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ATCM's 25th Anniversary

英国中医药学会会刊

本期会刊为英国中医药学会成立 25 周年会庆特刊



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英国中医药学会

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我发起创建英国中医药学会的初衷

钟守明 博士

Oxford

My motivation to initiate the founding of ATCM

By Dr Shou Ming Zhong

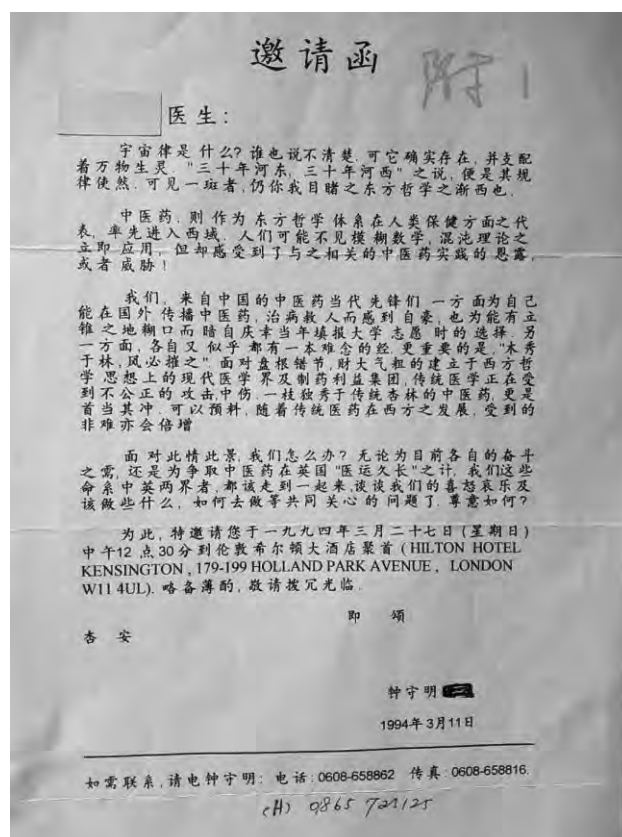
The author Mr Zhong, a PHD and professor in phytochemistry, recalls his early research work in natural plants which led him more and more interested in TCM. He quited his university job in early 1990's to focus on the development of new natural botanical pharmacy before he opened his own TCM clinic in Oxford. Engaged in TCM practice in the UK, he felt strongly that TCM should have its own organisation. Hence he initiated the preparation. After a couple of steering meetings, ATCM was officially founded on 16th October 1994. The author provides some historical documents to demonstrate the early activities in the founding of ATCM.

本人 1965 年毕业于原南京药学院，现在为中国药科大学。在本科学习期间，除了学习中西药各种课程以外，同时选修了中医概论和针灸学。毕业以后，在有关药科学科的很多单位工作过，其中包括了药品检验所，医院药房，药厂及医药院校。在 1978 年考取了中药化学（植物化学）专业研究生，同年获得了到国外读博士学位的机会。1979 年，是对外改革开放以后，第 1 批派到国外留学的学生，师从英国 Strathclyde 大学的沃特曼教授，攻读博士学位。1983 年博士毕业后，我作为中国 1949 年以后第一个拿到药学博士学位的学者，回到中国药科大学当老师。1989 年应 Strathclyde 大学的邀请，到该校当访问教授，从事研究和教学工作。

1991 年，随着我对科学，药学和中医的认知和信念的转变，我便从“象牙塔”中出走，放弃了和屠幼幼教授同样专业的大学研究工作，去了一个中药公司。从国际贸易，品质控制，到研究开发，成立中药研发公司。先后在三个植物药公司的研发工作中，也做了中药分离纯化的工作，但从来不再以分离单体化合物作为目标（即不再从中药里研发西药），而是用中药的粗提物作为活性物来作药物开发的对象。先后在英国和美国做了三个中药产品的

临床试验并获得十项专利授权。

英国自九十年代初，逐步有中国大陆的中医来英国工作。他们有些受雇于英国老板，也有自己独立开业的。但都散在各地城镇。我自己也在中药开发职业之余，在 Oxford 开设了一家中医诊所，先后由国内邀请两位科班出身的中医师。当时旅英华人的主体是从事餐饮业，大多来自香港。他们有各种不同的社团或组织。基于我对 TCM 建立起的坚定信念，相信她将会在英国乃至世界各地有所发展。加上我一九七九年至一九八三年在英国读博的留学体会及参加英国人的中医学会（RCHM）的感受，认为很有必要把中国来英的中医师们组织起来。于是，在一九九四年三月十一日，我写信给部分在英中医师（见附件影印件 1），分别邀请各位到伦敦聚首，商讨是否成立组织事宜。



该建议得到与会者的支持后，再由我在四月八日，发信给已知地址的中医师们，以便能联系上更多的

日报等（附件影印件 7）。



学会成立后每年召开一次会员大会。在一九九六年十二月一日的第三届会员大会上（由陈菁华教授主持），选出了新一届理事会，并接受了其中获选的钟守明，陈炳忠，翟小萍三人的请辞要求。这理事会的组成是：会长，罗鼎辉，副会长，陈菁华，学术部长，许光，组织部长，谢明，联络部长，柯松轩，财务部长，汤淑兰，学刊总编，江丹。理事会还决定，请陈炳忠为财务部助理，处理日常财务工作。

以上算是一份关于英国中医药学会的创会纪实吧。第一任会长卸任后，便由陈菁华教授接任，以后则先后移交给吴继东，沈惠军等“老会长”，直至目前的赵丽琴会长。这段历史，这些会长和理事及老会员们都比我清楚。希望他们在合适的时机，以适当的形式，也作一个叙述，以保存英国中医药学会的史实。

这里，我想淡淡地提一下，本人在从邀请少数中医到伦敦希尔顿饭店开会，到筹划学会筹备工作及作为学会第一届及第二届理事（副主席，联络部长），为学会事宜出钱出力，东奔西跑之三年多时间，从

来没有向学会报销过一分钱。像我这样做的，不仅是我一人。还有很多会员给学会捐款 10 镑，50 镑，100 镑乃至数千镑不等。大家同心同德，群策群力，不追名逐利。我们只有一个共同目标，那就是让中医药在英国发扬光大，使该国的患者，包括华人群体，能受惠于这一中华瑰宝之奇突疗效。这就是我的初心，相信也是不少和我一起创建英国中医药学会的同仁们的初心。

之所以陈述这一小段历史，主要是告诉大家，作为个人我为什么热衷于中医药，并相信中医药的医疗保健系统理论和实践，将会逐步被西方世界的人们所认识和接受，并以他们的方式，引入其教学，科研及医疗保健系统中去。这一过程，可能需要几十到上百年的时间。就当前而论，中医药在英国及世界上很多国家，都得到了一定的进展。这从我们学会的会员人数上比当初增加了二十倍上也可以看出。虽然中医药在一英国不再是当初我写的“风霜刀剑严相逼”的状况。但是，对中医药的不懂，不认可及由此产生的偏见，政策上的打压等情况，在英国及其它西方国家，都是普遍存在的。比如，欧盟禁止中成药的进口及销售，英国 NICE 对针灸治疗腰痛疗效之否定，撤消大学里中医针灸专业，中医师很难得到英国工作签证等。所以，老实说，我的总体感觉是，进展有点虚幻，后退却很真实，前景不容乐观。这些年来，学会的会员同行们，用自己扎实的中医药理论基础和临床实践经验，靠疗效受到了西医药治不好的患者的信任和赞誉。也使自己立足英伦有了保障。个人预测是，随着时间的推移，现在的会员终得退休，国内中医师受工作签证限制来不了，英国又没有有一个正规的，由教育部认可的中医药大学培养毕业生，英国中医药可能将面临后继无人的局面。到最后，或许只剩下针灸推拿师了。但愿我的悲观被证明是错的。当然，这不是我们学会的力量就能解决的大问题。但我真希望，从这届理事会开始，认真思考并讨论这一与中医药在英国前途相关的事情。看看我们能做些什么或能做多少。前提是，我们要有一个坚强有力的理事会，各位理事均要一心为公，团结一致，敢想敢说，破旧创新。在为广大会员服务的同时，亦为中医药在英国的进一步扩展提升做些开拓性工作。

（本文所附文件影印件全部由钟守明博士提供）

回顾 ATCM 成立和早期理事会工作概况

罗鼎辉

Overview of the Establishment of ATCM and the Early Work of Its Council:

The author Dr Ding Hui LUO, the honorary president of ATCM, provides the Editorial Committee with a big pile of documents, - the historical files and photos, etc. from the time when ATCM was founded in 1994 and during the first 4 terms of ATCM Council (1994-98) when Dr Luo was the president of ATCM. These documents and photos are the evidence to show that in 1990's ATCM worked very hard to establish and maintain the high standards of TCM practice and to uphold and promote TCM in the UK. Some of the documents provided by Dr Luo are copied here, while the photos are edited into the picture collection.

接阅 ATCM 第十五届理事会关于学会成立 25 周年庆典特刊的征稿通知后，我想借此机会让会员重温或知悉 25 年前为什么成立“英国中医药学会”？学会成立后早期做了什么主要的工作？会员从中有何受益？

我不拟选择单纯个人叙事的方式回顾那令人难以忘怀的过去，而以尚保存下来的文字记录，如信件，传真，学会文件与会刊，报章和相片等资料作素材，展现给同仁过目。希望达至一目了然，比较客观的效果，而不至于那么枯燥无味。

我将资料基本以时间先后顺序作编排，也曾考虑把首四届理事会印发共 14 期会刊按期数排入其中，以便会员可结合翻阅获取更多当时英国的医政讯息，学术交流和临床经验等。此外还记载每届理事会在历年大会上的工作汇报和学术报告会纪要，让未能出席年会的会员都可以分享，体现了学会成立的初衷。然而，愿望良好，但“特刊”篇幅有限，不可能把 14 期的会刊全部编印，只好选取最早第一，二期单张印发的会刊作例供阅。其余第三至十四期由于内容越来越丰富改成 A5 和 A4 成册印发，页数也渐见增多，我唯有交给会刊编辑部存放，让有需要的会员借阅或影印。

最后我以引用第五届理事会编印的第十九期会刊首页上刊登的英国中医药学会“简介”作为编后总结。

在此让我向各位无偿地，辛勤地为学会工作的理事们和热情支持学会工作的会员们致以衷心的感谢。

由于本人的认知水平和工作能力有限，所提供的资料难以顾及全面，或有不尽人意和错误之处，敬请同仁批评指正。

编者注：名誉会长罗鼎辉医生提供了大量 ATCM 成立之初和早期的文献资料和图片。因篇幅所限，我们在这里仅选登几份，并在本刊中部的图片汇编中有更多的选登。

Inauguration Meeting of The Association of TCM (U.K.) 16th October 1994

Agenda

Host of the meeting : Dr. Xiao Ping Zhai.

15:00 - 15:15 : Introduction

15:15 - 15:25 : Dr. Ding Hui Luo -chairperson of the foundation working group of ATCM (U.K.) opens the meeting.

15:25 - 15:55 : Professor Shou Ming Zhong - present situation of TCM in the U.K. and the challenges ahead.

15:55 - 16:10 : Dr. Song Xuan Ke - explanatory speech on major issues concerning ATCM (U.K.)

16:10 - 16:20 : Dr. Hang Li - reports on the memorandum and articles of the ATCM and membership. (Speech in Chinese)

16:20 - 16:40 : Discussion, debate and adoption of the Constitution of ATCM (U.K.) and election of the council members of ATCM (U.K.)

16:40 - 16:55 : Council member meeting

16:55 - 17:00 : Announcement from the council and close of IMATCM (U.K.).

17:00 - Onwards : Reception.

敬啟者：

苦，情况很不乐观。世界上一切国家都反对中国全面内战，美国也反对。蒋介石在重庆时，曾受到过国际社会的广泛同情。但到了现在，这种同情已经消失了。我们不能再等了。我们必须立即采取行动。否则，我们将失去一切。我们必须立即采取行动。否则，我们将失去一切。

(BBC2, 1994)

的。去。中。越。別。展。中。國。文。學。壓。的。們。是。醫。生。特。定。英。英。的。一。影。的。或。而。中。到。國。比。年。一。現。兄。相。中。服。子。安。英。正。正。不。免。創。局。位。由。在。安。英。正。近。以。刀。門。大。是。去。正。治。度。者。的。金。刀。匠。括。去。它。理。度。中。人。應。對。於。險。的。不。服。它。中。服。人。應。對。於。險。遷。了。保。同。身。查。其。中。心。降。二。層。室。美。人。的。本。身。其。中。心。降。二。層。失。人。失。其。其。之。不。知。的。受。中。界。不。為。解。因。代。子。也。題。題。承。世。世。之。不。可。力。威。上。門。為。醫。一。向。之。不。可。力。威。上。門。為。醫。始。病。院。阻。阻。的。熱。心。力。中。不。妨。重。重。的。過。的。重。力。中。藥。狀。重。重。的。過。的。重。力。中。種。中。死。死。的。到。所。表。電。台。生。這。中。多。支。支。的。地。上。現。受。沉。在。中。一。行。恨。的。思。來。元。志。電。感。凡。大。說。一。決。人。皆。目。前。上。去。其。道。解。的。曾。留。子。藥。上。去。其。國。行。能。多。是。就。抵。抵。抵。花。老。力。力。

分不开。前在得中点，十几年来，他做医生的活动，现在为工厂与之为工友多，为病人少。荣伯说：“我在很多药厂当过医生，很熟悉，但（RCH）固金也医过，我种的成仁医院，我种的前来，我于幼便目睹的，由立即对门相注及成员们，那底点的关系，（中一）的有，得作了一少些，把个我们是在因常一夏或不同，其非之有，大英，中国多夫益，担到笑不医患

中在推医播上情况很多同人们都认为，在美国的中国来的能
送院生站以和情况应该组起求团结站一致，为中医药创
英医生站和格格并迷一步促康发展业务同时，也应提高
美英站和格格并迷一步促康发展业务同时，也应提高
送院生站以和情况应该组起求团结站一致，为中医药创

1.统计、了解中国在美国工作/访问的中医药人员的姓名、地址(电话),以便与中国联系。因此,烦请你接信后,尽快来信告知你所知道的所有中医界朋友的联系地址或电话。

选票

(16\10\1994)

(按姓氏汉语拼音排列)

同意者请在其名字上划圈

CHEN Bing-zhong 陈炳忠

CHEN jing-hua 陈菁华

CHEN Rui-qi 陈瑞启

JIANG Dan 江丹

KE Song-xuan 柯松軒

LI Guo-qing 李国庆

LI Hang 李杭

LI Yang 李 杨

LIU Su-zhen 刘素珍

LUO Ding-hui 罗鼎辉

WANG Kun 王昆

XU Guang 许光

ZHAJ Xiao-ping 翟小萍

ZHONG Shou-ming 钟守明

Fig 1: Letter from Dr Zhong Shou Ming to TCM community in the UK to initiate the founding of ATCM.

Fig 2: Ballot of the 1st council election. 16th Oct 1994

[illegible]

Fig 3: Chinese newspaper Sing Tao Daily coverage on the founding of ATCM, 18 Oct 1994

英國中醫藥學會

ASSOCIATION OF TRADITIONAL CHINESE MEDICINE (U.K.)

