

## KAITLYN EDIN

Kaitlyn Edin is a highly qualified and experienced acupuncturist within a classical Japanese tradition of Meridian Therapy. She is an AHPRA Registered Acupuncturist and Chinese medicine herbalist.



She began her studies informally in Japan in the late nineties, and began her formal training in Australia in 2001. Since her successful completion of the four year degree of Health Science in TCM at UTS, Kaitlyn has had the great fortune to work and study with many dedicated professionals both in Australia and Japan.

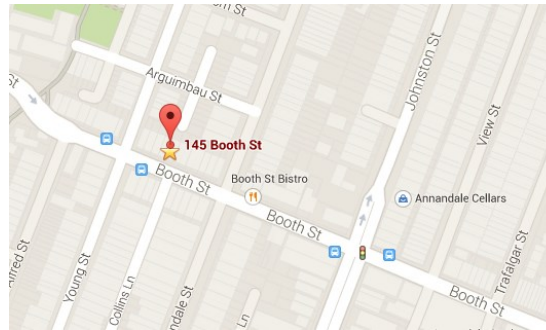
In 2013 Kaitlyn finished three years of extensive postgraduate skills based training in Japanese acupuncture techniques. She continues her training with teachers in Japan and Australia, to ensure she is always developing her technique and deepening her understanding of this medicine.

Kaitlyn has spent several years involved as a research acupuncturist, treating patients under randomised trial conditions, as well as being involved with a number of Complementary medicine trials and health literacy projects undertaken by the National Institute of Complementary Medicine (NICM) based within the University of Western Sydney. She is an occasional guest lecturer and tutor at UTS, Sydney.

Kaitlyn's clinical experience and interests include: women's reproductive health including moon cycle matters, natural fertility, IVF support and pregnancy health. She has a particular interest in acupuncture and herbal medicine for general health, including (and not limited to) immunity, digestive, adrenal and cardiac conditions.

## GETTING HERE

If coming by bus from the City, the outbound 470 bus to Lilyfield, stops right outside. Alight at the **2nd stop on Booth St after Johnston St** and we are located across the road. If coming by car, there is free curbside parking along Booth Street and the surrounding streets.



## TO MAKE AN APPOINTMENT AT IWNHC

Call Kaitlyn on:

02 9552 6288

Or use the client portal you can find on the website

[www.innerwestnaturalhealthclinic.com](http://www.innerwestnaturalhealthclinic.com)

e: [innerwestnaturalhealthclinic@gmail.com](mailto:innerwestnaturalhealthclinic@gmail.com)



## KAITLYN EDIN

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CERT, GRAD DIP ED  
AHPRA REGISTERED: CMR0001708400  
ANTA MEMBER: 7921

ACUPUNCTURIST

HERBALIST

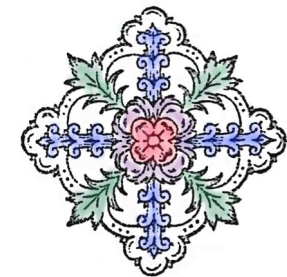
EAST ASIAN MEDICINE

PRACTITIONER

RECOGNISED BY ALL PRIVATE HEALTH FUNDS

*"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."*

*[The World Health Organisation]*



I W N H C

Inner West Natural Health Clinic

145 Booth Street  
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## ACUPUNCTURE | MERIDIAN THERAPY

The insertion of fine, sterile 'pins' into the body at specific points is done by many therapists these days. However it is only acupuncture when *applied according to the principles and diagnostic integrity of Meridian therapy and East Asian Medicine (EAM)*.

The diagnostic framework of EAM places great reliance on information elicited from the 4 diagnoses [looking, listening, asking and palpation]. Palpation of the pulse, *hara* (abdomen) and meridians is of great significance.

Once a diagnosis is made, treatment is directed to both treat your constitution as well as to correct the symptoms you may be experiencing. Just as the roots are primary to the health of a tree, so too it is important to nourish the unique vitality of the individual; the constitution. In this way the body's own ability to correct any imbalances from within is supported. Treatment also aims to quickly eliminate or significantly reduce symptoms and provide relief.



## HERBAL MEDICINE

EAM is also the foundation for prescribing the right herbal formula for you. Once your constitution is understood, the correct strategy can be applied to assist and enhance the capacity of your body to function in a healthy way.

Different herbs perform different functions, according to their nature and the conditions that they treat. Some herbs provide substances which help the body to repair or build healthy cells, while others act as a catalyst to stimulate body functions such as immunity or elimination.

Vitamin and mineral therapy can also be given according to the same principles as herbs, to treat deficiencies and illnesses. For more information on herbal medicine please visit:

[www.innerwestnaturalhealthclinic.com](http://www.innerwestnaturalhealthclinic.com)

## CONDITIONS TREATED

Bloating | Irritable Bowel

Pelvic cramping

Fluid retention | Oedema

Allergies | Sinus congestion

URTI and post viral conditions

Anxiety | Mood disorders

Soul & Spirit matters

Fertility concerns | IVF Support

Pregnancy health

Menstrual disturbances & transitions

Moon cycle regulation

Headaches and migraines

Inflammatory conditions

Sleep disturbances

Neurological conditions

Metabolic disorders such as:

PCOS | Sugar Imbalances

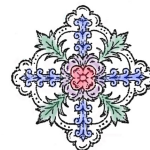
Hormonal imbalances

Musculoskeletal pain, restriction

TMJ or Jaw dysfunction

Eczema | Psoriasis | Acne

And a whole lot more...



## HOW OFTEN SHOULD I COME?

Most acute conditions require a minimum of two or three sessions to sufficiently resolve the underlying mechanism(s) creating the issue.

Chronic or long term conditions tend to require a cycle of up to twelve treatments, sometimes more. Treatment is usually once a week.

Most people find once there has been a satisfactory degree of resolution, they like to return for acupuncture sessions once a month or every six weeks. This enables them to maintain a healthy patterning and level of wellness.

Acupuncture is a wonderful treatment approach but like everything it has its limits. It is important to remember that changes in your condition will occur, although they might be incremental and not always apparent after a single treatment. However if there are no significant changes to the condition and how you are feeling within a couple of weeks, reassessment and referral to another modality may be the best course of action.



GET BACK  
TO FEELING  
GREAT

WE ARE  
HERE TO  
HELP

## MY COMMITMENT TO YOU

Please appreciate that it is in Kaitlyn's interest to get you well again and your issue resolved as quickly as possible. She wants to see the positive benefits of the medicine made manifest in her patients. Treatment is on a need only basis.