

Speaking Topics
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Clinical

The Opioid crisis, dopamine and how neurotransmitters may be an answer

This can be a 30-120 minute program on brain function, neurotransmitter imbalance as a result of inflammation, TBI, and gut dysfunction. How to assess levels and great using herbal, vitamin and mineral and food recommendations. The role of opioids on neurotransmitter levels and how the addiction can elevate with imbalanced chemistry.

Nutrition for Pre and Post Concussion

A 60-120 Minute presentation of TBI/Concussion and the role of pre and post recommendations for nutrition. The role of hydration is covered. Included can be the subsequent role of infection post TBI, adrenal dysfunction, leaky gut, food sensitivities and the breakdown of the blood brain barrier. Recommendations for protocols to use in your office and case studies are discussed.

How Concussion, Infection, Stress and Nutrition are Related

A 4 hour presentation on how both athletes and non- athletes are affected by TBI and concussion with more than just neurological symptoms. Commonly infection and stress prior to TBI can exacerbate the injury. The opposite is true as well when we see a concussed patient, infection and symptoms related to stress may present for weeks, months or years following. After injury, infection or adrenal stress, nutrition can play a crucial role in the healing process and may drastically speed up recovery and prevent future debilitation. Ways to manage stress and ways to identify triggers will be discussed as well as ways to treat common infections. Nutritional recommendations you can use in practice will be provided.

Workshops in Nutrition for concussion and inflammatory or muscular conditions

Individual 20-60 minute workshops with take home clinical pearls to implement from a supplemental and nutritional perspective when dealing with these common conditions in practice.

Top 10 reasons you are fatigued (also a webinar)

60-120 minutes, Common and uncommon reasons that patients are fatigued and how to test and treat. Topics covered include: adrenal fatigue, cardiovascular, urinary tract infections, caffeine overload, anemia, gut dysfunction and food sensitivities.

UTI, vaginal infections (also a webinar)

60 minutes on the typical presentation and symptoms women have and how to distinguish and treat Urinary tract infections and vaginal infections and the association to cervical dysplasia.

SEX: Difficult to talk about, essential to address

60-180 minutes

Even for doctors, sex is a difficult topic to approach. Sometimes difficult to ask questions and certainly challenging to get patients to open up. This program addresses tough questions and topics in sexual health as well as how to evaluate concerns and make recommendations.

Neuro adrenal dysfunction

60-120 minutes on the role of adrenals and neurotransmitters in either the athlete or the general population. How to properly assess and treat with case studies

The GUT, BRAIN, MOUTH Connection

60-120 minutes on how the gut brain connection plays a role in health, correcting the symptoms of autoimmune disease and infection. The mouth is not commonly spoken about in this connection yet plays an important role due to pathogens commonly found and the fact that the mouth is the beginning of the digestive tract.

Labs, Ladies and Protocols

60-180 Minutes on common conditions that women present for and how to order appropriate labs, treat and follow up.

Nutritional Considerations and Genetics

60-180 Minutes covering family history and the relationship in Nutrigenetics and Nutrigenomics. Focus can be on spinal conditions, Inflammatory conditions, Obesity. Other topics based on length would include male and female hormones, diet, conditioning, sports, GI and autoimmune disorders. Nutrients related to specific gene SNPs are covered.

Keeping you and your patients healthy through a pandemic: recommendations we can all follow

60-120 minutes on immunology and protocols to help prevent and treat conditions that we are currently exposed to around the world. Case studies are included with nutritional and supplemental recommendations

SIBO

60-180 minutes

Common and uncommon presentation of patients with SIBO, how to assess and test as well as treatment protocols with case studies.

Male and Female Pelvic disorders

Up to 12 hours of male and female pelvic disorders and natural treatments in Chiropractic Medicine.

Blood Chemistry Interpretation

Up to 12 hours of laboratory testing: how to order, what to order based on patient presentation, interpretation clinically and sub clinically with treatment recommendations and case studies.

Business/Communication

What's your Spiel? (Also a webinar)

60-90 minutes

How to create scripts for your practice: front desk and for the physician to utilize to increase patient compliance within your office visits.

Creating your "WHY" (Also a webinar but better as a life workshop)

60-120 minutes

We know what we do a how we do it but do you know your "WHY"? How to figure this out, share it with your staff and your patients to create life long relationships with patients and increase successful outcomes.

The ABC's of clinical practice: Achieving accolades, being brilliant, creating compliance

Designing your office visit story: the beginning middle and end

How to ask for the sale or the commitment of better health

The appropriate appointment

Communication to implement testing in your office

Communication for supplement sales

Nutritional Considerations and the Future in Technology

120 minutes

Demonstration of the relationship of nutrition and internal medicine in a case of back pain and how technology could advance the care of our patients.

Panel presentations: 10-30 minutes

Topics:

Mistreated, Misdiagnosed, Mis-managed: how a functional medicine approach got a young female athlete back.

Increase the level of Daily Ethics & Individual Responsibility in Practice

**Case Studies can be presented on a variety of conditions and topics.
Some examples below:**

Clinical case studies relevant to patient populations in sport

Clinical case studies relevant to female health and fertility

Clinical case studies relevant to adolescent female health

Clinical case studies in pediatrics

Clinical case studies on Concussion

Clinical case studies on an athlete with anorexia

Clinical case studies on GI dysfunction

Clinical case studies on autoimmune disease

Hashimoto's thyroiditis

Sjorgren's

Dermatomyositis

New presentations can be created upon request

Current presentations can be adapted for time when needed.

More References available on request.

“Remarkable. That’s the first word that comes to mind when Dr. Cindy Howard comes to mind as both a doctor and speaker. I have known Dr. Howard for many years. We have worked together speaking around the world, and we have also worked together in helping my patients become healthier and happier. Dr. Howard is one of the most knowledgeable healthcare providers on functional medicine and nutrition that I have ever encountered. I routinely send her patients that require her care and services, and she gets remarkable outcomes with everyone I refer. In addition, she is a world class speaker. Her depth of knowledge on the subjects she speaks about are uncanny. She is able to take very complex topics and break them down to be understandable and useable in clinical practice. I highly recommend Dr. Cindy Howard as a doctor, consultant and speaker!”

Dr. Jay Greenstein

DC, CCSP, CGFI-L1, CKTP, FMS