各位中医药界同仁：

今年十月十六日，我們開了一次成功的大會，大會選舉出了英國中
醫藥學會首屆理事會，這是我中醫藥學第一次官方的盛會，成了英國中
醫藥學會表達出了中醫藥界同仁共同的願望。

英国中医学会成立后，受到政府及社会各界的重视。第二步，我们要更积极地开展工作，扩大学会的影响，我们目前要做好三件事：

一、审定会员，印制会员名册，提供给有关医疗单位及新闻单位，如果，您填好了会员登记表，请按要求迅速寄回，以免您的名字被遗漏。

二、保护会员利益。学会将代表中医药行业和每一个会员，与社会和政府进行对话，要求我们的权利和履行我们的义务。当遇到诉讼法以外时，我们将有很好的律师代表李村行的意见。

三、进行学术交流,提高专业水平。理事会还在组织学术讲座及专题讨论会,会员有权提出要求和建议,得到学会学术方面的支持和帮助。

请将会费支票一同寄来。敬候您的回复。

英國中區商會

理學金

一九九四年十月二十九日

70 HAVERSTOCK HILL, London NW3 2BE TEL: 071 284 2898 FAX: 071 485 8875

Letter from the first ATCM council to TCM community in the UK. 29th Oct 1994

不忘中医初心，牢记 ATCM 使命

赵丽琴（英国仲景医圣堂）

Never forget the Original Aspirations of TCM, Keep the Mission of ATCM Firmly in Mind

Liqin ZHAO

Abstract

TCM is my passion and original aspiration. In the summer of 1980, my dream became true- I received the offer letter from the Henan University of Traditional Chinese Medicine (TCM). Since then I have had an in-dissolvable band with TCM.

I came to the UK in February 1995, then joined ATCM in 1997 and established my first clinic - Zhong Jing TCM. My destiny has been closely connected with ATCM since then..

The remarkable efficiency of TCM treating eczema by Dr. Dinghui LUO, the funding president of ATCM, has gained the attention of the British western dermatologist and the media, which has promoted the development of TCM in the UK and also expanded the influence of ATCM.

Inspired by Dr Luo's successful TCM treatment for skin conditions, I strive to establish my specialty - TCM gynaecology and infertility. I'm very pleased that I have helped hundreds of infertile couples' family dreams come true!

To promote and give back to ATCM, I signed up for the election of 10th executive Council in 2008 and was honoured to be elected. I have been serving the council for 11 years and I am always working very hard towards ATCM.

From less than 50 members when I joined ATCM to over 700 members today, ATCM has been continuously growing and strengthening! I have

witnessed the association's achievements and the glory of the years and also the ups and downs we have experienced. The 15th Executive Council has been working diligently since the establishment on 28th October 2018. With the expectation and trust of the members, we have been constantly improving the rules, regulations and articles of the organisation. We are very grateful to all the members for your trust, understanding, participation and support!

On behalf of the 15th Council of ATCM, I would like to sincerely thank the founding President Dr. Dinghui LUO, the founding members, advisers, past presidents and council members for their hard work! Thanks to all members for your great support and solidarity in the work of the Association, it has enhanced the cohesiveness of the ATCM, Let us work together, move forward and look to the future! Don't forget the original aspiration, and keep in mind the mission of ATCM!

I strongly believe that our ATCM will continue to develop and strengthen steadily! The future of our ATCM is bright!

Many Congratulations on the 25th anniversary of ATCM! I wish our ATCM is getting better and better!

中医之情 — 父爱如山，立志学医

普通农民家庭出身的我，注定要比别人更加努力，方可实现自己学医的梦想！16岁又痛失爱父，父亲临终的嘱托更坚定了我学医的信心。父爱如山，但他却在我还未来得及享受父爱时离我而去，而母

亲为了能够为孩子们提供尽可能好的生活和学习环境日夜操劳。所以我立志学医，报效父母，服务他人，希望能帮助其他家庭免受痛失亲人和病痛之苦！1980 年的夏天，我终于如愿以偿地拿到了河南中医学院的录取通知书，从此与中医结下了不解之情缘。

ATCM 之缘 — 远离故土，创业英伦

1994 年 9 月，丈夫来英工作，随后我也携子来到英国，开始了英伦创业生涯。当时，英国的中医诊所寥寥无几，我曾到伦敦和伯明翰面试，很高兴两家诊所都很愿意接收我，我选择了离家比较近的伯明翰，就这样开始了在英国的中医行医生涯，并于 1997 年创办了自己的第一个诊所，“英国仲景医圣堂”就这么诞生了！与此同时我也了解到了以罗鼎辉老师为会长的英国中医药学会(ATCM)于 1994 年金秋十月成立了。感谢江丹医生的推荐我荣幸地加入了 ATCM，为能在异国他乡找到自己的中医组织而高兴，我的命运也从此与 ATCM 紧密联系在一起！

学习中医前辈 — 逆境发展，攻克难题

20 年前的英国，中医尚属早期发展阶段，英国公众对中医了解甚少，特别是中药。英国政府对中医有诸多限制，而且大部分西医反对中医，说中医不科学，无足够证据证明其疗效等。因此我与其他中医同仁一样，在逆境中开始中医，祈求发展。

起初前来就诊的各种病人都有，以看皮肤病和关节炎等痛症的患者居多。记得当时开第一个诊所时不明白为何每天都有那么多皮肤病病人来诊，经常需要我丈夫和儿子帮忙。很快我才发现原来是因为我们 ATCM 的老会长罗鼎辉医生在治疗皮肤病特别是湿疹方面取得的显著疗效而被英国西医皮肤病专家所关注，继而得到英国多家媒体的采访报道，推动了英国中医的发展，同时扩大了 ATCM 在英国的影响，因此吸引了无数的皮肤病病人前来就诊，同时越来越多的英国民众开始对中医针灸感兴趣。罗老不愧是英国中医事业发展真正的开拓者，是我们中医后来者的铺路石和领航人！

受罗老开创英国中医皮肤病专业的启发，我开始设

想和计划如何能够在英国开创我喜欢的专业—妇科及不孕不育症的治疗。当初英国几乎无人知晓或相信中医可以治疗不孕不育症，所有自然怀孕失败的病人首先想到的是人工辅助生殖疗法（IVF/IUI），但其成功率甚低。于是一些病人开始寻求其它辅助疗法-中医针灸以提高疗效，实现他们的家庭梦。为了更好地帮助这些求子心切的不孕不育夫妇，我阅读了大量有关辅助生殖疗法治疗不孕不育症的文章和书籍，仔细分析研究其所用药物的作用机理以及常用的 IVF 治疗方案，尝试着把中医针灸与辅助生殖疗法有效地结合起来，在病人做 IVF/IUI 之前按照中医的整体观念和辨证论治原则，针药并用，为病人备孕，以改善病人的卵巢功能和整体状况，从而提高成功受孕率，结果取得了意想不到的效果。许多病情复杂棘手的病人和高龄不孕妇女，曾试孕十年甚至更长，并已多次采用 IVF 治疗失败（最多的一位做了 17 次），而经过我们的中医针灸治疗后成功怀孕。

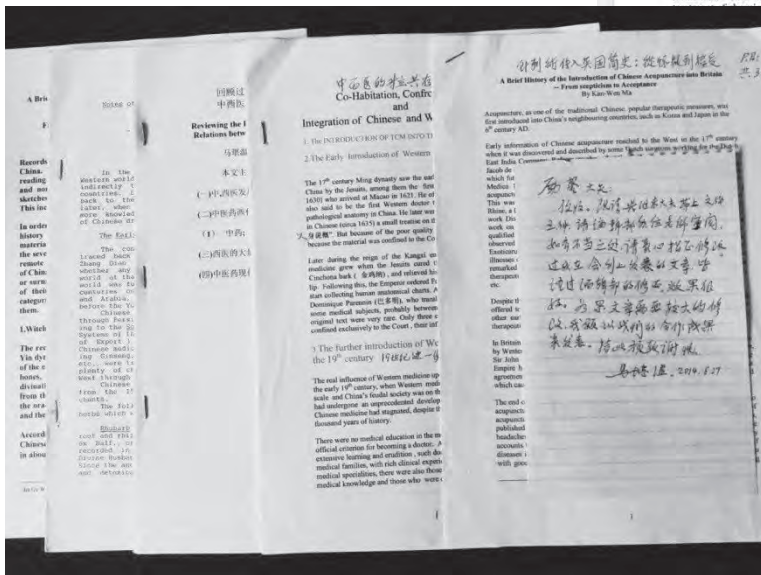
为了宣传推广中医针灸，让病人能够真正了解中医的作用机理，增强他们的自信心，我常常耐心解释，精心治疗，从而越来越多的病人开始相信中医针灸的功效，并积极推荐给他们周围的人。当病人告诉我说“You are a miracle baby maker”时，感到非常欣慰，但我的回答是“TCM is the miracle baby maker”！并建议他们“Whenever you or your friends are looking for a TCM/Acupuncture practitioner, remember to looking for someone who is registered with ATCM.”

回馈 ATCM — 不忘中医初心，牢记 ATCM 使命

千禧年之际，我有幸被 ATCM 第 6 届理事会任命为学术委员会委员，开始为学会工作尽绵薄之力，2002 年二儿子出生后因时间和精力有限而退出。2008 年在老理事们的鼓励下，我报名参选第十届理事会并荣幸地入选，自此开始了为期 11 年的理事生涯，在此衷心感谢这么多年来会员朋友们对我的信任和支持！感谢各位理事对我的包容和积极合作！感恩罗鼎辉荣誉会长、陈炳忠老师以及已故马堪温教授/ATCM 资深顾问等各位前辈一直以来对我的帮助和鼓励！

在做学会杂志主编的六年期间,我从一个不懂计算机编辑、排版等的中医师,到一个可以真正胜任的杂志主编,我经历了不少困难,花了很多时间和精力学习这方面的知识和技术,尽管因此诱发了眼疾,但很欣慰的是我做到了,而且杂志的质量进一步提高了!

让我非常感动的是我们学会的资深顾问——已故马堪温教授及中医历史学家,在 80 多岁高龄甚至重病期间还一直关心着学会的工作,积极投稿,并多次电话跟我讨论文稿内容的修改完善,提出很多好的建议。我记得非常清楚,在 2014 年 ATCM 20 周年之际,马老已重病卧床,生活已经不能自理,住在剑桥他的女儿家里,还亲自电话给我询问学会的情况,并提出他还有一些文稿材料可以发表在学会杂志上,只是他自己已不能整理成稿。尽管我劝他安心养病,保重身体,不要再操心学会的事情,但他还是委托住在剑桥的吴继东老师把厚厚的一包文稿材料寄给了我(参见图片 1)。



当时我的心里真的是沉甸甸的!我在想,如果我们每一位会员都能像罗老和马老等这样的中医老前辈一样无私的奉献,我们的中医怎么能不发展,我们的学会怎么能搞不好!我没有理由不努力为学会工作,我即使再忙也要把马老的文章整理编辑出来,发表在了《英国中医针灸杂志》的第 21 卷第 2 期,题目为“History in Brief: the Introduction of Chinese Acupuncture to Britain - From Scepticism to Acceptance”,文章介绍了中医针灸在英国的发展历程-从怀疑到接受的过程(参见图片

2)。这是他病逝前发表的最后篇文章,也是我做主编所编辑的最后一期学会杂志。在此向马老致以崇高的敬意,永远怀念他!

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History in Brief: the Introduction of Chinese Acupuncture to Britain – From Scepticism to Acceptance

Kan-Wen Ma

Acupuncture was a popular traditional therapy in China when it was introduced to neighbouring countries such as Korea and Japan in the 6th century AD. Later, in the 17th century, acupuncture was discovered and described by surgeons working with the Dutch East India Company, who then brought this information to the West. The earliest such reference is by the Dutch Jacob de Bondt, who, in the last chapter from his *Historia Naturalis et Medica India Orientalis* (1958) entitled “Certain miraculous works of Nature which future medical researchers must investigate further”, mentioned the miraculous cure resulting from acupuncture in the head pain that he witnessed in Japan.

By a more detailed description of him ten Rhine, a Dutch medical doctor in Deshima, Japan, in *Arztliche de Artillerie* (1863), which is a detailed work on acupuncture in the temple, a German naturalist and educator, who worked for the Dutch also observed the practice of him. In his work *Amoenitatum* he gave an excellent description of treatment of illnesses such as arthritis. Kaempfer remarked on the gentle nature in comparison with the drastic of the day in the West such as cautery and similar procedures.

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European medicine by the likes of Bondt, ten Rhine and Kaempfer, very little attention was paid to this therapy in Europe until the end of the 18th century.

In Britain the negative descriptions of Chinese physicians' practice of acupuncture by Western travellers contributed to the reluctance to adopt it. For example, Sir John Siamon, a member of the first British official delegation to the Chinese Empire headed by George Macartney in 1793, described acupuncture as a method which caused exquisite pains and suffering to the patient.

The end of the 18th and the beginning of the 19th century saw changing attitudes to acupuncture in major European countries. Credit for the first clinical use of acupuncture in Europe might be given to the French physician L.V. Berlioz who published reports for treating gastralgia, whooping cough, convulsion, fibrile headaches, severe muscle aches, pains and other conditions with good results. This was followed by accounts by other French doctors in the use of acupuncture for other kinds of diseases including asthma, various forms of paralysis, rheumatism and arthritis with good effect. Here the emphasis was very much on analgesic effects, including the relief of facial neuralgia and other conditions of intractable pain as well as the treatment of sciatica and arthritis. Furthermore, acupuncture was quickly adopted by Choquet and Sardaniere in French hospital clinics. Similarly there were clinical reports of acupuncture in Italy, Germany and other parts of Europe.

在 2016 年 11 月至 2018 年 10 月我做副会长期间,可以说学会经历了前所未有的考验,我曾不止一次的想要放弃,希望能够集中精力放在我诊所的工作上,研究我热爱的不孕不育症专业。但当我看到已退休多年的 70 多岁的罗老、陈老等在学会危难之际又出来为学

会工作,排忧解难,日夜操劳的时候,我又觉得十分惭愧!

我当初入会时学会仅有不到 50 位会员,到如今的 700 多名会员,学会能有今天的规模真的很难!我亲眼见证了学会这些年的成就和辉煌,以及经历的风风雨雨和大小波折。

尽管我不是创会会员,但我一直认为学会就是我们英国中医人共同的大家庭,而我已是这个大家

庭里 20 多年的成员，所以对学会有着深厚的感情！我不能辜负 ATCM 前辈们的期望，有责任和义务与大家齐心协力把这个家经营好、管理好，为我们这个家里所有成员着想，相互扶持，同舟共济，共同发展！所以，为了学会的明天，不忘初心，牢记 ATCM 的使命，我又勇敢地站出来砥砺前行！

我们 ATCM 第 15 届理事会自 2018 年 10 月 28 日成立以来，带着全体会员的期望和重托，努力地工作，积极听取会员的建议和意见，不断改进和完善学会地区小组、理事会及学会的各项规章制度，健全组织机构，我们的学会重新走向正轨，并不断发展！

在此我谨代表 ATCM 第 15 届理事会衷心地感谢

创会会长罗鼎辉老师、各位创会会员、顾问、历届会长及理事会的辛勤付出，使我们学会变得越来越强大！感谢全体会员对学会工作的大力支持和团结协作，更增强了学会的凝聚力！让我们共同努力，共谋大计，展望未来！不忘初心，牢记 ATCM 使命，砥砺前行！

热烈祝贺 ATCM 成立 25 周年！祝愿 ATCM 越来越好！也祝愿我们这个大家庭里的每一位成员健康、快乐、幸福！感恩 ATCM 的你、我、他！

赵丽琴

英国中医药学会会长

2019 年 9 月 9 日



The Journal of Chinese Medicine and Acupuncture

《英国中医针灸杂志》征稿启事

《英国中医针灸杂志》为英国中医药学会主办的中英文双语学术期刊，每年发行两期，并可在学会网上阅览。本会宗旨着重在于为大家提供一个平台和论坛，借此互相沟通学习，不断提高学术水平和质量，从而推动中医针灸的发扬光大。欢迎诸位会员，中医同仁及各界读者慷慨赐稿，与大家共同分享你们的临床经验，典型病例分析，行医心得，理论探讨，中医教育和发展，文献综述和研究报告。并建议大家推荐本刊给病人及其周围之人阅读，让更多英国民众看到并亲身体验到中医之奇妙果效，从而提高中医之声誉，扩大中医之影响。

来稿中文或英文均可，中英双语更受欢迎。字数中文 5000 字以内，英文 4000 字以内，并附 200 字以内摘要。文章必须符合以下格式：标题，作者，摘要，关键词，概要，文章内容，综述/讨论或结论，以及参考文献。每篇文章也可附带一份单独的作者简介。

所有来稿必须是尚未在其它杂志上发表过的文章，也不得同时投稿于其它杂志。若编辑审稿后认为需做明显改动，将会与作者联系并征得同意。本会刊保留版权，未发表的文章将不退稿。投稿一律以电子邮件发往 info@atcm.co.uk。请注明“杂志投稿”字样。下期来稿截至日期为 2020 年 3 月 20 日

英国中医药学会 25 周年感言

程铭钊

(Editor's note: Please read the English version of this article on page 10.)

