

KATHREN BUNT

Is a Licensed
Acupuncturist
and a Diplomat
of Acupuncture
of NCCAOM
who graduated



Summa Cum Laude from the
American Institute of Alternative
Medicine (AIAM) in Columbus,
Ohio.

She is licensed to practice in the
states of Indiana and Ohio. She
has additional specializations in
Facial Rejuvenation (to decrease
the fine lines and wrinkles on the
face) and Cancer Treatment for
Symptom Management and Pain.



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Acupuncture and Wellness Center

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What is Chinese Acupuncture?



Chinese Acupuncture is one of the oldest healing arts. Over the years, acupuncture has been used to treat billions of people in a safe, painless and effective way, with focus upon regaining health and addressing a variety of conditions.

The Eastern philosophy behind acupuncture is that health depends on the vital flow of a life-force energy called **Qi** (*pronounced chee*) that circulates throughout our body along pathways called **meridians**. Along these meridians are several hundred therapeutic **acupuncture points**.

It is believed that illness and pain indicate a disruption in the normal flow of Qi. Inserting needles into acupuncture points serves to unblock the flow of Qi, prompts the release of **endorphins** (*a natural painkiller*), and some other chemicals to relieve pain, promote healing, and improve well being.

Some points tend to move energy towards the surface of the body while others bring the energy towards the interior of the body. Trauma, the environment, stress or medications are some of the factors that can cause an imbalance in the natural flow of energy. Acupuncture focuses on correcting this imbalance.



Acupuncture is recognized by the National Institute of Health (NIH) and the World Health Organization (WHO) as effective in treating these conditions:



Anxiety	Digestive trouble
Allergies	Dizziness
Arthritis	Dysentery
Asthma	Emotional problems
Attention Deficit Disorder (ADD)	Eye problems
Back pain	Facial palsy/tics
Bed wetting (enuresis)	Facial Rejuvenation



Blood pressure	Fatigue
Carpal Tunnel Syndrome	Fibromyalgia
Circulation, poor	Headache
Chronic fatigue	Hemorrhoids
Colds	Incontinence
Colitis	Indigestion
Constipation	Infertility
Cough	Insomnia
Dental pain	Irritable Bowel Syndrome (IBS)
Depression	Menopause
Diarrhea	

Menstrual irregularities	Sinusitis
Migraine	Sleep disturbance
Morning sickness	Smoking cessation
Nausea	Sore throat
Nervousness	Sports injuries
Osteoarthritis	Stress
Pain	Tennis elbow
Prostate problems	Tooth pain
Rhinitis	Trigeminal neuralgia
Sciatica	Urinary tract infections (UTI)
Seasonal Affective Disorder (SAD)	Vomiting
Shoulder pain	Wrist pain

