

## **Dr. Cindy M. Howard**

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**Orland Park, IL 60467**

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### **Education**

Doctor of Chiropractic (DC)

National College of Chiropractic, Lombard IL

1998

Bachelor of Science (BS) in Human Biology

National College of Chiropractic, Lombard IL

1996

Bachelor of Science (BS) in Kinesiology

University of Wisconsin, Madison WI

1991

### **Certifications**

Diplomate Nutrition

American Chiropractic Board of Nutrition (ACBN)

2015

Internal Disorders

American Board of Chiropractic Internists (ABCI)

2002

### **Certificate Programs**

Acupuncture

International Academy of Medical Acupuncture (IAMA)

2004

Animal Chiropractic

American Veterinary Chiropractic Association (AVCA)

1999

## **Professional Licensure**

State of Illinois, 1999-Present

State of Florida 2015- present

## **Employment**

President/Owner, Innovative Health & Wellness Center  
Multi-disciplinary Medical Center, Orland Park, IL  
2000 - Present

Director of Functional Medicine/Nutrition  
Aligned Modern Health, Chicago, IL  
2017-2019

Neurosport Elite  
Director of Functional Nutrition  
Davie, Florida  
2014-2019

Assistant Research Director, Doctor's Choice  
Schaumburg, IL  
2001-2002

## **Teaching/Faculty Appointments**

Advanced Education, Inc  
Big Rock, IL  
2015-present  
Internal Disorders Diplomate

Adjunct Faculty - Preceptorship program  
National University of Health Sciences  
Lombard, IL  
2007-Present

Instructor, ProHealth Seminars  
Internal Disorders program  
2006-Present

Adjunct Faculty  
Moraine Valley Community College, Palos Hills IL  
2000-2001

### **Continuing Education**

2015-2020 FCA national Convention (medical errors, risk management, ethics, general CE)  
2017-2020 DABCN annual Symposium  
2019-2020 ACA Women's Health Symposium  
2020 FCA Human Trafficking  
2019-2020 Sexual Harrassment Prevention Training  
2017 Biotics Blood Analysis 12 hours  
2016 AVCA annual Symposium, 18 hours  
2014 Professional Football Chiropractic Symposium, 12, hours  
2013 Professional Football Chiropractic Symposium, 12 hours  
2013 Balancing hormones, 3 hours  
2013 IMMH Integrative Medicine for Mental Health, 18 hours  
1998-2017 Council on Diagnosis and Internal Disorders Symposiums, 17-24 hours per year  
2012 Improving Cardiovascular Health with Lifestyle Medicine, 4.5 hours  
2011 NUHS Homecoming, National University of Health Sciences, 3 hours  
2008 Functional Neurology, Apex, 12 hours  
2007 Functional Endocrinology, Apex, 12 hours  
2005 Functional Blood Chemistry, Apex 12 hours  
2003-2004 Acupuncture, International Academy of Medical Acupuncture, 105 hours  
2003 Chiropractic Pediatrics, Sponsored by Cleveland Chiropractic College, 12 hours  
2002 The Sanctity of Human Blood, Illinois Chiropractic Society, 12 hours  
1999-2001 Internal Disorders, Sponsored by National College of Chiropractic, 312 hours  
2000 The Spine, Illinois Chiropractic Society, 3 hours

### **Professional Affiliations**

2017 -2019 Executive Board Member: Doc:s  
2017- Current Board Member, Before the Hit  
2016-Current- Vice President, ACA College of Pharmacognosy and Toxicology  
2016-Current - Editorial Board Member, The Original Internist  
2015-Current Medical Advisory Board Member, Functional Medicine University  
2015- Current Owner, Advanced Education, Inc.  
2013-2018 Medical Advisory Board, Integrative Therapeutics  
2011- Current Delegate – Illinois North, American Chiropractic Association  
2014- 2017 TAP educator Integrative Therapeutics  
2014- 2015 Medical Advisory Board, WDS Thunder

2014- 2018 Executive Board Member POWERPlay In Sports  
2007-2011 Alternate Delegate – Illinois, American Chiropractic Association (ACA)  
2005-2007 Past President, ACA Council on Diagnosis and Internal Disorders (CDID)  
2001-2006 Board of Directors, Orland Park Chamber of Commerce  
2001-2004 Associate Editor, Journal of Chiropractic Medicine

### **Professional Associations (Current)**

FICC Fellowship International College of Chiropractors Lifetime membership  
American Chiropractic Association  
Council on Diagnosis and Internal Disorders  
Council on Nutrition, ACA  
Women’s Health Council, ACA  
Illinois Chiropractic Association  
Florida Chiropractic Association  
College of Pharmacognosy and Toxicology  
American Veterinary Chiropractic Association

### **Awards**

Flynn/Lynch ACA, 2015

### **Professional References**

Upon request