英国中医药学会 The Association of Traditional Chinese Medicine and Acupuncture (UK) (ATCM) 25 周年大庆, 想写点东西。25 年了, 这段历史, 不长也不短。25 年来, 学会同仁们风雨同舟, 不断发展壮大, 从创会时 30 多人发展到现在的 700 多人, 成为在英国颇有影响力的中医药专业学会。25 年来, 我们经历过风和日丽轻舟荡漾的乐趣, 也经受过暴风骤雨惊涛骇浪的考验。我们学会就像大不列颠的天气, 风雨总比晴天多。在这个历史的过程中, 尽管有人在暴风骤雨中心甘沉沦, 随波逐流, 事不关己, 高高挂起; 尽管有人离心离德, 或从中作梗, 或另立山头; 尽管有人利用学会, 在爆棚的私心促使下, 为个人谋名争利, 耻登国内外媒体广而播之, 吹而牛之, 但是, 我们大多数会员变得更加坚毅, 更有信心, 不忘初心, 砥砺前行, 尽心尽力为维护学会的稳定和发展贡献自己的力量。因为他们相信, 大不列颠也有蓝天白云的时候, 乌云终究遮不住太阳。在此, 我向我们的会员同仁们致以崇高的敬意和衷心的感谢!

最近, 我在整理一些有关英国中医的一些文件。有几份我想跟各位看官分享一下, 说不定你也会有所感想。英国中医药学会成立于 1994 年 10 月 16 日, 首任会长是罗鼎辉老师, 我的母校广州中医学院的老校友老前辈。在英国中医药学会成立之前, 已经有一批从广东和香港移民到英国来中医师。广东得益于改革开放之先, 在 80 年代 (甚至在 80 年代之前), 就有一批中医师来到英国行医, 而当时英国没有中国人为主导的中医学会, 他们只能参加英国本地的针灸学会。罗鼎辉和

陈炳忠老师, 就是那个时候来英国行医的。我本人在 1987 年来英国留学, 有幸认识他们得到他们的指教。苦于没有我们自己的中医“会”, 广州中医学院的校友于 1993 年 9 月 19 日, 在伦敦成立了广州中医学院旅英校友会, 并在文汇报 (欧洲版) 和星岛日报 (欧洲版) 等登报公布 (图 1)。

校友会成立消息在英国引起了极大的反响, 尤其是在华人团体里。那就是英国中医开始成为气候的春天。



值得一提的是, 校友会成立时, 现任英国针灸学会会长 Philip Rose-Neil 的父亲 Sydney Rose-Neil, 也出席了我们校友会的成立大会。从那以后, 陆陆续续的, 从国内来英国行医的中医师就越来越多了。一年以后, 到了 1994 年, 在各个方面的推动下, 包括英国政府有关人士的推动下, 经过我们中医人的辛勤筹备, 英国中医药学会 Association of Traditional Chinese Medicine (UK) 终于在 1994 年 10 月 16 日正式成立了。在伦敦奇斯克 (Chiswick) 的成立大会里, 我见到了年富力强的罗老陈老钟老和创会会员们, 不少是广中医的校友, 也有第一次见面的同行。旅英中医真正开始抱团取暖了。

时间到了 2001 年 10 月。当时英国政府要推行对辅助

医学包括中医师的立法管理。由于理念上的分歧，另外一个以中国医师为主的中医学会，英国中医学会 British Society of Chinese Medicine (BSCM)，也宣告成立，并且很快与中山中医针灸学会 (Zhong Shan Chinese Medicine & Acupuncture Association) 合并。2003 年，经过双方讨论协商，ATCM 与 BSCM 正式合并 (图 2)。

领导下，学会的发展出现了前所未有的高潮。学会的会员人数增加，学会的规章制度也逐步得到完善。

英国的中医立法，从 2000 年以来，走走停停，最终也没有成功。最高潮的时候，应是 2010 到 2011 年这段时间。当时，英国卫生部指定的立法工作组提出了立法的初步方案。当时本人是工作组的代表之一。

但是，由于理念的分歧，工作组的方案得不到中医界的支持。特别是在英语水平的要求方面，上下内外都有很多很大的不同意见，作为参与立法工作的代表还受到了来自学会内外的人身攻击。明枪躲不了，暗箭也难防。现在回头看看，整个所谓中医立法的过程简直就像一场切头切尾闹剧。它开始时搞得热闹非凡，要“创造历史”，收场时却无疾而终。中医立法的失败，是我们学会 25 年来最大的遗憾。

2015 年到 2018 年，我想同事们也都知道了，学会经历了 25 年来最大的风暴。理事会的不团结，领导们的无为，导致学会人心涣散，理事拉山头搞宗派，美其名为“发展票仓”。好在学会有一批为学会不辞辛劳忍辱负重的老理事，有一大批充满正气心明眼亮的会员。他们在危难中为学会力挽

狂澜。在他们的努力下，我们学会正在返回正轨，在新会长赵丽琴的领导下，拨乱反正，不忘初心，继续砥砺前行。虽然前方一定会有艰难险阻，但是我相信，只要同事们齐心协力，我们就能够继续稳定发展，不断壮大。我们学会的前途是光明的。我想，这是大多数会员的希望和期盼。

合并以后的 ATCM，在以吴继东为首的理事会的得力

谢谢大家。

按照英国的做法，任何学会要使用 British 这个词，必须通过政府有关部门非常严格的审查批准。但是，在当年的联合年会上，尽管 BSCM 极力推介，但是 ATCM 方面仍然坚持必须使用 ATCM 作为合并后的名字，从此留下了一个不大不小的遗憾。

备忘录 (草案)

时间：2003 年 8 月 31 日下午 2:00 - 6:00

地点：伦敦中萨大学中医中心，LONDON

参会代表：吴继东、沈惠军、柯松轩、江丹、孟凡毅

英国中医学会 (BSCM) 和英国中医药学会 (ATCM) 两会主要负责人作为两会全权代表，在上述时间、地点举行两会合并商谈。会谈结果如下：

两会会员具有相同的专业背景，均从事中医职业；都要争取中医在英国行医的法定管理地位；两会章程大致相同。基于以上共识，两会代表一致同意，达成如下协议：

- 1 两会理事会原则同意两会正式合并；
- 2 自备忘录正式签字之日起，14 日内，两会均应召开理事会全体会议，表决此议案，并将表决结果书面通知对方；如均无异议，本备忘录应视为两会合并的临时协议，自动生效；
- 3 两会合并决定由两会全体会员投票决定；如果表决结果否定合并，此协议停止生效；
- 4 现两会名称不变，合并后新会名称对外仍沿用 ATCM。新会名称将在一年后正式大选时交由全体会员大会表决产生；
- 5 合并后注册地址及管理机构由新理事会决定；
- 6 两理事会均同意设定 11 月 23 日下午 2 时召开两会联合会员大会；
- 7 原两会会员在新会中享有同等地位、权利、责任与义务，其会员资格自入会时有效；
- 8 在两会联合全体会员大会之前，委托沈惠军与孟凡毅临时承担选举投票的组织工作；
- 9 联合会全体会员大会将对是否合并、新理事会成员及会长进行表决投票；
- 10 BSCM 与 ATCM 两理事会各推荐参选新理事会候选人 (最多不超过 9 人)，独立候选人可自荐或他荐；
- 11 新理事会为过渡理事会，暂定由七人组成，任期一年；一年后再举行正式选举；
- 12 新学会将接管原来学会的全部有形、无形资产；
- 13 两理事会均应尽快以书面方式通知两会全体会员有关决定。

英国中医药学会 (ATCM)

签字：

首席代表：吴继东

签字：

全权代表：沈惠军

英国中医学会 (BSCM)

签字：

首席代表：柯松轩

签字：

全权代表：江丹 孟凡毅

A little thought on the 25th Anniversary of the ATCM

Ming Zhao Cheng

The Vice President of ATCM

This year is the 25th anniversary of the establishment of The Association of Traditional Chinese Medicine and Acupuncture (UK) (ATCM). It is a milestone. I always wanted to write something to mark this occasion. In history, 25 years are not very long, but not very short either. In the last 25 years, colleagues of the Association have been through many ups and downs in the same boat. The Association have been growing bigger and stronger. We have grown from 30 members from the beginning to today's 750 members. We are a major TCM professional body who are a force to be reckoned with in the UK. In the last 25 years, the boat of ATCM has seen the joyous days of sunshine and breeze, and we have been put through the ordeals of storms and waves. Our Association was just like the weather of the United Kingdom. There are always more rainy days than sunny days. In the course of these 25 years of history, some people have lost their hearts, sunk to the bottom of the sea in the storm. They just flow with the wave, no longer care about the Association. Some people become alienated or even setting barriers from the inside or break away to set up their own association. Some selfish people made full use of the Association to advance their own interest and notoriety. However, the vast majority of our members have stuck together. They have become more determined to make our association a success. They are more confident that our association will continue to development in a stable environment. They will never forget the association's original aspirations and keep our mission firmly in mind and devote their efforts to advance our course. They believe that even in Great Britain, there are days when it is all blue sky and white clouds. The sun must come out. I would like to take this opportunity to say a big thank you to our members.

Recently, I have begun to archive some historic documents that are about the TCM profession in the UK. I would like to share a few with our readers. They might trigger some thoughts.

The Association of Traditional Chinese Medicine was established on 16th October 1994. The first president was Dr Dinghui Luo, who is my senior and alumnus at the

Guangzhou College of Traditional Chinese Medicine (GZCTCM). Before the establishment of the ATCM, a group of TCM practitioners had moved from Guangdong and Hong Kong to the UK to practise. Guangdong is on the frontline of China's reform and open-door policy and benefits from it before other parts of China. Prior to the 1980s, there was no Chinese-led TCM professional organizations in the UK. They all had to join UK's acupuncture associations. Drs Dinghui Luo and Bingchung Chan are the ones who came to the UK in that time. I myself came to UK to do my further studies in 1987, and very luckily had the opportunity to meet and learn from them. Discontented with the fact that there was not their own TCM association, the alumni of Guangzhou College of Traditional Chinese Medicine set up their alumni association on 19th September 1993 in London. The founding of their alumni association was reported in the major newspapers of the time, the Wen Wei Po (Europe Edition) and Sing Tao Daily (Europe Edition) (Picture 1). The establishment of GZCTCM Alumni Association was big news in UK's Chinese community and beyond. It heralded the arrival of TCM in the UK. One fact that worth mentioning particularly is that, when the GZCTCM Alumni Association was established, Mr Sydney Rose-Neil, the father of the current BAcC Chairman Mr Philip Rose-Neil, was the guest of honour to attend our founding ceremony. From then on, flows of TCM practitioners moved from China to practise in the UK, a year later, in 1994, with big pushes from all sides, particularly given impetus by members of government, after painstakingly work by the TCM people at the time, the Association of Traditional Chinese Medicine (UK) finally was formally founded in 16th October 1994. At the founding ceremony in a Chinese restaurant in Chiswick, West London, I saw the younger Drs Luo and Chan and the founding members, many of whom were my GZCTCM alumni, and, I met other founding members for the first time. Chinese TCM practitioners were starting to hold a group to get warm, to support each other and to advance TCM practice in the UK.

Time flew to 2001, a new century has begun. At the time the British Government intended to set up statutory

regulation to complementary and alternative medicine. Due to the differences in their ideas, another Chinese TCM association the British Society of Chinese Medicine (BSCM), was established very soon after, they merged with Zhong Shan Chinese Medicine & Acupuncture Association. In 2003, after consultations and negotiations, ATCM and BSCM both sides decided to merge (picture 2). According to Companies House and the normal practice in the UK, any association who wants to use the word “British” must go through stringent review and approval by relevant authorities. Unfortunately, at the joint annual meeting of the ATCM and BSCM, despite BSCM’s strong recommendation, the ATCM side still insisted in using ATCM as name of the merged association. This inevitably has left a regret for our association.

After the merger, led by Dr Jidong Wu, the ATCM grew rapidly. The number of members grew, and the rules and regulations of the association were also gradually formalized and improved.

Since 2000, UK’s TCM statutory regulation has been moving backwards and forwards, but more backwards than forwards, and eventually fail to establish. The height and the loudest shout for statutory regulation was between 2010 to 2011, when the then Department of Health’s Regulation Working Group presented the draft framework for statutory regulation of acupuncturists, herbalists and TCM practitioners. I was one of the representative members of the Working Group. However, due to unreconcilable difference in ideas, the draft framework failed to get enough support from the acupuncture, herbal medicine and TCM communities. The most bitter point was the requirement for the level of the English language. There were venomous attacks from all directions, even personal attacks to the Working Group members from

inside and outside of the ATCM. They were unable to avoid the blatant guns, nor could they avoid the dark arrows. Looking back now, the whole process was just an utter farce. It began with a bang and died with a wimp. The failure in establishing statutory regulation for TCM practitioners must be the single biggest regret that the ATCM have had in the last 25 years.

From 2015 to 2018, I think colleagues all know what have happened. Our association has experienced the worst storm in its history. The disunity of the executive council and the failure of leadership had led to disillusion and deep disappointment to members of our association. Some council members even conspired to form faction inside and outside the association, dubbing it as to develop their votes stronghold. Alas, their conspiracy failed. We are very fortunate to have the iron oldies such as Drs Dinghui Luo, Bingchung Chan and Shouming Zhong, who are the tower of strength of our association. We have many “old” council members, who work extremely hard under severe pressure. We have many great members who are full of righteousness and have bright eyes and clear conscience. When facing unprecedented crisis, they stand up to turn the tide with their power in favour of our association. With their great effort, our association is beginning to get back to the right path. Under the leadership of our new president, Dr Liqin Zhao, we are trying to restore things to order. We will remember our original aspirations and continue to keep our mission firmly in mind. There must be all kinds of difficulties in front of us, but I believe, so long as our colleagues make concerted efforts, we will continue to develop and strengthen steadily. The future of our association is bright. I think, this is what our members hope and expect.

Thank you.



英国中医杂谈

陈炳忠 London

My outlook on TCM in the UK: The author Dr Bing Chung Chan recollects his own TCM practice in London China Town from 1986 until 2013 when he retired. He witnessed Dr Ding Hui Luo successfully treated thousands of UK patients with eczema – one day over 200 patients queuing in front of Dr Luo's clinic so London metropolitan police had to maintain the order but in vain, so the police asked Dr Luo to shut the door on the day! The author goes further to talk about the down-hill trend for TCM in recent years and he points out that one reason for this trend is due to declined reputation of TCM, as some TCM clinics, especially those TCM chain-shops owned by some business people, took money-making as their priority, rather than benefiting patients.

