

TCM 中醫學

TCM (Traditional Chinese medicine) has been originally developed in China with over 3,000 years of history. TCM treatments consist of herbs, Tuina (Classical Chinese massage), cupping and acupuncture, etc. It is the oldest, safest & most natural therapy in the world. It has been widely used in China, Korea and Japan, now becoming more & more popular in the West including UK.

HERB 中草藥

Herbal medicine is the result of combination between plants & foods which are used for keeping and restoring the normal body functions & treating most of diseases. The herbal formula for each patient varies & depends on the diagnosis by our experienced TCM practitioners. Herbal remedy is key therapy in this centre. Usually patients will feel difference after 7-14 days of herbal treatments.



TUINA 推拿

Tuina is a form of Chinese classical massage with hands-on body that uses Chinese Taoist and martial arts in an effort to bring the body from 'imbalance' into 'balance'. The practitioner may knead, roll, press, and rub the affected area for treatments of musculoskeletal conditions, arthritis, headache, neck or back pains, insomnia, stress, chest & abdominal pains etc.

ACUPUNCTURE 針灸

Acupuncture is regarded as a form of alternative medicine in the West. It is an important part of TCM. For over 3,000 years, it has been applied successfully to many conditions, such as headache, migraine, arthritis, gout, muscular and joint pains, back pains, sinusitis, obesity, depression, anxiety, infertility, and irregular menstruation etc.



- 2 Successful cases of infertility treated by Prof Enqin Zhang (Engin Can) with herbs

PROF ENQIN ZHANG (ENGIN CAN)

張恩勤 教授

A worldwide well-known TCM & herbal scholar & practitioner.

He started studying TCM (Traditional Chinese medicine) & herb at Shandong College of TCM in 1972, and then graduated from Shandong University of TCM in 1982 with master degree in TCM; and also obtained doctorate in alternative medicine from Medicina Alternativa Institute in 1992. He gets professorship from 6 Chinese & international universities & institutes.

Currently he is the member of ATCM UK & is qualified to practice TCM, herbal medicine, acupuncture and Tuina therapies in UK. Patients are coming to see him from all over the world including members of royal families. Additionally, he acts as president of UK Academy of Chinese Medicine and teaches acupuncture, massage and herbal medicine for postgraduates; he is the member of 'Clinical Curative Effects Evaluation Committee' of WFCMS (associated with WHO); the senior member of the Royal Society of Medicine UK; and Vice president & general secretary of ACMP, UK.

He can help patients with TCM & herbal therapies for following conditions: sinusitis, sore throat, Meniere's disease, tinnitus, hearing problem, gastritis, peptic ulcer, infection or stones in gallbladder, IBS, asthma, cough, headache, migraine, stress, insomnia, depression, hysteria, dizziness, hypertension, chest pain, palpitation, arthritis, gout, neck pain, lumbago, sciatica, osteomyelitis, nephritis, urinary infection, enuresis, prostatitis, infertility, hemorrhoid, acne, eczema, women diseases, hair loss, smoking and cancer patient's supports, ect.

Prof Enqin Zhang has written & published many TCM & herbal books, such as 'Research in Classical Herbal Formulas', published by Yellow River Press in 1989; 'A Practical English-Chinese Library of TCM', composed of 14 books, the first of its kind in the world, published by Shanghai TCM University Press in 1990; 'Shang Han Lun Study Guide' by People's Medical Publishing House in 2006, etc. He was awarded by Chinese State Council for his outstanding achievements in TCM & herbs in 1990.

He is practicing in this centre.

