



Born in a small southern town to an electrician father that was raised on a tobacco farm and a hairdresser mother that had an alcoholic father, Dr. Cindy Starke knew there had to be more to life than clipping coupons and stretching the least expensive hamburger meat with Saltine Crackers to feed a family of five.

She suffered sexual abuse as a teenager, and witnessed firsthand the devastation of alcoholism and drug abuse within her family.

From a blue collar family came this valedictorian third born child with a limitless mind who knew the way out was use her grit and determination to destroy any limiting beliefs she had.

Equipped with nothing more than a burning desire for a formal education, she competed for and won scholarships to do just that. Surrounded by love and a family who believed in her ability to accomplish anything to which she set her mind, her parents gave her permission to attend college.

She embarked on an uncharted journey to find freedom through education, and she graduated *magna cum laude* with a Bachelor's Degree in Genetics from the University of Georgia. Afterwards, at the Centers for Disease Control she was given the opportunity samples of breast milk from hundreds of prostitutes from around the world to elucidate the transmission of the retrovirus HTLV, and her fascination with discovery of new scientific facts began.

She was then accepted into the highly competitive medical scientist training program at Emory University with a full Woodruff Scholarship, and got an MD and a PhD in just seven years' time.. During medical school, at age 23, Dr. Starke became the first person in her family to travel overseas. A trip to Hong Kong, Thailand, Bali, and Lombok changed her life forever. She met indigenous unclothed people in tribes deep in the rainforest. She rode tuk-tuks to temples in Bangkok and explored the rice paddies in Ubud.

She has some interesting stories to tell, always going back to her fascination of the diversity of the human condition. She went on to publish ten articles in peer-reviewed journals during her scientific career, and received a Ph.D. in microbiology and molecular genetics..

At the end of her medical school career, she remembers assisting the delivery of babies to mothers ranging from little 12 year old girls to incarcerated women shackled to the gurney. Intrigued by the experiences of these vastly different women patients, Dr. Starke felt deep down she had to leave the bench top and venture into caring for the infirmed. Her strongest gift is her empathy for others, to be able to give hope to the hopeless, comfort the dying, and inspire the living to accomplish the biggest dreams they can possibly dream.

Now a mother to two children, she has crafted a career as a clinical physician, caring for a wide range of patients who challenge her daily: the critically ill, post-operative patients, and patients rehabilitating from life threatening injuries such as traumatic brain injuries, serious infections, amputations,, strokes, and heart attacks. She is intrigued daily by the strength of the human spirit and perseverance of her patients fighting to get their lives back to a new normal.

She has spent her entire life challenging herself to be more, accomplish more, and succeed more than anyone she knew. Not knowing how to bike or swim, and exquisitely curious about her own self-imposed limiting beliefs and physical abilities, at age 44 she embarked on her own path to self-discovery and trained for an Ironman Triathlon-140.6 miles of ocean swimming, biking, and running. She then authored the award-winning book, “From Fear and Failure to the Finish Line- Unleash Your Potential and Discover the Champion Within” in which she chronicles her circuitous journey to the finish line of that triathlon. She credits this experience with the expansion and growth she has since experienced as a doctor, a wife, as a mother, and as an entrepreneur.

Having travelled the world indulging her love for new experiences, Dr. Cindy continues to intrigue and inspire people daily to discover the most powerful version of themselves.

As an outgoing, successful, confident, unstoppable Southern woman, she shatters stereotypes wherever she goes and encourages audiences to address their preconceptions, strip away their prejudices and open themselves up to a transformational experience.

Dr. Cindy’s signature style has evolved over the years: she has a unique ability to command attention from the stage and connect with women and men of all ages and from different backgrounds, with her blend of honesty, vulnerability, strength, and humor.

Her keynote presentations typically leave the audience uplifted, inspired, and ready to make big changes in their lives and finally show up as the champions of their own life stories.

Career Highlights

Founder of The Real Dr. Cindy, LLC

Creator of the transformational online health program “How to Reclaim Your Health and Life”

Hospitalist, Northeast Georgia Health System

Traditional Internal Medicine Physician, Atlanta Georgia

Urgent Care Physician, Lawrenceville, Georgia

Awards

Recipient of Reader’s Digest Award for Best Book 2016

Emory University School of Medicine Woodruff Scholarship

National Science Foundation Research Experience for Undergraduates Fellowship

Alumni Scholarship, University of Georgia

Media Appearances

Guest of Little DaVincis You Tube Channel

Guest on the Secondwind podcast with Joyce Buford

Star of Channel 46 television commercial highlighting hospitalist role in Dahlonega, Georgia

Press Coverage

Moxie Magazine

The Gainesville Times

Publications

Author of 10 peer - reviewed scientific journal articles

Author of Amazon book “From Fear and Failure - to the Finish Line”

Want Dr. Cindy Starke at your event?

Get in touch!