1986 年移居英国时，伦敦唐人街（中国城）只有三家中药店，並附带有中医駐診，罗鼎辉医生的康宁堂是其中一家。我到埗时也想开设診所，但人地生疏，想开业也不容易，只好暂时在一家夕館工作。可幸几个月后，受聘进入了屈臣氏药房的中药部駐診。1990 年底，轉到当时新开的康源药行駐診，直到 2013 年退休。

当年英国开业的中医很少，面对的病人也是以中国人为主。直至 80 年代中后期，我们学会的罗鼎辉医生，在治疗顽固的湿疹病例取得显著的成绩，当时的報章及电视台广泛地如实報導，中医药才被更多英国人认同，从而掀起了中医药热潮。起初，病例都是以湿疹为主，渐渐扩展至其他病例。由於病人太多，康宁堂每天都有人满之患，只好每天限掛五十个号，有些病人甚至提早一两天来排队。后来他们在下班时，把一张写上 1 至 50 编号的纸贴在门上，让病人写上姓名掛号。但有一天，门上竟然貼有四张纸，二百多人都说掛了号，診所根本无法应付，结果只有接受警察的建议，关门停診。

由于病人太多，罗医生当时虽然有黄雯医生協助，仍然应付不了。於是，他们便着手以工作签证申请罗鼎辉医生来英工作。申请最初曾被拒绝，经上诉，有些国会议员，西医以及一些知名人士支持，罗鼎辉医生的工作签证终于获批准，成为第一个以工作签证来英的中医。从那时开始，英国的中医診所就如雨后春笋，遍布每个角落。很多老板申请中国国内合资格的中医来英，甚至以连锁店的方式经营。由此可见，中医药进入英国並逐渐得到认同，罗老会长的功劳实在不少。但很奇怪，也很难理解，在不少国内的媒体中，被吹捧为中医进入英国的“开拓者”竟然是另有其人，此君甚至自称为英国某大学中医课程的“创办人”。

由于中医药在英国掀起了热潮，有关中医的课程也接着开办起来。据我所知，第一个在大学里开办的中医课程，就是米杜薩士大学和北京中医药大学合作开办的。这个课程的创办人是 Henry Lee，李先生当时通过明爱学院的石慧嫻博士联络我，了解有关中医课程的内容。我向他们介绍了国内中医药大学的情况，並联系了广州中医药大学接待他们去参观，但最后他们选择了和北京中医药大学合作，开设了全英第一个在大学内的中医课程。

話說回来，90 年代中医药在英国的发展如雨后春笋，近年来又渐渐衰退了，本人没有深入的调查研究，不知其真实原因。但其中一点，有不少中医診所都是“向錢看”，病人进门就要砍一大笔。真正医术精湛，能解决问题还好。最怕是钱付了病没好，还要被多砍几笔，这就大大地破坏了中医的声誉。

由于中医在英国的发展，处于龙蛇混杂的情况，当年的政府亦提出要立法管制。因此，需要组织一个团体，处理有关中医药的事宜。因此，二十五年前，鍾守明博士率先召集了一批中医界同仁，召开筹备会议，商讨並制定会章及有关守則，最终成立了英国中医药学会，並由罗鼎辉医生担任首届会长。学会由最初只有三十多名会员，发展到今天的七百多会员，中间亦经过不少波折，要抵挡外来的干扰，又要处理内部的分歧。可幸，学会今天仍然健在，值得我们自豪。当然，行业内存在的问题不少，同仁们仍需继续齐心协力，鞏固和发展我们的学会。

让我们共同欢乐地庆祝英国中医药学会成立二十五周年，继续携手，共同邁步前进吧！

由重读 2003-2004 年的两期简讯所想到的

吴继东

Cambridge

最近整理电脑储存的文档，发现了电脑中的两篇简讯，茶的阶段。重复读来，颇有感触。现将内容提要附上。

第 15 期（2003 年 12 月 15 日）

内容提要

英国中医药学会 (ATCM) 2003 年会纪要

英国中医药学会 (ATCM) 与英国中医学会 (BSCM) 正式合并

英国中医药学会 (ATCM) 新当选理事会第一次会议纪要

英国中医药学会 (ATCM) 理事会与顾问委员会名单

英国中医药学会 (ATCM) 新当选会长吴继东的公开信

中医立法注册回应工作组成立

关于 ATCM 理事会成员报销电话费和办公费的说明

原英国中医药学会 (ATCM) 2002 - 2003 年度财务报表

为了立法的需要，为了向英国政府发出同一个声音 --- 中医需要立法管理，英国中医药学会 ATCM 和另外两个真正的中医药团体 British Society of Chinese Medicine 以及 Chungsan Acupuncture Society 合并了，使得我们 atcm 学会会员达到了 500 人以上。我们学会的理事们，参加立法工作组的成员等，都不遗余力地发奋工作。

然而，或许是因为受我们的文化传统影响，我们的能力和智商的缺陷，或许是因为还有些人有着不同的打算，我们的立法工作经历了近 20 年历程，仍然没有成功。究竟是什么原因导致了英国中医的立法夭折？仁者见仁，智者见智。好在我们学会的简讯为我们留下了珍贵的历史性的记载

第 23 期（2004 年 12 月 21 日）

内容提要

英国中医药学会十周年华诞

也思

ATCM 第七届理事会年度报告

吴继东

ATCM 第八届理事会选举产生

ATCM 2004 年会员大会上通过的三个提案

李振吉副局长就 ATCM 成立十周年的贺信

ATCM 举办会庆十周年招待会

我的几点感想

韩丽萍

英国中医立法最新动态

ATCM 加强行医守则和行医责任保险的通知

2003-2004 年度 ATCM 财务年度报告（见另页）

其他信息

在 2003-2004 年的 12 个月中，仅中文简讯就出了 9 期 newsletters.（同时还再编译英文版）。几乎是每 5 个星期就出版一期。那段时间，我们学会还没有办公室，没有秘书和工作人员。为什么会如此频繁地出版简讯？原因就是当年正是中医针灸立法如火如荼。

My Thoughts after reading two old issues of ATCM'S Newsletter

Jidong Wu

Recently I spent some time to organise the digital files in my computer, and by chance I found two issues of ATCM's Newsletter, Issue 15 published on 15 December 2003, and Issue 23 published on 21 December 2004. It was very interesting to read these issues again after 15 years or so. Among that 12 months' time, nine issues of Newsletter in Chinese version were published, in addition to English versions.

At the time, ATCM had no office, nor secretary or any staff. All the work was done by the then council members in their spare time. A lot of discussions and debates were related to the statutory regulation for our profession.

In order to send out one strong voice to the British government for the statutory regulation of Chinese

medicine, the ATCM merged with the British Society of Chinese Medicine and Chungsan Acupuncture Society. The number of members of TCM practitioners reached to over 500 in 2004.

However, perhaps because of our traditional cultural character in Chinese medicine, our abilities and IQ, or perhaps due to people in charge with different agenda towards the regulation, our legislative work had gone through over 10 years but failed. What eventually caused the regulation failure? "The benevolent sees benevolence, the wise sees wisdom". Fortunately, the ATCM newsletters left us with some precious historical records.

Twenty Years of Chinese Medicine in the Scottish Highlands

Alexander Mearns, Scotland

I am very pleased to write an article for ATCM's twenty-fifth special edition. This same year marks a personal anniversary of twenty years' practise so it is with pleasure that I can look back over both. As it may be imagined, becoming a practitioner of Chinese Medicine is not terribly common for people of a non-Asian background, but that is the road I travelled and perhaps the story might be of interest.

My initial encounter with Chinese Medicine was in 1987, at the University of Guelph in Ontario, Canada, where I was engaged in Ph.D. studies. I was also involved in the Martial Arts which was both great exercise and good fun. I made a lot of good friends that way. Our teacher was from Taiwan, and he insisted that learning to look after ourselves involved much more than fighting. He maintained that our struggles in life were seldom physical altercations but rather trying to be happy and healthy and that involved looking after our mind, body and spirit. With that background we were taught the basic principles of Chinese Medicine.

We were taught the 8 principles, the functions of the organs and we learned their meridians. We also were taught important points on the meridians. We were not taught herbal medicine or acupuncture. Our techniques were restricted to Tuina and some Gua Sha. We all found that these techniques were often very effective and we all got great satisfaction from helping friends and family. We were also taught Qi Kung, in order to keep generally healthy, especially after doing treatments. We were not licensed to practise, but a seed of knowledge and interest was planted in many of us.

Going forward a few years I had completed my Ph.D. and was living with my wife in Scotland. I was very close to my aunt who had become gradually very unwell. During her illness the limitations of modern medicine became more and more evident and when she died I took it very much to heart. The result was that I decided to look for a positive and decided to undertake recognised training in Chinese Medicine. I wasn't sure how to even start.

Then and now, there were no training opportunities in Scotland, so travel as well as course costs had to be considered. Surprisingly a course was proposed in Glasgow under the direction of the College of Five Element Acupuncture in Leamington Spa. Delighted, I went to an open day, later applied and was accepted. The course never began however. I'm not sure what happened, so I then had to work out if it was possible to get to Leamington Spa.

I managed to put things in order and I duly began studies

at Leamington Spa. My travel took me through Reading, where there was another college I was impressed with. Shortly into my studies I decided that a switch to the Integrated College of Chinese Medicine in Reading would be better for me. I hasten to add that this is in no way disrespectful of the people at Leamington, but a personal choice. Fortunately, it all worked out and I became a student and I later graduated from the college in Reading.

Before graduation, we were issued with a provisional permission to practise. This was in 1999, and so this makes August this year my 20th anniversary of practise. Under our provisional license we had to report back to our supervisors with our diagnosis, treatment plans and progress. Looking back it was very helpful to be able to discuss patients with other practitioners. Many of my fellow students who went on to practise did so, like I did, in individual clinics and this can be difficult, even for experienced people.

Shortly after graduation, I enrolled in a course of patent herbal medicine at the Shulan College in Manchester. Owing to this contact I learned about ATCM, and I became a member shortly afterwards in 2002. In subsequent years I was asked to become a regional organiser, and also to represent ATCM in various discussions with the UK government. I was very pleased to do so, and I hope to continue to advocate for ATCM as needed. I must say that I am very pleased to be recognised with a Fellowship, which is a wonderful show of support for any future negotiations.

In the early years I was asked again and again about how receptive people would be. I live and practise in rural, conservative area and it was presumed that something new, at least for people in the area, like acupuncture would encounter resistance. My experience was that people were open to trying something new and they very much appreciated the approach of Traditional Chinese Medicine. I think the main reason is that it is similar to an older style of medicine that people missed. They were given lots of time to talk, their sore limb (for example) was examined and there was an effort made to solve the problem. This approach was very different to a hurried examination and being handed a prescription. Even in the instances when the treatment was not effective people appreciated that an honest effort was made on their behalf.

Owing to working in a rural area most of my practise involved work related injuries, most often back aches and knee pain. People work in agriculture and are physically active outside so these problems were common. People were not generally interested in the diagnostic approach of TCM other than a very short explanation. They were

interested in finding relief. I soon learned to avoid any lengthy explanations, but people readily understood and appreciated explanations involving heat, cold, damp or circulation restrictions which was my code for Qi stagnation. I had a limited but steady number of gynaecology patients, including a few fertility treatments and inductions. In one case the patient had four legs!

I mention this because I keep cattle. There was one cow which was not bulling, coming into heat, and was therefore not producing a calf as she should. This went on for too long and I thought to myself, "If she were human I'd know what to do!". In addition there is a saying in Scottish Gaelic, my native language, "*'S co-ionann boireanach 's bò*" – a woman and a cow are the same. This refers to gestation time, but I wondered if more was also true! I decided that Qi stagnation was the most probable condition, so I decided to try some Xiao Yao Wan. What about dosage and how to give it to her?

I decided that weight was important so I imagined the cow was three to four times as heavy, at least, as a human female. I obtained the formula in powder form and added it to a food supplement that I normally feed them and that they are very fond of. I had a portion set aside for the cow I had in mind.

My first attempt to administer the herbs was a failure. The cow noticed that there was something different and hesitated to eat my carefully prepared treat. She hesitated too long and a castrated male rushed over, pushed her aside and gobbled the mixture. Perhaps the cow learned a lesson because in subsequent feedings she did not hesitate and took the food, herbs mixed in, right away. I'm pleased to say that in a few weeks time she was bulling, and after a visit by the artificial insemination technician she produced a healthy calf nine months later! It was a proud early success in fertility work!

In the coming years my clinical work continued with the usual ups and downs that everyone encounters. It is really interesting to meet so many different people from so many different backgrounds. Some are pleased to tell you about their life's story and their insights and experiences can be rewarding to listen to.

I'm not sure what the trigger was, but a number of years ago I began publishing case studies. Except for a very short time, I have always combined my clinical work with being a lecturer in the University of the Highlands and Islands. Perhaps my publications there encouraged me to write up my work in TCM. I started very tentatively at first, mostly because I thought my accounts of case studies looked rather unimportant alongside other articles with control samples and a large evidence base.

Owing to a long term interest in epistemology, basically a study of the roots of knowledge, I came across a reference to the book *Tarnished Gold: The Sickness of Evidence-based Medicine* (Hickey and Roberts, 2011). The authors provide strong evidence that the apparently trustworthy title of Evidence Based Medicine (EBM) has

become a catch-phrase and, in their own words, "EBM breaks the laws of so many disciplines that it cannot be considered scientific or even rational. In addition, "EBM fosters marginally effective treatments, based on population averages rather than individual need. Its mega-trials are theoretically incapable of finding the causes of disease, yet swallow up research funds. Ultimately, EBM cannot avoid risking patients' health. It is time for medical practitioners to discard EBM's tarnished gold standard, reclaim their clinical autonomy, and provide individualised treatments to patients." Strong words with powerful implications.

After reading through the book, a number of times, I realized that my own training in TCM was very much in agreement of what the authors saw as a way forward for modern medicine. Our treatments are individualised, and are very often based upon clinical experience. With respect to publications small scale studies and case studies can be easily replicated by another practitioner thereby proving or disproving the treatment approach. When a meta-trial involves thousands of patients it is seldom (if ever?) replicated and therefore fails the most fundamental criteria for veracity. Consequently, I am no longer embarrassed by small scale studies and case work.

The power of modern medicine, despite its faults, cannot be ignored. For most patients, western medicine is what is real and verifiable for them. There are certainly a small number of people who will appreciate their problems being explained in terms of Qi but most people will understand circulation more readily. Just about everyone I see comes in with a western diagnosis, and I've learned not to contradict that diagnosis, but rather to interpret it in ways that can be understood by people unaccustomed to TCM. People are interested in relief so a brief explanation they can understand and a good result will keep them happy!

The whole question of western medicine versus TCM became less problematic a few years ago when I became involved with Floating Needle Acupuncture, also called FSN. My introduction was through the Scottish Branch of ATCM's seminar series. Dr. Kevin Wang, Glasgow, invited Dr Jidong Wu, Cambridge, to Scotland to teach a foundation course of FSN. What I heard and saw was amazing, and I thought I should try and see if the treatment was as effective as claimed. So, I bought the equipment, experimented on myself to be sure that I could use the new style needle properly and shortly I was ready to try it out with patients.

My first application was to treat sciatica pain. It worked extremely well, and gave me more confidence to use the technique more. At this early stage I was applying FSN with a trigger point technique, but this has been revised and practitioners now use tight muscles as indications. This approach has improved efficacy and widened the range of conditions which may be treated.

FSN treatment is based upon the accurate location of tight muscles and understanding their movement. Therefore a

detailed understanding of anatomy is necessary. It does not rely upon the syndrome diagnosis of TCM, although it does not preclude TCM, and, in my opinion, it works well with Five Element acupuncture. To a great extent FSN bridges the world of traditional versus modern medicine.

At the time all of this was going on I was enrolled in a Dr. of Science in Alternative Medicines programme (IBAM, Kolkata). It involved preparation of a thesis, and was only open to those candidates holding an existing Ph.D. For me it provided a focus for personal development by critically writing up my experiences and having spent a career at Canadian and Scottish universities I was confident that my thesis would be a good one (regardless of the institution's status). My FSN treatments formed a major part of my thesis and I was awarded the degree in 2016.

One thing led to another and in 2018, I found myself studying at the FSN institute in Nanjing. I also spent a few days in Beijing where I not only attended an FSN seminar, but I found time to see the Forbidden City, Tienanmen Square, the National Museum (I really enjoy museums) and to travel to the Great Wall. Altogether, it was an exhausting but wonderful experience.