張恩勤 主任醫師 教授 國際著名中醫學者和臨床專家

從醫43年，臨床經驗豐富。現為英國皇家醫學會和英國中醫藥學會資深會員，世界中醫藥學會聯合會「臨床療效評價委員會」專家。先後師從著名傷寒專家導師李克紹教授和內婦科名醫呂同杰教授，盡得其傳。1982年山東中醫藥大學研究生畢業，醫學碩士；1992年獲 MEDICINA ALTERNATIVA INSTITUTE 院長 ANTON JAYASURIYA 教授授予的「替代醫學博士」。

擅治胃炎、潰瘍病、氣管炎、哮喘、失眠、抑鬱症、頸椎病、腰椎病、骨質炎、關節炎、痛風、肝膽病、心血管病、泌尿生殖病及性病、男性不育、女性不孕、鼻竇炎、咽喉炎、中耳炎、內耳眩暈、痤瘡、濕疹、帶狀疱疹、牛皮癬和脫發，以及戒烟和癌症的輔助治療等。

他論著甚多，曾主編[經方研究]，黃河出版社1989年7月出版；世界第一套[英漢對照實用中醫文庫]14本，上海中醫藥大學出版社1990年4月出版；[中國傳統醫學叢書]27分冊（含藏醫），科學出版社1994年陸續出版；新著[經方論研習指導]英文版，人民衛生出版社2012年出版。其作品早已流傳到世界上80多個國家和地區。其著作在英國醫學會、MIDDLESEX UNIVERSITY、WESTMINSTER UNIVERSITY 等圖書館，均可借到。1991年曾獲中國中醫藥學會學位委員會「突出貢獻獎」。先後擔任過山東中醫藥大學醫學院西醫學習中醫系主任、蘇聯阿基瑟維奇醫學學院教授、國際替代醫學學院教授、臺灣臺北中醫藥學會名譽教授等。目前擔任英國中醫學院院長，與浙江中醫藥大學合辦中醫碩士、博士研究生教育以及多種進修班。他精通漢、英和土耳其語等，醫德高尚。前來就醫者，不乏皇家貴族、高官名流；更多為平民百姓。他都一視同仁，精心診治。

張教授現就在此診所坐堂行醫，每天應診。

其他專家

這裏是英國中醫學院的附屬診所，英國中醫學院的部分教授、專家，也在此坐堂行醫，但需提前 2-3 天預約。具體請查英國中醫學院官方網頁：www.uacm.co.uk

King's Cross TCM (traditional Chinese Medicine) & Herbal Centre UACM 英国中医学院专家门诊

the affiliated clinic of UK Academy of Chinese Medicine The chief doctor

主诊医师: Prof Enqin Zhang (Engin Can) , consultant in Chinese medicine and acupuncture.张恩勤教授，主任医师

Clinic Address 诊所地址 : 255 Gray's Road, London, WC1X 8QT UK

Open 开诊时间: Monday to Sunday 10am - 5pm .周一到周日上午十点到下午五点

(the nearest tube station is King's Cross St.Pancras, then walk 5 minutes to the clinic 最近的地铁站： 伦敦国王十字街)

Mobile Phone & WhatsApp 手机 : 07846193488. Landline : 02035099050.

WeChat 微信: drzhang1953

Rednote 小红书: 伦敦中医张恩勤

The school & clinic's Website 网址:www.uacm.co.uk

英国中医学院国王十字街中医诊所信息

英国中医学院国王十字街中医诊所信息

主诊医师：张恩勤教授，主任医师。中医全科医师，尤擅长内科、妇科、儿科、皮肤科及各科疑难病症，如感冒、流感，发热，新冠感染及后遗症，疲劳综合征，咳嗽、支气管炎、肺炎、肺结节、哮喘、肺气肿、肺心病，眩晕、高血压、高血脂、动脉粥样硬化、冠心病、心悸、心律失常，中风后遗症，雷诺氏病，脉管炎，下肢溃疡，网球肘、关节炎、痛风，颞下颌关节紊乱症、肩周炎、颈椎病、急慢性扭伤、腰椎病、坐骨神经痛、肌腱炎、足底筋膜炎、足踝痛、骨髓炎，食道炎、幽门螺旋杆菌感染、慢性胃炎、溃疡病、结肠炎、IBS、克隆氏病，胆囊炎、胆石症、肝病，白塞氏病，痔疮、肛周炎，遗尿、泌尿系感染、淋病、生殖器疱疹，尿路结石、肾炎、肾病综合征、早期肾功能不全，头痛、偏头痛、失眠、神经衰弱、焦虑、癔病、奔豚症、抑郁症、面神经麻痹、多发性神经炎、震颤麻痹、老年痴呆、新冠后遗症脑雾，MS, 月经不调、闭经、子宫肌瘤、卵巢囊肿、更年期、功能性子宫出血、痛经、白带异常、不孕症，妊娠反应，产后疾病，乳腺病，糖尿病及继发病、甲状腺病，精液异常、精囊炎、不育症、前列腺病、阳痿、早泄，儿科疾病、小儿多发性抽动症、消化不良腹泻，脱发、斑秃，痤疮、花粉病、寻麻疹、湿疹、带状疱疹、脂溢性皮炎、牛皮癣，鼻炎、鼻窦炎、花粉症，中耳炎、耳鸣、耳聋、美尼尔氏症，眼疾，减肥，戒烟，癌症和艾滋病的辅助治疗等。

