



STATERA

Integrated Health & Wellness Solutions

Kris Anderegg, C.R.R.
Certified-Registered Reflexologist

Kris's philosophy of care centers on a collaborative, holistic approach to reflexology that supports the body's natural healing processes and helps individuals enhance function, restore balance, and improve overall quality of life.

- Specialized Therapy Sessions
- Reflexology Lymph Drainage
- Facial Reflexology for Facial Toning
- Foot, Hand, and Ear Reflexology

At Statera, we offer traditional medicine, holistic healing, fitness, and nutrition services to support your whole-person health and wellness—mind, body, and spirit. Our multidisciplinary team collaborates to provide individualized care tailored to your unique needs and goals.



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Kris Anderegg, C.R.R.



Kris Anderegg is a certified registered reflexologist and a member of the Reflexology Association of Iowa. She was certified in 2012 through the nationally accredited Reflexology Plus Program. Kris is trained in Foot, Hand, Ear, and Facial Reflexology, as well as Reflexology Lymph Drainage.

I enjoy collaborating with healthcare providers to help each individual reach their optimal quality of life. Reflexology is beneficial for people with chronic health issues and also supports anyone seeking a healthy, balanced lifestyle. It stimulates nerve endings to improve nerve function, enhances circulation, relieves tension, and supports detoxification. Reflexology can help ease symptoms of many acute and chronic conditions, including pain, arthritis, anxiety, migraines and headaches, fibromyalgia, depression, neuropathy, Parkinson's disease, allergies and sinus issues, high blood pressure, dementia, constipation, lymphedema, edema, insomnia, stress, and more.

I developed an interest and passion for reflexology in my early 40s and became certified with the encouragement of my husband and four children. I have been practicing part-time ever since. In addition to my reflexology work, I help run a dairy, beef, and crop farm in Clayton County with my husband, son, and daughter-in-law.



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