I cannot praise the people I met enough. They were lovely, from the exceptional people I worked with in Nanjing, to people I met from day to day. The entire time however, I felt as if the heavy hand of the government was everywhere. On the one hand, as a visitor I always felt safe, but on the other hand I could not help but think that something was deeply wrong. I kept those thoughts to

myself. I was often asked what I thought of China and, truthfully, I would answer that I was only a visitor so I should not judge and the people I met were kind and welcoming. I did not ever mention my misgivings about the government. When I reached Amsterdam on the home journey I felt as if a weight was lifted. Perhaps those feelings were silly, but that is how I felt.

Looking to the future, there are a few exciting things ahead. I was asked by Drs Fu and Wu, to co-author an English language FSN manual. I was very pleased to do so, and the publication of this book is expected this autumn. After a thirty year career as a lecturer, I'm looking forward to leaving my present university position for new challenges and rewards working more at my clinic. I will of course still have connections to the university and I sincerely hope that there may be research opportunities with the medical programme. I am also ready to advocate for ATCM and TCM if necessary with the government, either in Westminster or in Edinburgh.

That is a brief account of how I became involved in Chinese Medicine. I sincerely thank all my teachers and also ATCM for providing the benefits of a recognised association and also for the training opportunities over the years. In the years to come I would very much like to see Chinese Medicine become integrated into national health care to benefit the public, to provide service to our health care system, and to provide a reliable career path for practitioners. Who knows what the future will bring, but it is always nice to dream and then turn dreams into reality. Finally, congratulations ATCM, for 25 years of excellence!

英国中医立法的兴衰

沈惠军

The Rise and Fall of TCM Statutory Regulation in the UK

Huijun Shen

Abstract: The author Dr Huijun Shen recalls the whole process of preparing statutory regulation (SR) for our profession during 2002-14. As the member representing ATCM in two Department of Health SR working groups, he tells the stories with three rounds of working groups, two public consultations launched by Department of Health (DH), and how hard ATCM strived for the SR for TCM as a whole, not being separated into two – herbal medicine and acupuncture. It is a shame that UK government took a U-turn on SR in 2014 and all work done during 12 years was thrown away, even with the overwhelming support on SR from two rounds of working groups' reports and public consultations. One can hardly imagine that in such a democratic country, some government personals could so brutally derail the whole thing against its own promises and the wish of vast majority of the public. The main reasons for this failure according to the author: 1. Anti CAM (complementary and alternative medicine) campaign from conventional medicine; 2. Personal rule in DH against the wish of majority and with anti-democratic nature; 3. Withdrawal of acupuncture from SR leaving herbal medicine and TCM vulnerable. Although SR has failed, the author insists that by being heavily involved in the preparation for SR, ATCM has gained great benefits in term of increasing of membership, raising its standards and profile, enhancing its PR and dialogue with government, etc. We are more ready for SR if the chance emerges again in 10-20 years.

英国中医立法,自2000年11月英国上议院科技委员会发布《辅助医学报告》¹,向政府提议对草药,针灸等辅助医学进行国家立法,到2015年Walker报告的出笼和卫生部宣布放弃对草药中医的立法,前后历程有14年。这期间,至少有12年(2002-2014,接近ATCM成立25年的一半岁月)立法工作是我们ATCM的一项工作重点。我曾两度代表ATCM参加政府的立法工作组,全程亲身参与立法筹备工作的漫长过程。在25周年会庆之际,我来回回顾一下英国中医立法兴与衰的往事,也许可以启迪我们,今后中医在海外发展的路应如何继续走,怎样才能切实维护英国中医事业的健康发展,保护中医医师行业的切身利益。

1. 早期 - 草药及针灸立法工作组及第一次公众咨询 (2002-05)

2002年2月,英国卫生部按上议院的提议成立两个工作组:草药立法管理工作组(Herbal Medicine Regulatory Working Group, HMRWG)和针灸立法管理工作组(Acupuncture Regulatory Working Group, ARWG),开始对草药医和针灸师的立法管理作前期工作。卫生部来函,邀请英国中医药学会ATCM参加草药医立法管理工作组,却拒绝了我们参加针灸工作组的要求。按上议院的报告和政府的初衷都是要搞草药师和针灸师的分别立法,而没有给中医医师及其代表的中医学作为一个完整的传统医学体系以相应的法律地位。当时的严峻局面是眼中医要被分割,当时ATCM理事会认为:我们应该深入“虎穴”,据理力争。在ATCM会员大会上,经表决决定派沈惠军代表学会参加草药立法管理工作组。为此,ATCM确定了争取中医立法的最高纲领和最低纲领。

1.1. 草药工作组早期的较量

卫生部草药医立法管理工作组HMRWG由22人组成,其中十个专业团体代表主要是西草药届的代表,另有三个中医药团体的代表,另两个中医专业团体是--中草药注册协会RCHM(会员以英国人为主)和英国中医学会BSCM(会员以中国人为主)。当时的西草药届已经着手筹备草药立法10个年头,因而在工作组内利用其主宰地位,早期一心追求草药立法,并不支持中医整体立法,英国中医学会(ATCM)是工作组内唯一呼吁中医整体立法的团体。

ATCM从一开始就坚决贯彻其纲领,在草药立法管理工作组中强调中医的整体不可分割性,呼吁立法管理中要保护中医的完整性。2002年5月ATCM在草药工作组发表了要求中医整体立法的立场,随后针对工作组内有人贬低中医的言论,ATCM的代表给予了有理有据批驳,工作组内几经较量,数次反复和起伏,但中医立法的势头越来越强。我们几次将进展和情况及时通报给广大会员,并在华文报纸上呼吁华人界的支持和关注,还向中国驻英大使馆,驻曼切斯特总领事馆以及在北京国家中医药管理局做了汇报。

1.2. 草药工作组转而支持中医整体立法

我们的要求中医整体立法的呼吁工作组内主持公道的人士的理解和支持。尤其是工作组组长PITTILO教授,在几次与ATCM和中医界交流之后,意识到中医整体的不可分性和独特体系特点,应该享有整体的注册管理和平等的法律地位,故而力主成立补充医学(跨行业)立法管理,即所谓Complementary and Alternative Medicine Council (CAM Council)。在这一大伞之下,补充医学各行业(早期为草药,针灸和中医)平等地相对独立地参与立法管理。PITTILO教授的主张在工作组内得到公众代表和ATCM的有力

支持,后来西草药界终于转变了态度,放弃了它一直追求的草药独立立法的方针,转而支持CAM Council的主张,并接受在CAM Council之下中医应该有整体和平等的法律地位。这一局面促成了工作组内三个中医专业团体的意见一致,共同致力于中医的整体注册,从而ATCM和BSCM得以在2004年11月正式合并。

HMRWG报告²于2003年9月正式公布,推尊补充医学跨行业注册(CAM Council),在这一机构下,草药师,中医师,针灸师等行业平等地参与立法注册,从而保证了中医的整体性,相对独立性,及应有的法律地位。按照ATCM的提议,报告中明确指出中医包括中草药和针灸,应该作为一个整体参与立法注册,注册的头衔应该是“中医师”,即TCM Practitioner。

我们要求中医整体注册的呼声最终得到了草药界的理解和支持,但受到针灸界的抵触。在2003年9月同时公布的针灸工作组的报告中,他们坚持独立和单一的针灸师注册(ACUPUNCTURE COUNCIL),而不愿意参加CAM COUNCIL。他们的意图是,只有在ACUPUNCTURE COUNCIL注册的针灸师(ACUPUNCTURIST)才有资格从业针灸,这样中医师们将被迫参加针灸注册,中医整体注册将无法实现。

1.3. 卫生部采纳草药工作组的建议

庆幸的是,政府采纳了草药工作组的建议,卫生部的咨询文件《草药与针灸立法管理议案》³于2004年3月2日正式公布,由此开始第一次公众咨询。政府的议案中,明确倾向于草药组的CAM COUNCIL方案,整个思路基本是按照CAM COUNCIL的方案展开。其中认同中医的整体性,明确提出中医人员应该注册成中医师TCM Practitioner,注册行业的划分把中医师,草药师,针灸师并列,即认同中医的平等法律地位,这些对于我们中医业界是十分令人鼓舞的。这第一次的公众咨询收到700余份回应,绝大多数支持对辅助医学立法,拥护CAM Council的主张,当是似乎中医立法一片光明。

1.4. ATCM的游说公关

在卫生部在2004年上半年第一次公众咨询前后,ATCM为代表的中医界做了大量的工作,为争取立法中的中医平等地位而不懈努力。我们雇用了英国著名公关公司DLA Piper,以及国会议员,下议院跨党派中国组副主席Ian Stewart的大力帮助,针对英国议会政治,游说政治的特点,开展向政府和议会的游说活动。

我们先后向政府主管部门和国会议员发出两轮中医立法呼吁信2000余封,号召会员向所在地国会议员写信,反映中医界的呼声。多位颇有影响力的资深国会议员作出了积极的回应,表示理解或支持我们的诉求。2004年10月至2005年2月间,ATCM的代表先后会见了数位国会议员,如Ian Stewart工党议员,Michael Howard保守党议员(当时的保守党党魁),Lord McColl, Lord Hunt, Lord Walton上议院议员等,使英国的政治上层直接听到我们的声音。这些议员们都在医疗保健行业的立法中有举足轻重的地位,如Lord McColl是医学界的著名人士, Lord Walton是2000年主持上议院辅助医学报告的负责人, Lord Hunt更为前任卫生部部长。我们还先后三次与两位卫生部国务部长Melanie Johnson和Lord Warner举行了会面,以及多次与卫生部主管官员的会谈。

图片汇编 Photo Collections

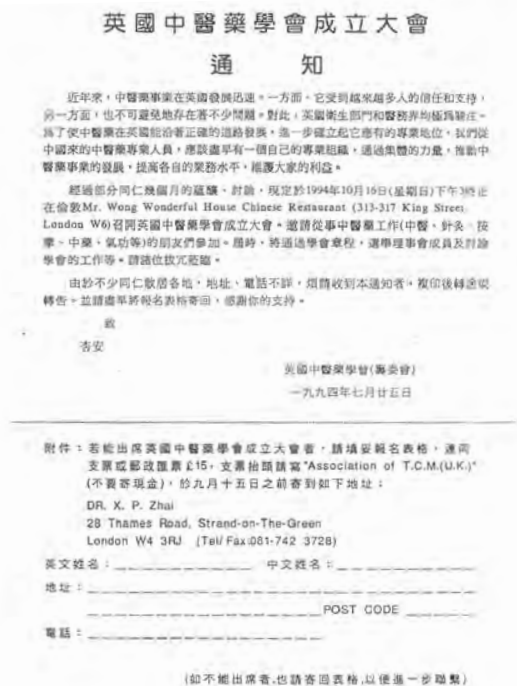
I. 创建学会 Founding of ATCM (1993-94) (all photos and documents are provided by Dr Ding Hui LUO)



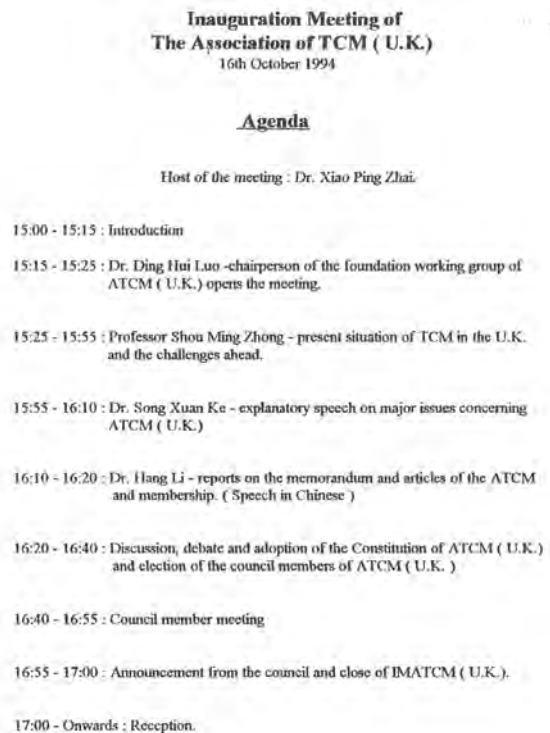
Picture 1: Steering Meeting 22 May 1994



Picture 2: Steering Meeting 22 May 1994



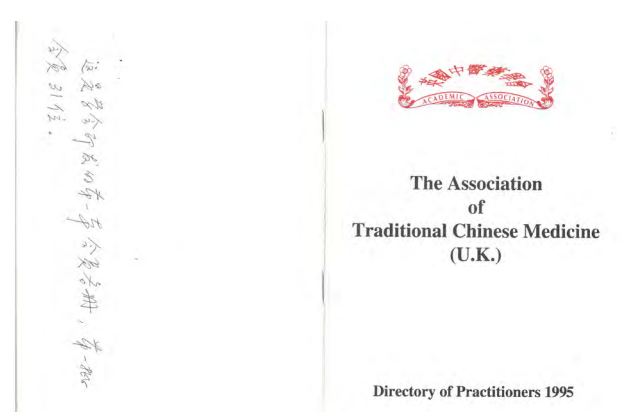
Picture 3: Letter to TCM community about the founding of ATCM – July 1994



Picture 4: Inauguration Meeting Agenda 16th October 1994



Picture 5: First ATCM newsletter in English



Picture 6: First ATCM Directory 1995

II. 早期活动 Early Activities (1994-1999)

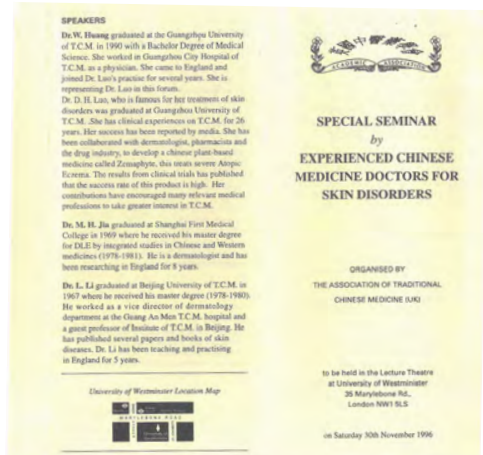
(all photos and documents are provided by Dr Ding Hui LUO)



Picture 1: First ATCM Constitution 1995



Picture 2: Codes in Chinese and English



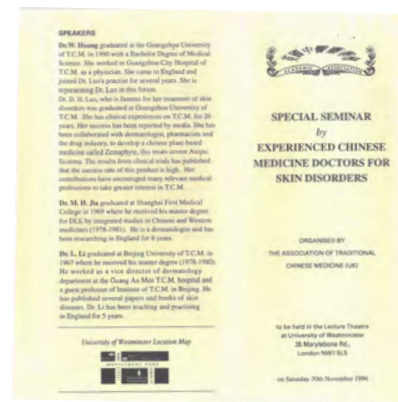
Picture 3: English Seminar flyer Nov 1996



Picture 4: Agenda of 3rd AGM Dec 1996



Picture 5: Chinese newspaper Sing Tao Daily coverage 1997



Picture 6: English Seminar flyer Nov 1997

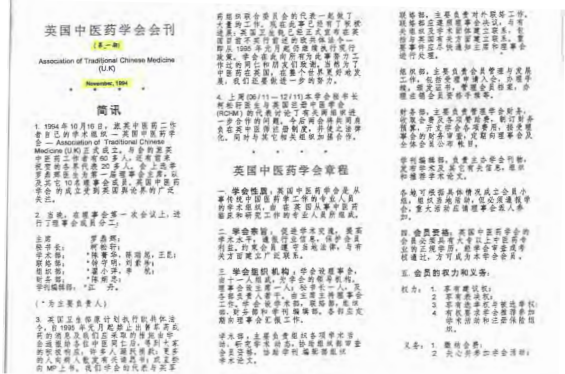


Picture 7: Chinese New Year Reception hosted by ATCM Feb 1999



Picture 8: Chinese New Year Reception hosted by ATCM Feb 1999

III. 会刊 ATCM Journal (1994-present)



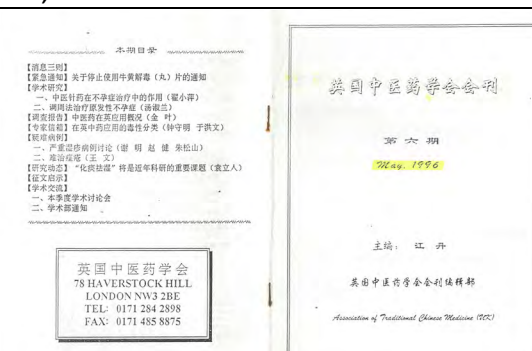
Picture 1: ATCM Journal No 1 - one sheet of A4 flyer, Nov 1994



