



## Rylee Sigwarth, PA-C

Rylee Sigwarth is a board-certified physician assistant with a strong academic background and a passion for integrative healthcare. She earned her Bachelor of Science degrees in Nutritional Sciences and Global Resource Systems from Iowa State University, followed by a Master of Science in Physician Assistant Studies from the University of Dubuque. Rylee's commitment to holistic health is further reflected in her training through the Institute for Functional Medicine, where she gained expertise in functional medicine practices. With a focus on health optimization, gut repair, hormone balance, and cardiometabolic care, Rylee integrates a personalized approach to support her patients' well-being and address the root causes of chronic conditions.

As an integrative healthcare provider, I am dedicated to getting to know my patients and their families on a deeper level, helping them understand the interconnectedness of mind, body, and environment. I believe in crafting individualized care plans that combine the best of modern medicine with holistic and functional approaches to optimize your care and get you feeling your best.

Outside of the clinic, I enjoy relaxing with my family, going on hikes, cooking, and traveling. I consider binge-reading a good book and listening to live music time well spent.

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

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

## Rylee Sigwarth ~ PA-C



- Functional Medicine
- Family Medicine
- Preventative Care
- Integrative Health
- Health Optimization
- Gut Health and Repair
- Hormone Balance
- Cardiometabolic Care
- Immune Support
- Reducing Inflammation

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3375 Lake Ridge Drive ~ Dubuque, IA 52003  
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