张恩勤 1972 年起就读于山东省中医药专科学校中医专业，毕业后留校任教，随即被送往山东医学院楼德分院“山东省医学基础及免疫学师资班”；然后又送黑龙江中医药大学“卫生部全国中医院校伤寒论金匱要略师资班”深造。高考恢复后，1979 年成功考取了山东中医药大学李克绍教授伤寒论专业硕士研究生，1982 年毕业获医学硕士学位；1992 年获国际替代医学院院长 Prof. Dr. Sir Anton Jayasuriyad 授予的替代医学（传统医学）博士学位。

毕业后留校任教，先后担任过山东中医药大学伤寒论教研室讲师、主治医师和进修部主任/“西医学习中医系”主任；1982-1992 年再师从山东中医药大学第一附属医院院长吕同杰教授临床研习和实践。张教授论著甚多，曾主编【经方研究】，黄河出版社 1989 年出版；他主编过世界第一套【英汉对照实用中医文库】14 册，上海中医药大学出版社 1990 年出版；他还编译了英文版【伤寒论研习指导】，2012 年人民卫生出版社出版等。张恩勤 1991 年曾获国务院学位委员会“突出贡献“奖。张教授现任英国中医学院院长，英国皇家医学会高级会员，英国中医药学会资深会员，世界中医药联合会评审授予的主任医师，上海中医药大学客座教授，陕西中医药大学特聘教授，国际替代医学学院教授，台湾台北中医药学会荣益教授。他 2012 年创办英国中医学院及其附属国王十字街专家门诊，在伦敦开办各种中医药针灸培训班；与上海中医药大学和浙江中医药大学合办中医博士、硕士研究生班。周一到周日，上午教学，下午看病。与英国医师化验室合作，开展各种化验检查项目。兼任世界中医药联合会临床疗效评价委员会理事，世界针灸立法委员会委员。他精通汉语、英文和土耳其语等，易与沟通。不论是皇家贵族，还是平民百姓，都一视同仁，精心诊治。还为海内外患者提供网上服务，通过微信视频在线观看诊断病情，然后以特快专递寄药给病人。

英国中医学院国王十字街专家门诊 Prices 价格表

Consultation 诊费:£36

Herbal granules 中药:£9 /per day

Deep tissue Massage 推拿:£38/30min; £68/60min

Acupuncture 针灸:£58

Cupping 拔罐:£38

Ear candle 耳烛:£38

Only consultation without buying medicine ;or remote consultation online for prescription 仅看医生求诊断但不买药；或远程网上看病求处方的:£60

诊所地址： 255 Gray's Inn Road, London, WC1X 8QT, UK.

最近地铁站： King' s Cross St.Pancras, 出站后走 6-9 分钟左右.

开诊时间：周一到周日上午十点到下午五点。

手机 07846193488

坐机 02035099050

小红书：伦敦中医张恩勤

学校和诊所的网页： www.uacm.co.uk

微信：drzhang1953

扫描下方二维码：



Detailed information on “ King’s Cross TCM (Traditional Chinese Medicine) & Herbal Centre UACM”

Chief consultant: Professor Enqin Zhang (Engin Can) , consultant in Chinese medicine and acupuncture .