Picture 2: ATCM Journal No 2 – two sheets of A4 leaflet, Jan 1995



Picture 3: ATCM Journal No 3 – A5 12 page leaflet, May 1995



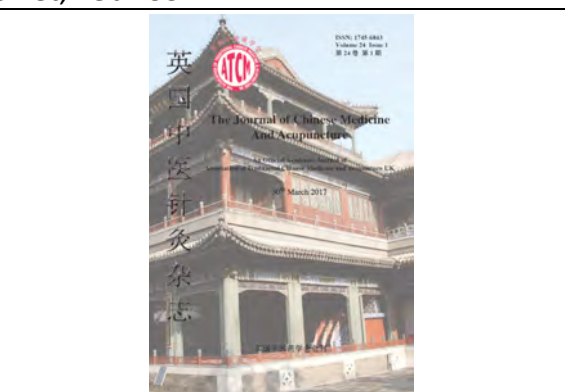
Picture 4: ATCM Journal No 6 – A5 24 page booklet, first article in English included, May 1996



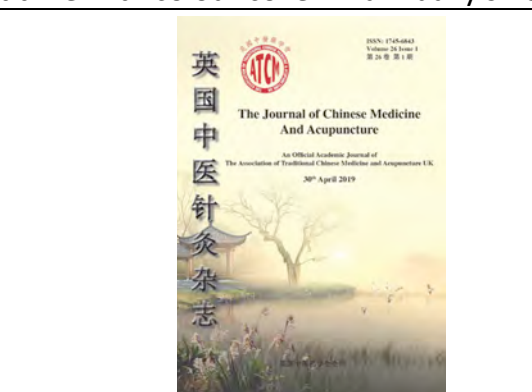
Picture 5: ATCM Journal No 9 – A4 16 page booklet, Feb 1997



Picture 6: ATCM Journal No 12 – A4 20 pages, first time with colour cover. Biannually since



Picture 7: ATCM Journal 24(1) March 2017 (Volume No was first used in March 2005 as Vol 15, Issue 1 when it was 15th year of ATCM)



Picture 8: ATCM Journal 26(1) April 2019 (Since 2005, it has been a 56 page bilingual professional journal)

IV. 中医立法 TCM Statutory Regulation (2002-2014)



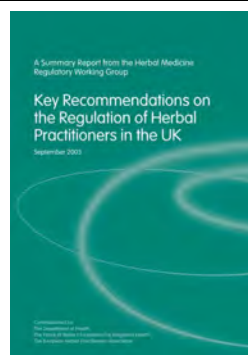
Picture 1: Department of Health Herbal Medicine Regulatory Working Group (HMRWG), June 2003



Picture 2: HMRWG Chair Prof Pittilo (first on left) and Department of Health officers – June 2003



Picture 3: His Royal Highness Prince Charles met TCM delegate May 2003.



Picture 4: HMRWG Report – Sept 2003



Picture 5: London Forum of Herbal Medicine panel members 2010



Picture 6: Speaker from HCPC on Statutory Regulation at ATCM's AGM 2011



Picture 7: Meeting with Department of Health minister Melanie Johnson - 2004



Picture 8: Meeting with Department of Health minister Lord Warner - 2004

VII. 地区小组活动 Regional Group Activities

ATCM currently has 7 regional groups. Five regional groups - Southwest England, Central Eng, North Eng (named Northwest England since 2016), Scotland and North Ireland) were formed in 2007; Northeast Eng Group was formed in 2016, and East Eng Group in 2017



Picture 1: North Ireland Group 2008



Picture 2: Academic Seminar in Manchester - 2010



Picture 3: Northwest England Group – 2012



Picture 4: Members of Northwest England Group – Manchester in Dec 2015



Picture 5: Northwest England group new year party in Manchester – Dec 2015



Picture 6: Northwest England group CPD – January 2019



Picture 7: Northwest England group CPD – June 2019



Picture 8: Central England group – meeting in Birmingham 2012

地区小组活动 Regional Group Activities



Picture 1: Southwest England group – 2015



Picture 2: Scotland group – Glasgow July 2012



Picture 3: Scotland Group – Glasgow July 2012



Picture 4: Northeast England Group – Newcastle 2018



Picture 5: Northeast England group – Newcastle 2019



Picture 6: East England group - 2017



Picture 7: East England group – Dec 2017



Picture 8: East England group - 2018

VIII. 学术会议/讲座/工作坊 Academic Conferences/ Seminars/Workshops



Picture 1: ATCM Conference – London 2003



Picture 2: Dr Zhi Qiang ZHU at TCM dermatology seminar – London Aug 2008



Picture 3: Audience at the TCM dermatology seminar – London Aug 2008



Picture 4: Dr Li Qin ZHAO giving talk on TCM gynaecology in Manchester - 2010



Picture 5: Dr Ming Zhao CHENG at Herbal Medicine Forum – London 2010



Picture 6: Dr Tie Jun TANG doing academic talk at AGM - London 2012



Picture 7: London Forum of TCM – July 2013



Picture 8: Members at a conference – London 2016

学术会议/讲座/工作坊 Academic Conferences/Seminars/Workshops



Picture 1: Dr Bai Fang ZHU hosting China-European TCM Dermatology Summit – London Sept 2016



Picture 2: Delegates of TCM Dermatology Summit – London Sept 2016



Picture 3: Qi Gong master Dr Yu Hong XIE and his students – North Wales 2016



Picture 4: DR Hui NIE giving talk on scalp acupuncture at AGM – London 2016



Picture 5: Members at a conference in Manchester - 2017



Picture 6: Scalp Acupuncture Conference in Manchester – Aug 2018



Picture 7: London CPD – 14th April 2019



Picture 8: London CPD – 23rd Sept 2019

Xi. 岁月的追忆 The Past Worth of Remembrance



Members enjoying Christmas and New Year party in Manchester – Dec 2015



Dancing at the party – Manchester Dec 2015



North England group gathering for Chinese dinner – Manchester 2012



Eating Chinese dishes without chopsticks – Manchester 2012



Annual General Meeting – London Oct 2016



Conference in Manchester - 2017



Second Sino-Europe Forum on TCM Cooperation and Development -London Aug 2017



Northwest England group event in Manchester - 2019

ATCM 的说游活动,取得了良好的成效。在2004年10月20号上议员Lord Hunt 同ATCM 进行了交谈 Lord Hunt 当场起草了一份向政府提呈的书面提问,明确支持 ATCM 的立场。在10月28号在上议院的辩论中, Lord Hunt 问到:“在今后的立法工作中,政府是否考虑到中医作为一个特殊的专业,享有同针灸,草药师一样的同等地位”?主管立法工作的卫生部国务部长 Lord Warner 回答:“我们意识到许多中医师既用草药又用针灸治病,在今后制定立法管理条例中将考虑到他们的需求”。这是英国政府部长级官员首次明确认可中医的特点和整体性。

2. 中期:联合立法工作组及其前后 (2005-10)

2005年2月卫生部公布了第一次咨询回应结果,同年3月4日政府召集立法工作会议,内部公布了立法方案,正式着手 CAM Council 的筹备,为此将成立一个联合工作组。在这次会议上,卫生部官员正式宣布,在立法中,中医将拥有与草药和针灸相同的地位,中医师的头衔将被法规性认可。

2.1. 多种原因造成立法工作停滞

然而,自2005年3月卫生部立法工作会议之后,相继发生五月间的全国大选,大选后卫生部部长易人。更重要的,是西医家庭医生 Dr Harold Shipman 杀害病人大案,显露出英国现有医疗法律的严重漏洞,公众及媒体反映极为强烈。有鉴于此,政府对整个医疗管理体制进行了长时间大规模的审视和调整,并于2007年2月份对 Shipman 调查报告做出了详尽的回应,最终发表了两份影响深远的白皮书:一份是英国首席医官 Lian Donaldson 的 *Good Doctors, Safe Patients*⁴,另一份是 Andrew Foster 的 *The Regulation of the Non-Medical Healthcare Professions*⁵。

根据两份白皮书的建议,卫生部决定不再成立新的立法管理机构, CAM Council 方案被放弃,取而代之的是一个更大的机构,统管更多的保健行业,即将中医与草药和针灸一道纳入健康行业管理委员会 (Health Professions Council, HPC) 的注册管理。HPC 成立于2001年。它是由政府立法而成立的一个立法注册机构,专门用于管理医疗辅助人员。这个保健行业的注册管理机构,负责多个医疗保健专业的立法管理,如检验师,放射师,理疗师,职业治疗师,临床实验师,救护人员等等。情形至此,无论是 CAM 方案还是 HPC 方案,我们一直致力争取的中医在立法中与草药针灸平等的地位应该说已经基本实现了。即我们的名份有了,接下来就是如何争取我们的实际权益了。

2.2. 联合立法工作组及其下设中医工作组 (2006-09)

基于 HPC 方案的思路,卫生部于2006年3月28日发出“针灸,草药和中医执业者立法工作的通知”,将针灸,草药和中医执业者的立法工作进一步展开,成立联合立法工作组 (Steering Group on the Statutory Regulation of Practitioners of Acupuncture, Herbal Medicine, Traditional Chinese Medicine and Other Traditional Medicine Systems Practised in the UK)。工作组里有12名专业成员,代表针灸,草药和中医药。ATCM 的代表是副会长程铭钊博士。工作组的任务是向卫生部所定的 HPC 看齐,所有的立法准备文件,都必须以 HPC 现有的行业标准文件为标准,其中包括行业教育标准,从业标准,行为标准,处罚标准和语言标准。工作组主席仍是原草药立法筹备工作组的 ATCM, Suite 10 Brentano House, Unit 5, The Exchange, Brent Cross Gardens, London NW4 3RJ
Tel/Fax: 020 8457 2560, Email: info@atcm.co.uk Website: www.atcm.co.uk

组长 Michael Pittilo 教授,他为辅助医学立法和 CAM 管理委员会的蓝图构想作出了很大的贡献。联合立法工作组又下设草药,针灸和中医三个行业工作组。

必须重点指出的是,比起其它中医团体,ATCM 对联合立法工作组的工作做出了最重要贡献。这是因为 ATCM 一直是按照英国专业团体的标准,严格,正规和民主管理的,有一套正规的管理文件。当时的中医工作组面临的窘迫感显而易见,无法拿出如草药和针灸届早已准备好的相关立法文件,比如《行医准则》,《教学大纲》等,所以中医组要在三个月内从零开始,完成这一套文件,谈何容易!所幸的是 ATCM 在原先参与草药工作组时,就已经为中医部分做了准备。比如,2003年就开始了中医教学标准的讨论与制定,2004年成立了《中医教育认证委员会》,制定了《中医教育核心课程设置》,并完善了《中医师执业准则》和《中医专业行为规范》。ATCM 的这些文件和条例后来以中医工作组的名义呈送到联合立法工作组并被认可,使得中医立法的准备未拖后腿。

2.3. “祖父条例”,英语标准和卫生部第二次公众咨询

在中医作为整体获得立法中的平等地位之后,如何争取和保护中医师个体的权益已显得十分突出了。而在这一点上,祖父条例中的英语语言标准如何制定,更是十分敏感的焦点。联合立法工作组讨论“祖父条例”(即立法之初对现有执业人员采用简便优惠的标准来注册,所谓“老人用老办法”)中,草药界和针灸界强调英语交流能力的重要性,提出祖父条例中应规定雅思 6.5 的标准,这当然对中医界十分不利。ATCM 理事会经过讨论,认为我们应该据理力争,时任会长沈惠军于2007年8月向联合工作组组长去信,强调祖父条例的基本原则,英语要求不应针对现有人员,条例对专业低要求对语言高要求不合理。在工作组9月28日最后一次会议上,英国中医药学会(ATCM)是被认定符合祖父条例标准的唯一的以华人为主的中医团体。2008年4月25日,Pittilo 教授向 ATCM 发出正式信件,确认工作组将向 HPC 正式推荐 ATCM 作为符合标准的中医团体参与整体的转会方式的立法注册,同时仍然强调英语标准的重要性。直到当年8月,ATCM 在公关中第一次与立法机构 HPC 直接接触,我当面向 HPC 的 CEO Mark Seale 询问祖父条例中对语言的相关规定,得到的答复是祖父条例不设语言要求。我们这才明白原来工作组提出语言要求是草药针灸界向中医界施压。

2008年5月,联合立法工作组的报告正式发布⁶。此后拖了一年多,2009年8月3日,英国卫生部宣布对中医师,草药师和针灸师的立法管理进行第二次公众咨询⁷,为期3个月。在咨询期间,ATCM 对卫生部的咨询文件进行深入的研究,并发动全体会员对咨询进行了积极的回应,按并向整个英国华人社团发出呼吁,积极回应政府咨询,支持中医立法。同时,ATCM 再次聘请了公关公司 DLA Piper,积极与卫生部官员,国会议员,反对党(保守党)影子内阁成员和 HPC 的官员等开展了进一步交流和对话。我们的会员也积极与所在选区的国会议员联系,敦促他们支持中医立法管理。这次公众咨询共收到空前的6000余份回应,超过85%的回应支持草药针灸和中医的立法⁷。

3. 后期:立法工作再次停滞和重后,第三轮工作组 (2010-14)

在2009年11月第二次公众咨询结束之后,立法的进程

再次停顿了下来。期间出现了又一波反对辅助医学的浪潮，英国的主流媒体连篇累牍地发表文章，指责辅助医学是伪医学，大学办针灸等课程是给骗子发学历等等。期间，针灸界不知为何退出了立法进程，工党政府卫生大臣 Andy Burnham 曾宣布一个替代方案⁸（2010年4月1日），要求草药师和中医师在并非立法管理的辅助与自然保健委员会 the Complementary and Natural Healthcare Council (CNHC) 进行注册登记。但这一方案并没有实施，2010年5月英国大选，保守党和自由民主党联合政府上台。在大选之前，ATCM 号召英国各地的会员，给本选区的国会候选人去信，要求他们支持辅助医学立法。学会也直接给两党的相关负责人写信，反对前工党政府的愚人节公告，再次表述我们要求中医立法的意愿。5月大选之后，ATCM 会长沈惠军又向新的卫生大臣 Andrew Lansley 及4位新任命的卫生部长分别去信，再次表述我们要求中医立法的意愿。

2011年2月16日，卫生部正式宣布从2012年4月开始将对草药师和中医师进行立法管理⁹，并再次指定由健康行业委员会 (HPC - Health Professions Council) 负责对草药和中医师进行立法注册工作，卫生部同时宣布针灸行业暂时不实施立法注册管理。

