

Dr. Cindy M. Howard is a Board Certified Chiropractic Internist and Nutritionist in private practice in Chicago, Illinois and holds a license in the state of Florida. She speaks Nationally, presenting on topics including Pre and Post Concussion Nutrition, Neuro-adrenal dysfunction and Infection in sport, Male and Female pelvic disorders, Pediatrics, Immunology, GI disorders, Endocrinology, Nutritional Blood analysis interpretation and Genetics.

She is also the owner of DC consulting and Advance Education assisting private practices. She loves to help doctors to improve their communication with patients, increase compliance and build a better functional medicine or nutritional practice.

For the last 8 years she has served as the Illinois delegate for the American Chiropractic society and as the alternate for 6 years prior to that. Serving the ACA she has served on the membership, professional development, guidelines, bylaws and grievance committees. She was the recipient of the Flynn/Lynch award in 2015 for outstanding service. She is also a founding member of the ACA Women's health council.

She is a past president of the ACA Council on Diagnosis and Internal Disorders and currently serves as the Vice President of the College of Pharmacology and Toxicology. She also serves on the medical advisory board for the Functional Medicine University, serves as a board member for Before the Hit and is an associate editor of The Original Internist.

Locally Dr. Howard serves as a board member for the Frankfort Falcons Youth football organization, the concussion oversight team for the local school district and is the team chiropractor for Dreamz Elite competitive cheer and the local wrestling club.