

Growing Families

Infertility Awareness Week: April 20-26



Your birth plan is an important tool in facilitating discussion with your care provider on how you can work together toward a positive birth experience, as well as helping your entire birth team provide personalized care during this special day. Offering one-on-one appointments for birth planning and private yoga session, as well as workshops including:

- Prenatal Yoga
- Baby & Me Yoga
- Your Birth: Beyond the Basics
- Comfort Measures for Birth
- Milk Parties!
- Prenatal Breastfeeding Class
- Postpartum Support Group
- Mommy & Me Fit

Testimonial Corner:

"This is an amazing facility, integrating clinical care with healing services! They hold a high standard to quality & professionalism. Very impressed! I really enjoyed my acupuncture treatment with Ashley. I will be back to explore more of their services. A beautiful vision brought to fruition!"

How Acupuncture Can Boost Fertility

Ashley Straka, M.Ac, L.Ac



When it comes to improving fertility, many people turn to a variety of methods in the hope of increasing their chances of conception. Acupuncture, a key element of East Asian Medicine, has gained popularity as a natural treatment that can complement both natural conception and assisted reproductive technologies (ART) such as in vitro fertilization (IVF). This ancient practice offers a range of benefits that may support fertility health and enhance the success of conception. Acupuncture helps improve fertility by addressing multiple aspects of reproductive health, from hormonal balance to stress reduction. Here's how:

- **Regulating Hormones** Hormonal balance is crucial for regular menstrual cycles, healthy egg production, optimal uterine lining preparation, and the early stages of pregnancy. Acupuncture has been shown to help regulate the hormonal fluctuations that are essential for a healthy reproductive system. By promoting hormonal balance, acupuncture can increase the chances of conception, both naturally and during ART procedures like IVF.
- **Promoting a Regular Menstrual Cycle** A regular menstrual cycle can help predict ovulation and fertile windows, making it easier for individuals trying to conceive. For women with irregular menstrual cycles, acupuncture is often the first step in their fertility treatment journey. Achieving a regular cycle can enhance the likelihood of conception.
- **Improving Blood Flow to the Reproductive Organs** Acupuncture increases blood circulation to the reproductive organs, which can have a positive effect on ovarian function and egg health. Enhanced blood flow also contributes to a healthy uterine lining, which is crucial for embryo implantation.
- **Reducing Inflammation** Chronic inflammation in the body can disrupt hormone balance and negatively affect reproductive organs. Acupuncture can reduce inflammation, allowing for better organ function and enhanced fertility.
- **Managing Stress** The stress of trying to conceive can take a toll on both mental and physical health, which in turn affects fertility. Acupuncture is well-known for its ability to reduce stress by stimulating the release of endorphins, the body's natural "feel-good" hormones. By promoting relaxation and reducing stress, acupuncture helps create a more conducive environment for conception.

While much of the focus on acupuncture and fertility tends to center around women, acupuncture can also be beneficial for male fertility. Acupuncture helps regulate hormone secretion, reduce inflammation, and improve the motility and morphology of sperm. These improvements in sperm health can support overall male fertility.

Beyond acupuncture, East Asian Medicine offers a holistic approach to fertility that includes advice on lifestyle factors such as diet, physical activity, sleep, emotional health, herbs, and supplements. These comprehensive guidelines aim to optimize overall health and support fertility, pregnancy, and postpartum care.

Whether you're trying to conceive naturally or undergoing ART treatments like IVF, we would love to work with you to create a personalized treatment plan that fits your unique needs. We are committed to supporting you throughout your fertility journey.

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2025 Support Opportunities

Prenatal Breastfeeding Class

This hands-on, interactive class will give you the knowledge you need to feel ready to meet your baby and start the breastfeeding journey. Moms are encouraged to have a support person come along for the class. *New* for 2025, the same class with two scheduling options!

Single Session, Saturday, April 26, 9:00 AM - 12:30 PM

Two Sessions, Mondays from 6:30 PM - 8:30 PM

April 7 & 14, June 2 & 9, August 4 & 11, September 28 & October 6, December 1 & 8

\$100

Mommy & Me Fit

This interactive class blends playtime with fitness, incorporating fun partner exercises, bodyweight strength moves, and energetic cardio designed to engage both you and your child. *Designed for kids 5 and under*

April 19, May 17, June 21, July 19, August 2, September 20, October 18, November 15, & December 20

9:00 AM - 9:50 AM, \$20

Prenatal Yoga, 5-week Series

Release tension and deepen your connection with your body and your baby by learning ways to move your body in ways that can prevent or ease common discomforts of pregnancy.

May 12-June 16, June 30-July 28, August 18-September 22, October 6-November 3, & November 17-December 15

5:30 PM - 6:20 PM, \$80

Milk Parties!

This support group is for moms and breastfeeding babies of all ages, as well as pumping moms and pregnant women. Come share your victories about breastfeeding and receive help for your challenges.

April 14 & 28, May 12, June 9 & 23, July 14 & 28,

August 11 & 25, September 8 & 22, October 13 & 27,

November 10 & 24, December 8 & 22

9:30 AM - 10:30 AM, FREE

Your Birth: Beyond the Basics

Discover how to work with your body, not against it, for a more comfortable, efficient birth. Partners will learn what to expect during the labor process, and how to provide effective support during each stage.

May 5-May 19, July 14-July 28, October 13-October 27
6:30 PM - 8:30 PM, \$150 (support person attends free)

Postpartum Support Group

Join our support group to meet other parents, ask questions, and discuss concerns about baby care, feeding, hormones, sleep and much more.

April 7, June 2, August 4, October 6, & December 1
5:15 PM - 6:15 PM, FREE

Comfort Measure

Build confidence for labor as you and your support person practice hands-on techniques and labor positions with guidance, feedback, and tips from a certified doula.

June 16, August 18, & November 17

7:00 PM - 8:00 PM, \$50 (support person attends free)

Baby & Me Yoga

Learn exercises you can do with your little one for better sleep and digestion, less fussiness, and greater body awareness.

Saturday, April 26

9:15 AM - 10:05 AM, \$20



Statera would like to extend our heartfelt gratitude to everyone for their unwavering support over the past seven years. We are honored to have the trust of our community and remain committed to providing exceptional care.



Spring is here! Is your family struggling with seasonal allergies? In the United States, roughly 26% of adults and 19% of children experience seasonal allergies. Orthomolecular has products for the whole family to help combat your seasonal allergy symptoms. Orthomolecular D-Hist products support immune balance in hypersensitive adults and children and enhances sinus and respiratory health. It promotes normal viscosity of mucus and helps to clear the nasal passages.



At Statera we offer traditional medicine, holistic healing, fitness, and nutrition to support your health and wellness mind, body and spirit. Our multidisciplinary team of professionals work together to provide individualized care for your unique needs and goals.

Not sure where to start?

Schedule a free 20-minute consultation!