这时，眼看着英国的中医立法又重现光明，多年的奋斗目标再有一年就要实现了。2011年内，卫生部主管部门两次邀请 ATCM 派代表会面，商谈内容已经涉及立法注册的具体步骤。ATCM 代表还前往 HPC 开会，商议立法的具体要求等。然而好景不长，很快局面又陷入沉寂停滞长达两年多。ATCM 曾两次向卫生部去函询问，得到了只是冠冕堂皇，未置可否的回答。直到2013年底，在业界反复的催促下，卫生部才总算宣布成立第三轮工作组 Herbal Medicine and Practitioners Working Group 草药及草药师工作组。然而该工作组由成立之初，就显示出并非为立法管理而设。这个工作组的组长是一位 NHS 的 Medical Director - Prof Walker，成员中除了业界代表之外，却有意塞入几个反辅助医学的人物（如 Sense of Science 的代表）。在2014年的一年运作中，工作组每三个月才开一次会。而在组长的控制下，开会讨论并不注重立法进程，而是关注替代方案。沈惠军作为 ATCM 的代表，在组内发表了明确要求重归立法的呼吁，大多数成员包括 HCPC（原 HPC）的 CEO Marc Seale 都反复要求坚持立法。然而这位组长并不采纳多数意见，最后以他个人的名义，而非工作组的名义，发表了 Walker Report¹⁰，提出废除立法，建议替代方案，即草药和中医师参加 PSA 机构设立的 AVR（Voluntary Register Accreditation）。PSA 虽为立法管理机构，但 VRA 项目毫无立法性质，对业界和业者难有显著利好，所以 ATCM 理事会多次讨论过 VRA 议题，得出的结论是暂时静观。

结语

12年的努力付诸东流，是一个很大的遗憾。究其失败的原因，我个人认为主要有以下几点：1. 主流医学界的反对：政府部门不得不考量主流医学的态度；2. 人治因素，在这个所谓民主国家，人治因素也是很强的。2012年卫生部的拖延和改弦更辙，应该与卫生部主管 Minister 换人，新的 Minister 是 GP 出身，以及任命一位 Medical Director 担任

第三轮工作组的组长，都是人治的因素。3. 针灸界退出立法，使得草药界和中医界变得势单力薄。英国针灸界不看好立法管理，他们满足于他们的自愿管理模式，不愿因为新的立法管理而削弱他们现有团体的地位和权利。

尽管中医立法没有成功，但我并不认为12年的努力是闹剧或者白费。通过立法筹备中的不懈工作，为 ATCM 和英国中医带来了新气象新格局，还有很有意义的。例如，1. ATCM 的队伍在这12年有很大发展，由2002年的120人到2012年的700余人；2. ATCM 的专业和管理标准有很大提高，我们相继完成了《<中医教学大纲>》，《<中医师资格确认标准>》等管理文件，修订完善了已有的《<中医师执业准则>》和《<中医专业行为规范>》，并相继成立了中医教育委员会和中医资格认证委员会，这些都是12年立法筹备中完成的。3. 英国政府，业界和公众对中医和 ATCM 的认同度大有提高。我们12年中与卫生部，国会议员，HPC，草药界和针灸界有广泛的接触和沟通，宣传了中医和我们学会，逐步提升了认可和尊重。4. 尽管这次的立法失败了，但 ATCM 积累了人脉，经验和胆识。也许再过10-20年，形势又向有利中医立法发展，下一代中医人应该可以担起重任，从我们这一代汲取经验和教训。力争轻车熟路，马到成功。

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回眸处，错柳如烟

谭兴无

London

What You See When You look Back

The author Dr Xin Wu TAN tells the stories when he quit his job and start to run his own TCM clinic in South London. He also recalls three infertility cases successfully treated by him.

那是一个柳丝成涛草长莺飞的夏天，来英国打工八年后，我终于获得了自由。辞去老东家的职务，回国休息了二个月。

接着辗转了大半年，大半个伦敦，2010年3月落户于伦敦东南一个非裔聚居区。我不知什么原故对非裔充满了恐惧而不敢接近。因为这个原因，我三番五次拒绝过伦敦一家经营了5年的诊所转让。

伦敦，于我眼前一抹黑，这个一不留神就找不到回家之路和迷失自我的帝都，对每一个人都有一种无法抗拒的诱惑！要在从未生活过的伦敦再找一个安身之所真的很难。时间毫不留情地匆匆掠过，这时候老东家欲卷土重来开辟新领域拉我入伙。处在十字路口徘徊的我再一次接到了伦敦店主打来的电话。店主已经转营其他生意，还有十年合约的诊所已经挂牌出让了一年了，如果我愿意可以先不谈过户，等到我经营一段时间后再考虑。忐忑不安的我再也找不出拒绝的理由，于是举家南迁，扎进了南伦敦这片陌生又充满期待的黑色丛林里。

生活总是在很多偶然和必然的交替中踟蹰前行，如同我们在临床中蜗行摸索。有时候信心满满地面对一个看似简单的病例，结果是迎来当头一棒。有时候迟疑不决抱着试探的想法碰碰运气，幸运却又不期而至。

Ms.A 是一位办公室的白领，容貌姣好，35岁。10年来月经断断续续很不规则，没有孕产史，来我诊所时已经5个月未来潮了。MsA 对针很恐惧，一番连哄带骗后，第一次只是在双侧合谷，地机试试下针并辅助以地球上最苦且无法下咽的饮料。连续三周针药后，MsA 终于见到了久违的大姨妈，量很多，夹有瘀块。在 MsA 的恳求下没有再给中药内服，但她很有规律地接受或针或灸的治疗。即便她去斯里兰卡10个月，也在当地接受针灸治疗。她的月经调整得很有规律，曾经的失眠多梦体乏少腹拘急情况也很少出现了。2017年5月，在没有其他辅助下 MsA 人生第一次怀孕，次年二月诞下一个女婴。

DrB 是国王学院附属医院的高年职医师，也许太沉迷于临床教学，耽误了最佳养育下一代的时机。有一天终于开悟了，各项检验指标却迫使她只能依靠人工辅助才能有些许为人之母的机会。这也让 DrB 陷入非常沮丧与焦虑之中，如此身心俱疲，致使2次 IVF 失败，她几乎到了绝望的境地。有一次，DrB 路过我的诊所，对中医鲜有了解的她开始关注辅助医学。终于，她鼓起勇气跨上了破冰之旅。她的准备工作太充分了，以至于有些问题我无法满意回答。庆幸的是 DrB 还是将信将疑地上了我的贼床。在此我要感谢 ATCM 那些在妇产科学方面给我启蒙，教我诊治方法的专家学者。你们让仅仅只有基本概念的我，再也不会拒这类病人于门外。DrB 和我一样的幸运，在6周的针药治疗后传来了喜讯---自然怀孕了。

MissC 是一位在西敏斯政府部门工作的患者，与同性伴侣一起生活了5年。5年来接受捐献精子做了3次 IVF，而美丽的天使一次次与她擦肩而过。MissC 工作压力很大，患有乔本氏病，慢性鼻炎，身体肥胖，月经不规则，量稀少。我告诉她，不急于马上再做 IVF，首先把身体调理好。经过2年有规律地中西医调治，她的各项临床指标趋于正常，特别是体重回落到正常水平。接着的4年间，MissC 通过 IVF 终于迎来了一男二女三位天使。

医者意也，善用意者，良医也。我们多么希望每一位患者经过治疗，都能获得满意的疗效。现实是，失望总是多于期许。生活与工作中处处都是强自取柱，过于苛求往往与理想渐行渐远，与成功失之交臂。总是感慨我本将心向明月，奈何明月照沟渠！

但是一定要坚信，真实与真诚一定会给我们带来回报！希望的光芒总会在某一个梦想的路口等着坚守的你！



一次难忘的经历

吴平， 伦敦

An Unforgettable Experience

Dr Ping WU tells his own experience in 2008 when he was invited to the parliament as part of TCM Week activities organized by Chinese embassy in London, where he did not do any treatment but just used pulse diagnosis to detect the health issues of some members of parliament and the Chinese ambassador.

“光阴似箭，日月如梭”，随着年龄的增长，越来越觉得时间在不经意间就流逝得无影无踪。转眼间已经在英国十五个年头了，这么多年来如同从前的游方郎中，兜兜转转了好几个国家，终于在伦敦扎下了根，成为了一个自己开业的坐堂郎中。

记得在儿时约七，八岁的时候，有几个因素（医生的母亲的影响以及小伙伴的因病去世等），让我立下了以后要当医生治病救人的志向。好在努力没有白费，高考进了上海中医学院（现上海中医药大学），刻苦学习了五年，也以当年系里的 Top5 的成绩毕业，尽管有留校资格最终还是回到了家乡的中医学院附属医院，一边临床一边教学四年后去了日本，随后有公派有因私在德国俄罗斯工作最后来到了英国。

其实在来英之前还有一个日本公司希望开展中医部门，经人推荐特意找到我希望我能返回日本，最终导致我选择来到英国还是因为英国可



以自由使用中药，这样可以针灸中药”两条腿走路”。来到英国后很快就因为疗效显著而得到特别的重视和“照顾”（这个重视和照顾就是经常在忙碌之后，公司老板的司机已经等在诊所的外面，接我去老板家或办公室去给人看病治疗但是没有报酬）。

后来遇到了现在的太太成家后就自己开业至今，记得在刚开业不久的 2008 年，受到邀请去参加在英国国会大厦举办的“英国中医周”推介活动，



Mr Wu was giving consultation at the House of Commons during the TCM week.

尽管在此之前我也有过被工作所在国的媒体采访报道的经历，但是进入一个国家的国会大厦给国会议员们面对面展示中医推介中医还是第一次。

当时的室内由于只有灯光，没有自然光线，无法通过望诊去了解对方的情况，最主要的是因为对方不是患者，也不能去问诊，国会议员们对脉诊感兴趣，只能是“病家”不开口，要求仅通过号脉基本上说出对方的大致问题，好在平时也经常遇到过这样的患者，听说中医是“病家不用开口，即中必须通过号脉说中病情”，结果还是不错，第一个被号脉的一个重要女士被说中病情后很多人都希望能够得到号脉，其结果就是我累了半天还空着肚子没时间去吃点东西。后来主持活动的

中国驻英大使馆的一个赵姓参赞过来说大使也想来号脉看看，这是我第一次见到当时的大使，结果也完美地展现了中医的神奇，准确地判断出大使当时的问题。后来经过一段时间的努力治好了大使的问题，间接地也为祖国作出了贡献。作为一个中医也收获了满满的自豪。

在诊脉活动结束后，当时的国会议员英中联络小组组长 XX 议员表示感谢我的工作，他也希望将来可以有机会看到英国的主流医学与中医能够携手合作，衷心希望中医早日获得应有的认可，尊重和地位。

“You are an old styled practitioner”

吴迪 Brighton

The author Dr Di Wu once received this compliment from one of his patients. He asked the exact meaning of it and the answer was because he always put patients first rather than focusing on their wallet. Dr Wu told a story once he declined to offer any treatment to his patient as not necessary for patient's sake. The author believes that a good TCM practitioner should be this kind of “old style”.

在英国行医这些年时常收到一些患者的夸奖，但给我印象最深的也是让我觉得最得意的是上面这句。我当时曾经问过这位患者，他所说的“old styled practitioner”到底指的是什么。他说他曾去过不少中医诊所，他指的是那种从心底里关心病人，把病人的利益放在第一位的大夫，而不是只盯着病人钱包的商人。

我自己是半路出家学的中医。学中医是因为喜欢。在英国读书临毕业的时候有一堂市场营销课，主讲人是一位资深会计师。他说，如果一条街上有另外一家诊所和你竞争你怎么办？你要涨价，千万不要降价！因为你要价高，别人就认为你的水平高。这句话我心里不太以为然，但给我留下的印象却很深。有关诊所收费的问题在学会的社交平台上也有过不少讨论。其中很时髦的一种观点认为，诊所装修好，敢于收高价，才能吸引“高端病人”。英国的中医诊所从当年罗老唐人街诊所需要排大队领号的盛况，到现在声誉日渐低下的窘态，难道和只盯着患者钱包，在心里把患者分为高端低端的经营方式没有关系吗？

我自从开始接触中医诊所后，给每个在我诊所工作的大夫都有两个要求：第一，要求大夫加入 ATCM 成为会员，第二，患者至上。能给病人一次看好的病，绝对不要拖到两次。诊所开业 21 年来，很多病人不离不弃地跟着我们，靠的不是忽悠，而是彼此的信任。讲个发生在我身上的真实故事：有一个断断续续来诊所就诊多年的患者 Sarah，多年前的一天早上打电话预约当天治疗。来了以后当班的大夫把我叫过去，说他听不太明白今天 Sarah 到底是怎么回事，到底想治什么？我过去问 Sarah 出了什么事。她说她每天都会为一些小事感觉紧张焦虑，自己都已经习惯了，但今天她觉得没有任何事情让她觉得不好的，睡得也挺好，精力也好，孩子没事，丈夫和工作也没问题。找不到问题，她反而觉得有点不对劲，觉得怪怪的，所以就打电话来预约了。我问她，“既然你觉得一切都好，找不到值得焦虑的东西，那为什么不能相信你自己呢？”她说她不敢相信自已一切都那么完美。我跟她说：“如果你自己感觉好，要相信自己一切就是很好。这样吧，今天我们不要做治疗了，天气这么好，省下做治疗的钱去海边走走，享受一顿午餐，给自己买束花，好好享受一下”。患者虽然有些不好意思，但是高高兴兴地走了。

从罗老等老一代开拓者创立 ATCM 以来，学会人才辈出，但同时也面临比以前更复杂的生存环境。希望学会同仁不忘我们学医的初心，用心呵护 ATCM 这块金字招牌，让广大患者可以通过学会放心地找到“Old styled practitioner”！

【杂文一篇】服药趣事二三

祝柏芳 London

谨以此文作为 ATCM 25 周年之纪念献礼，愿我 ATCM 红红火火，越办越好。

Some funny stories about taking Chinese herbal medicine:

The author Dr Bai Fang ZHU is a famous TCM dermatologist. He has treated thousands of patients with skin and other conditions successfully using Chinese herbal medicine in London. However in this article, instead of a formal celebration or congratulation on ATCM's 25th anniversary, he humorously tells some stories about a few patients of his struggling but finally able to manage to take their herbal remedies. A man mistakenly chewed and swallowed the herbal residues instead of drinking the decoction after boiling. An old lady found it difficult to count so many herbal pills and to swallow them in one go, she creatively tried to use a grinder to make the pills into powder and found it is much easier to swallow. The lady strongly recommended her invent and last year she bought Dr Zhu an electrical grinder as Christmas present! The third story is about a black woman with fibroids waiting for hysterectomy. After two months of herbal treatment from Dr Zhu, one day she phoned very excitedly from the gynaecologist's surgery and shouted "Guess what, the doctor cancelled my operation because my fibroids are smaller by more than half". Another patient also with fibroids took Gui Zhi Fu Ling Wan and Tao Hong Si Wu Wan for a few months and got much improved. However, she liked the taste of the pills too much so she chewed pills one by one before swallowing. One day she admitted to Dr Zhu that she might be addicted to these pills as without them she would feel panicky and shaky. Dr Zhu told her to stop chewing the pills but just swallow them with water. All her "addictive" symptoms disappeared without any sign of withdrawal syndrome!

中药难喝，世人皆知，我们不抱怨，是因为要它治病。小女怡文从小患上严重湿疹，全身皮肤糜烂渗水，红肿发热，日夜搔抓不已，西医开了激素及抗组胺药，见效甚微。出生第二周开始用清热解郁利湿止痒汤药，内服外洗，期间合并感染，用羚羊角磨水内服，两个月后明显见好，四个月左右完全治愈。其小脸涂满黑色药膏和喝药时嚎啕难受的样子，仍然历历在目。

我想说的是，中医中药，自幼熟知，熟膏丹丸散汤，鲜有国人不会用者。至于老外则不然，每每处方开

药后，必须反复强调如何服用，即便如此，不得要领，屡屡出错者，有惊无险者，还是大有人在。

" 中药效果特别好，但是很难吃 "

一次复诊时，患有 I B S (肠激惹综合征) 多年的 Ian 如是说。但见他紧锁眉头，一脸痛苦相。告诉我，" 其他都好，腹胀减轻不少，腹痛消失，食欲也大大改善了，就是中药难以下咽。" 药当然不好喝，所谓良药苦口啊，你们英国人不是说，no pain, no gain 吗 " 我低头开着处方，不以为然的小小教导他一下。" 对不起，不是不好喝，是不好吃！ " 我抬起头，若有所思地问他，这药究竟怎么不好 " 吃 " 的。" 按您说的，先熬了半个小时，但是太硬，咬不动，咽不下，再熬了近两个小时，多数药才得以软化，慢慢嚼后咽下。" 他说，" 我尽力了，花草一类我都吃了，虽然味道不好，但有些象木头一样的东西，实在是吃不下，对不起了，医生。 "

OMG! 大哥，你有没有搞错，这中药能这么吃吗，做了那么多年医生，我这可是头一回听说啊，真服了你了！也罢，从今以后，每个新病人还得叮嘱一句 " 只喝药，别吃渣啊！ "

妙用粉碎机

如果说吃中药连汤带渣囫圇而下，我尚有交代不清之嫌，那么 Margaret 的粉碎机服药法，肯定是她独创，与本大夫绝无半点关联。

话说西方圣诞节素有家人朋友间互赠贺卡和礼物之俗，通常这也是我向我的新老病友感谢一年来的惠顾，借此深化和联络医患感情，通常我会给些小饰品，巧克力或酒之类，多数病人会有小礼品回馈，一般不会很贵但绝对是精心挑选，华丽包装，正所谓 " 互动双赢 "，sorry, just joking.

