



**STATERA**

Integrated Health & Wellness Solutions

## **Ashley Straka ~ M.Ac, L.Ac, L.M.T**

Ashley Straka, M.Ac, L.Ac, L.M.T, is a licensed acupuncturist and a specialist in the treatment of women's health, gastrointestinal issues, and pain. Ashley takes a multidisciplinary approach to the treatment of hormone imbalances, anxiety, and acute/chronic pain.

As a dedicated and licensed acupuncturist, I bring an interdisciplinary and holistic approach to the world of women's health. With a deep passion for holistic well-being, I have spent years honing my skills to help my clients achieve optimal health and happiness.

I graduated from Northwestern Health Sciences University after completing an extensive 4-year graduate program earning a Master's Degree in Acupuncture. With a commitment to continuous learning, I stay updated with the latest advancements in the field to provide you with the highest quality care.

My husband and I have three daughters. We all love fitness and the great outdoors. When we're not hitting the trails or enjoying family workouts, you can find us in the kitchen whipping up delicious and healthy meals together.

**[astraka@stateraintegrated.com](mailto:astraka@stateraintegrated.com)**

*breathe... inhale hope. exhale healing.*



Ashley Straka ~ M.Ac, L.Ac, L.M.T



- Women's Health & Hormone Balancing
- Fertility Support & Pregnancy Care
- Pain Relief & Management
- Fire Cupping & Gua Sha
- Cosmetic Acupuncture/Microneedling

### **Statera Integrated Health and Wellness Solutions**

3375 Lake Ridge Drive ~ Dubuque, IA 52003  
stateraintegrated.com ~ 563-207-8932

**At Statera** we bring together traditional medicine, holistic healing, fitness, nutrition and yoga under one roof. Our multidisciplinary team of providers work together to address your healthcare needs mind, body and spirit.