He is good at diagnosis and treatment of internal medicine and gynecology as well as the difficult diseases and conditions in various departments with herbal medicine and acupuncture .

Graduated from Shandong University of Traditional Chinese Medicine in 1982 with master's degree in medicine and doctorate in alternative medicine (traditional medicine)in 1992.

Currently he is the director of UK Academy of Chinese Medicine, a senior member of the Royal Society of Medicine, and a senior member of the ATCM. Visiting professor of Shanghai University of Traditional Chinese Medicine, Distinguished Professor of Shaanxi University of Traditional Chinese Medicine.

Right now he is cooperating with Shanghai University of Traditional Chinese Medicine and Zhenjiang Chinese Medical University teaching postgraduates for doctoral and master’ s degrees as well as the local UK students in Chinese medicine and acupuncture training courses in London. Therefore he usually teaches in morning and sees patients in afternoon.

Love writing, wrote and published many books.He was chief author and editor of the world's first TCM series of "A Practical English-Chinese Library of Traditional Chinese Medicine” composed of 14 books, published by Shanghai University of Traditional Chinese Medicine Press in 1990. He won the "Outstanding Contribution" award from the Academic Degrees Committee of the Chinese State Council in 1991. Additionally Prof Zhang is the expert of the Clinical Efficacy Evaluation Committee of the World Federation of Chinese Medicine and a member of the World Acupuncture Legislative Committee.

Clinic address: 255 Gray’ s Inn Road, London, WC1X 8QT, UK.

(The nearest train station is King’ s Cross St.Pancras, about 8 minutes’ walk from the King’ s Cross St. Pancras station to the clinic).

Open hours: 10 am -5pm, from Monday to Sunday.

Mobile phone and WhatsApp 07846193488;

Clinic:02035099050

School and clinic website : www.uacm.co.uk

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Only consultation without buying medicine ;or remote consultation online for prescription 仅看医生求诊断但不买药；或远程网上看病求处方的 £60

Please scan the following for WeChat



How to take herbal granules

如何使用草药浓缩颗粒

1、将3勺草药浓缩颗粒放入杯中；2、加入开水半杯；3、搅匀溶解均匀；4、待温度降至温后饮用。一般一日三次，每次三勺。5、胃口不好的饭后饮用；胃口好的饭前服用。6、失眠的病人，不宜上午上班时服用，可改为晚饭前后服4勺半，临睡之前服4勺半。

注意：每勺中药浓缩颗粒=1.5克

How to use herbal concentrated granules:

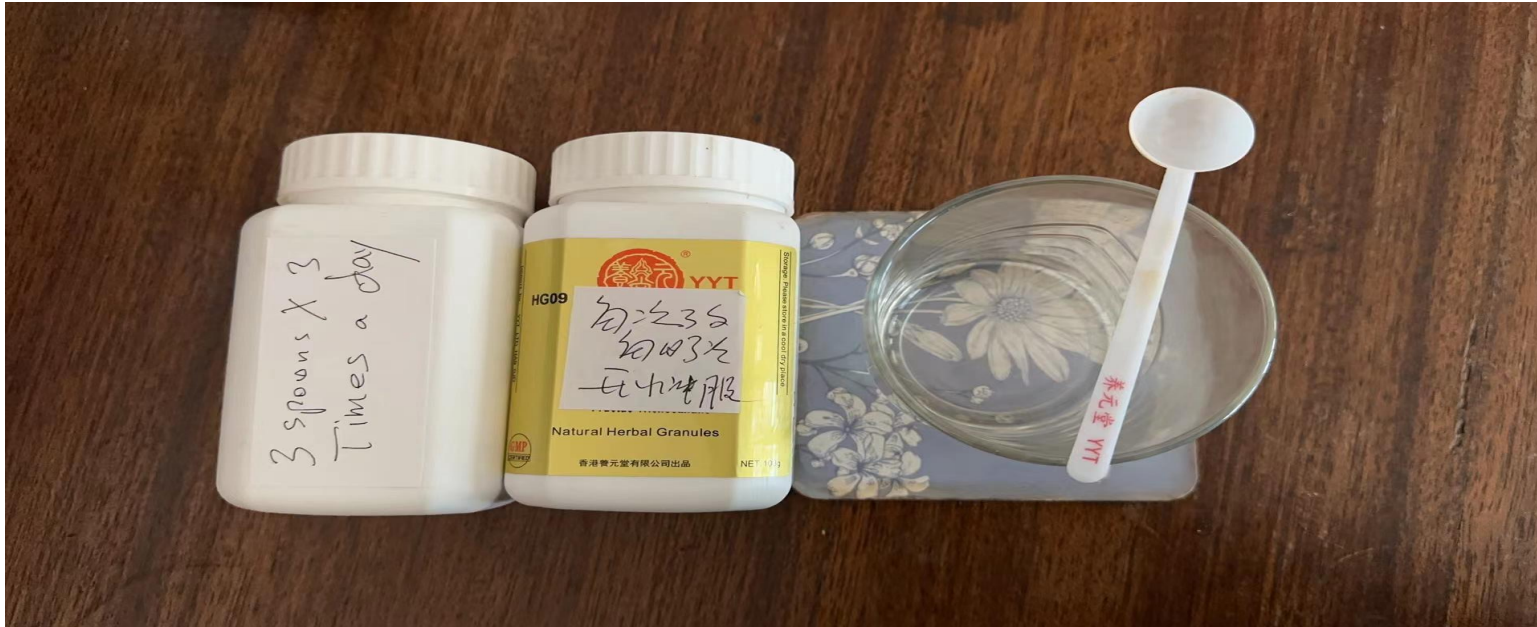
1. Put 3 spoons of herbal concentrated granules into a cup;

2. Add half a cup of boiling water;

3. Stir well and dissolve evenly; 4. Drink after the temperature drops to warm. Usually three times a day, three spoons each time.

5. If you have a bad stomach drink it after a meal; if you have a good stomach, take it before a meal. 6. Patients with insomnia should not take it in the morning when going to work. Instead, they can take 4 and half spoons before and after dinner and 4 and half spoons before going to bed.

Notice: 1 spoon of herbal granules =1.5 grams.



如有不清楚的地方可随时联系我

if you have any questions please don't hesitate to contact me.

张恩勤教授/ professor Enqin Zhang. Phone: 07846193488; 微信 WeChat: drzhang1953

如何煎草药

- 1、砂锅，将一副中药投入砂锅，再加饮水/清水浸泡，水面需盖过药的水平。
- 2、浸泡 2-3 小时以上，使水浸透草药的中心，避免草药表面植物蛋白凝固而导致热气无法进入草药的中心，造成草药的中心区的成分无法溶解。
- 3、水煮到开锅后，继续煮 15-20 分钟左右。
- 4、过滤取汁。
- 5、再加水适量，煮 10 分钟后，取汁。
- 6、两次取汁，合在一起。早上喝一半，晚上喝一半
- 7、没有胃病的饭前半小时喝，有胃病的饭后半小时喝。



How to decoct herbs

1. In a casserole, put a pair of Chinese herbal medicine into the casserole, add drinking water/clear water to soak, the water surface should cover the level of the medicine.
2. Soak for more than 2-3 hours to allow the water to soak into the center of the herbal medicine to prevent the plant proteins on the surface of the herbal medicine from coagulating and causing the heat to be unable to enter the center of the herbal medicine, causing the ingredients in the central part of the herbal medicine to be unable to dissolve.
3. After the water boils, continue to cook for about 15-20 minutes.
4. Filter and extract the juice.
5. Add appropriate amount of water, cook for 10 minutes again , then get the juice.
6. Make all the juice twice and combine it together. Drink half in the morning and half in the evening
7. Drink it half an hour before meals if you don't have stomach problems, and drink it half an hour after meals if you have stomach problems.