



STATERA

Integrated Health & Wellness Solutions

Ashley Straka, M.Ac, L.Ac
Licensed Acupuncturist

Ashley's philosophy of care emphasizes a holistic, personalized treatment plan, and she stays current through ongoing education to provide her clients with the highest quality of care.

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

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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Ashley Straka, M.Ac, L.Ac



Ashley Straka is a licensed acupuncturist specializing in women's health, chronic conditions, and pain management. She takes a whole-body, multidisciplinary approach to care, helping patients find relief from hormone imbalances, anxiety, and both acute and chronic pain.

Ashley earned her Master's Degree in Acupuncture from Northwest Health Sciences University, where she completed a four-year graduate program focused on integrative and holistic medicine. She is passionate about helping people feel their best and believes true wellness comes from treating the whole person, not just the symptoms.

Outside the clinic, Ashley enjoys life with her husband and their three wonderful daughters. As a family, they love staying active, spending time outdoors, traveling, and making lasting memories together.



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