of her patients has enabled her to empower audiences through her truly remarkable and eloquent public speaking skills. She presents complex content in an easy-to-understand, actionable manner and her presentation style is nothing short of fun and entertaining. I highly recommend Dr. Howard to be on any stage, large or small, to inspire a healthier, happier world.”

—Dr. Jay Greenstein, founder and CEO of Kaizenovate

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## CONNECT

Website: <https://drcindyspeaks.com/>

Instagram: <https://www.instagram.com/dr.cindyspeaks/>

Facebook: <https://www.facebook.com/drcindyspeaks>

LinkedIn: <https://www.linkedin.com/in/drcindyspeaks/>

Podcast: Launching in March 2024!



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## CONTACT

**Press, Speaking, and Podcast Inquiries?**

Contact Julie Hannigan: [hello@drcindyspeaks.com](mailto:hello@drcindyspeaks.com)

Download a speaker kit here: <https://drcindyspeaks.com/speak/>