Stars and bars is a mathematical technique for solving certain combinatorial problems. It occurs whenever you want to count the number of ways to group identical objects.

Theorem 1 (Number of positive integer sums):

The number of solutions to the equation X1 + X2 + ... + Xk = n, such that Xi >= 1, i = {1, 2, ..., n} is equal to (n-1)C(k-1).

Theorem 2 (Number of non-negative integer sums):

The number of solutions to the equation X1 + X2 + ... + Xk = n, such that Xi >= 0, i = {1, 2, ..., n} is equal to (n+k-1)C(n) or (n+k-1)C(k-1).

Number of lower-bound integer sums:

- The number of solutions to the equation X1 + X2 + ... + Xk = n, such that Xi >= ai, i = {1, 2, ..., n} can be reduced to the following problem:

First, we let Xi' = Xi - ai, for i = $\{1, 2, ..., n\}$. Now, we have the new equation X1' + X2' + ... + Xk' = n - a1 - a2 - ... - ak, Xi >= 0, i = $\{1, 2, ..., n\}$.

Hence, we can find the number of solutions of the new equation using theorem 2. If we let m = n - a1 - a2 - ... - ak, then we get X1' + X2' + ... + Xn' = m and hence, the number of solutions of the new equation is (m+k-1)C(m) or (m+k-1)C(k-1). Therefore, the number of solutions to the original equation is (m+k-1)C(m) or (m+k-1)C(k-1).