Margaret 是我的老病人，患忧郁症和耳鸣，每周都有来针灸和服药。由于是慢性病，我给她开的是成药，枸菊地黄丸和加味逍遥丸，补肾疏肝解郁明目，效果不错。跟往年一样，去年圣诞她又有礼物给我，这次可大不相同，竟是一台电动粉碎机！看到我不解的样子，她得意地道出她服用上述药丸的秘密。原来，老人眼神不太好，药丸经常撒在地上，满屋找不到，加之有慢性咽炎，黄豆般大小的药丸，一次吞服近二十粒，常梗阻喉咙，只能一次 2-3 粒，再大口喝水送下，喝毕又尿频腹胀。于是突发奇想，

何不将一周药丸一起粉碎，再分次冲服，就像喝咖啡那样。于是买来咖啡机，说干就干，从此再无满地找药，梗喉尿频之虞！如今特赠在下咖啡机，莫非叫我也如法炮制，碎丸成粉，天天服药么？好在不用在意会有我老妈的唠叨，大过年的，多不吉利！

食药知味，中药成瘾说

有些病可能与种族有关，比如子宫肌瘤，研究表明此病尤多发于中青年黑人女性，亚洲人次之。西医主要采用药物保守治疗如孕激素受体阻滞剂 Ru486(米非司同)或手术肌瘤剥除或子宫切除。如果药物疗效不好，病人年龄偏大，或者有生育要求的我都会建议使用中药治疗，通常有意想不到的效果。记得多年前，大概十多年前吧，我有一病人 Catherin，小学老师，罹患此疾，腹大如鼓，月经频繁而且量多，苦不堪言，严重影响工作。就诊前已经预约两个月后子宫全切，听别人介绍来看我，想给我也给她自己一个免于手术的机会。我坦诚相告，无十足把握治好，仍愿尽力一试。到手的生意，岂能让她跑掉！开了两个月药让病人回家服，我也没有想到去追踪观察。突然两个月后的一天，她打电话给我，激动不已，声音略显颤动，"猜猜我在哪？我在外科大夫办公室，祝贺我吧，医生说了，

肿瘤缩小一半还多，我不用手术了，谢谢，谢谢！"。我平静的答道，"不用谢我，快回来复诊吧"。有点跑题了，再跑回来。南非女士 Beverley 也患有子宫肌瘤，由于她年近 50，又有严重贫血，医生不愿实施手术。我给她开了桂枝茯苓丸和桃红四物汤丸两种成药，几个月后流血减少，贫血也得到改善。她多次告诉我，她特别喜欢这些小药丸，不仅是它们治她的病，还尤其钟爱其特殊的味道。她每次一粒一粒嚼，细细的品味，直至满口药味才依依不舍的咽下去。我起初很高兴，乌拉，终于有人喜欢吃药了！然而事实告诉我，我高兴得太早了！因为她有一次很神秘地说，"Dr Zhu，我想我离不开这神奇的小药丸了，一天不吃，会浑身无力，心悸手抖，失眠多汗。你说我会不会上瘾了啊"。我猛然一惊，所谓言者无意，听者有心。可不是吗，自己当年用度冷丁为脉管炎病人镇痛时也有类似反应啊，这两种药虽无文献记载会有上瘾，但谁也没有像她这样嚼药啊？而且用药时间长了，即便不上瘾，也会有耐药性。打定了主意，先安慰病人说中药决无成瘾，但为了保护胃肠道，建议以后吞服药丸，云云，并鼓励她草药和成药交替使用，配合针灸疗法，终于戒除了如此这般"药瘾"。

The Journal of Chinese Medicine and Acupuncture

Call for Papers

The Journal of Chinese Medicine and Acupuncture (JCMS) is a bilingual TCM academic journal, which is published twice annually. It is intended as a platform and a forum, where the journal concerning the profession can be developed, debated and enhanced from the greatest variety of perspectives. All of ATCM members, other TCM professionals and members of public are welcomed and invited to contribute papers for the journal. The journal may feature articles on various topics, which including clinical experience, case studies, theory and literature, education and development, book reviews and research reports etc.

Papers should be in Chinese or English, or bilingual, with up to 5000 words in Chinese or 4000 words in English. Papers in English are particularly welcome. An abstract of 150-200 words should also be attached. The article must comply with the following format: Title, Author, Abstract, Key Words, Introduction, Text, Summary/Discussion or Conclusion and References. Each article may also be accompanied by a short biography on a separate page.

All the submitted articles or papers must not being simultaneously submitted to other journals, and also have not been published in any other journals unless particularly specified. Submitted articles are reviewed by our editors. If the editors suggest any significant changes to the article, their comments and suggestions will be passed on to the authors for approval and/or alteration. JCMS maintains copyright over published articles. Unpublished articles will not be returned unless specifically arranged with the editors.

All the papers should be sent to the Editorial Committee via email info@atcm.co.uk. Please indicate "Paper for JCMS".

Deadline of submission for next Issue (Volume 27 Issue 1) is **20th March 2020**. Papers received after the deadline may still be considered for publication in the later issue.

ATCM 25 周年会庆 会员寄语

编者按：自特刊编委会和理事会发出《会员寄语》的通知以来，许多会员积极响应，通过电邮或微信发来了各自的投稿，用短文，回忆，诗歌（古体诗和现代诗）等不同的文体，表达了他们对中医对学会的深厚情感，美好祝愿以及真诚期盼。这里，我们按收稿顺序编辑了会员们的寄语。如有个别遗漏，我们深表歉意。

Messages from Members: To celebrate the ATCM's 25th anniversary, many members have sent their messages via email or Wechat to the Editorial Committee. They use various literary styles, - stories, memories, poems (archaic poetry and modern poetry), or simply a few sentences with their wishes and aspirations, - to sincerely express their deep passion, noble wishes and heartfelt expectations to Chinese medicine, and to their own organisation ATCM. Here, we edited the members' messages in the order in which they were received. We apologize if there are any omissions.



如 果 谭兴无 London

如果，你没有亲历烽火狼烟，
请不要把牺牲当作闲谈评喧。
如果，你没有亲历烽火狼烟，
请不要将成败当作游戏推演。
如果，你只是一个旁观者，
请你一定尊重那些逝去的灵魂。
如果，你只是一个旁观者，
请你一定合拾双手莫鼓舌唇。
如果，你有很多的积怨，
请想一想那些丰碑上的生命。
如果，你有很多的积怨，
请想一想那些烈焰中的青春。

我们有太多的不平，
缺少民主与公信；
我们有太多的不满，
缺少博爱与安宁。
我们有太多的学费要交付，
因为除了封锁没有人倾听。
我们有太多的暗礁要排绕，
因为没有一座灯塔照我归程。
我们有太多的不完美，
还在长征的险途上挣扎，
从北国的睡狮到南疆的卧龙。
我们有太多的不情愿，
还在银河的星光里求索，
从西域的雄鹰到东海的鲲鹏。

我们跌倒了只能自己爬起，
在嘲讽中舔舐自己的伤痕，

请不要再冷漠地转身。
我们终于站起来了，
却被夷族诋毁成新的蛮横，
请不要再决然地附拥。
如果，我们再一次跌倒，
你会不会献出双手，
还有温暖的深情？
如果，你的心还有温度！
如果，你的血稍比水浓！
如果，你的爱裹着昆仑！

会员寄语——赞英国中医

宋志香 London

英国伦敦 Dr Song Clinic 主任医师，英国 ATCM 全科中医师。

他日柴胡调气机，
黄连阿胶宁心意。
五味润肺亦肃降，
附子子时一真阳。

川芎升发畅时下，
心宁神定炒枣仁。
中医赤子英格兰，
救死扶伤美誉扬。

2019 年 8 月写在英国
ATCM 成立 25 周年之际



乐府·医学会赞 献给学会二十五年庆典

刘斌 Newcastle

二十五载逝如风
四海杏林一脉承
巧运九针疗病苦
精挑百草济苍生
拓荒种玉番邦土
赤子丹心照汗青
广聚同仁齐奋志
竖旗三岛率群英
弘扬国粹筑宏愿
救难扶危不表功
学术平台结友谊
会员网络建交情
横联互动促发展
携手并肩万里行
但愿此间春永在
芳菲竞放乐融融

庆祝英国中医学会成立 25 周年

何莉 Sheffield

你 25 岁了，
从哇哇落地的婴儿，
长成英俊的青年，
当年那个纯朴的你，
在经历几次坎坷中
越发成熟与柔韧。

风雨送春归，
盛夏树更茂，
一带一路宽，
喜迎好时节。

七百个火种，
布满英伦大地，
七百颗心共发一个愿，
中华文化瑰宝，
仁惠三岛，
扎根英伦。

会员寄语

会员：李維國 North Ireland

热烈庆祝<ATCM>成立二十五周年。非常感谢各届会长以及学委們为学会做出的贡献。同时感谢各位专家们为会员们在医德医风、提高医术以及安全教育等各个方面做出的贡献。同时祝贺学会越办越好。

会员寄语

张恩勤 London

英国中医药学会 ATCM 已胜利地走过了 25 年的光辉历程。作为英国中医药界的主力军，ATCM 已为英国中医药事业的发展做出了巨大贡献，得到了英国社会的公认和医学界同仁的赞誉。这一切都是历届会长和全体会员努力奋争的硕果。目前英国的中医药事业正朝着全方位发展的目标前进，包括诊所、科研和教学等方面。作为 ATCM 的会员，我愿与大家一起携手共进，为英国中医事业的立法和繁荣昌盛而尽微薄之力。

英国中医学院，张恩勤 教授

海外中医之歌

徐盈（英国中医药学会资深会员） London

春天，
我们携带着和煦的清风，
为海外送来了炎黄中医的温馨，
诊治了数以万计的患者民众。

夏天，
我们怀揣着骄阳的热情，
为海外挽救了许多垂危的生命，
驱散了肆虐病人的心理阴影。

秋天，
我们奉献着丰硕的结晶，
为海外增添了友谊的果实，
弘扬了中华的优秀传统。

冬天，
我们踩着寒冷的冰凌，
为海外培养了年轻的医生，
解除了疑难的顽疾杂症。

清晨，
我们披着朝霞出征，
黄昏，
我们伴着暮色治病。

酷暑，
我们汗如雨下、悬壶笔耕，
寒冬，
我们兢兢业业、诊疗不停。

赞扬，
来自海外全国各地、发自心声，
感叹，
响彻五洲天涯海角、气势恢宏，

自信，
国医走向海外、再立新功，
自勉，
祖先文化瑰宝、发展继承。

昨天，
历代圣贤留下了巨大的光荣，
今天，
我辈取长补短着更多的发明。

明天，
子孙们将为我们的成就而歌颂，
明天，
海外将因我们的付出而康宁。

年年，
我们无怨无悔、付出真情，
日日，
我们关爱病人、心心相通。

时刻，
我们废寝忘食、树业专攻，
永远，
我们扬名海外、历史刻铭。

我们，
来自中国的东西南北中；
我们，
现在全世界勇攀最高峰。

我们，
克服困难 努力学习、逐步成功；
我们，
战胜险阻 东西合璧、迎来黎明。

我们，
超越昨天、励行今天、创造明天；
我们，
团结一致、勤奋努力、永远不停！

原稿 2018 年 1 月 12 日
投稿 2019 年 9 月 1 日

英国中医之歌

徐盈（英国中医药学会资深会员）

告别亲人，
离开故乡，
英国的中医来自于中国的四方。
中华医药，
救死扶伤，
五千年的优秀文化全世界弘扬！

不屈不挠，
奋发图强，
承前继后艰苦奋斗历经了沧桑。
华夏子孙，
无愧炎黄，
卧薪尝胆誓将中医药的品牌创！

团结同仁，
一如既往，
发展中医药的重任在我们肩上。
勇于创新，
补短扬长，
五洲四海洋溢着中医药的馨香！

原作 2015 年 9 月 9 日
投稿 2019 年 9 月 1 日

祝英国中医药学会成立 25 周年 英国中医药学会会员

鹿馨 栾秀杰 Derby

二十五春秋，
往事如烟，
忆峥嵘岁月，
几代中医人齐奋斗。

展未来，
愿前程似锦，
同心协力，
中医药再创辉煌。

祝愿英国中医药学会在丽琴会长，明钊副会长，铁军秘书长和继东，惠军，孙颖，金盘，聂卉，文卿各位理事的带领下。团结一致，把英国中医药事业发展的越来越好！

2019 年 9 月 1 日

庆英国中医学会成立 二十五周年

王剑 London

今天，是个值得纪念的日子！
二十五年前的今天，
英国中医界的有识之士成立了 ATCM，
从此，把来自四面八方的我们聚到了一起。

这些年来，我们一起经历了中医事业在英国的起起落落，
这些年来，多少的我们青丝变成了白发。
但至少，我们不再孤单。

在这个集体里，
我们争吵过，那是因为我们对于中医的挚爱；
我们困惑过，那是因为我们对于中医的认识还不够；
我们还在奋斗，因为世人对中医的了解有限。

一路走来，二十五年的今天，
英国中医发展的担子落在了我们每一位的肩上。
希望有一天回首之时我可以这样说：
做为一名海外游子，问心无愧于炎黄子孙，
当面对我的患者，问心无愧于岐黄传人。
今日当饮一杯，人未醉，心已酣！

ATCM 二十五特刊寄语

史香玲 St Albans

同学岐黄术，
英伦共悬壶；
风雨同舟济苍生，
时载二十五。

浩瀚经典录，
早暮勤研读；
临证不惑起沉痾，
无愧于先祖。

撰文道经理，
讲演授心悟；
阴阳五行昌仁术，
祛除人疾苦。

幸为华夏裔，
又步国医途；
针药膏丹扬典祖，
继往开来后。

史香玲拙笔。2019.09.08



自由诗一首

陈松岩 London

祝福祝愿百屏祝，
贺喜贺词千子贺。
英才英杰汇群英，
国医国粹起中国。
中极中腕望人中，
医风医明集名医。
药汤药丸本草药，
学识学深针药学。
会阴会阳绝百会，
成方成效妙手成。
立足立身诚信立，
二仙二圣二妙合。
十全十补十宝丹，
五子五仁五味丸。
周文周武周公梦，
年芳年华年登攀！

我爱 ATCM

聂卉 Manchester

我是 ATCM 一名老会员，在庆祝 ATCM25 年华诞之日，
让我回想起我入会时的情景，当时有好几个中医药学会，
经过一番调查之后，我决定加入了 ATCM。入会的理由是，
我认为 ATCM 会员入会审查制度严格，理事会成员素质好，
高学历，能力强，这样一个精英学术团体，何尝不会日益强大，
深的人心；何尝不能更好的在英国的土壤发展中医药，
树立中医师的正面形象，历史见证了我的判断力，
她从一个仅有几十人的小学会如今发展成为 700 多人的英国首位中医药学会，
我为她的成长壮大而自豪，也为我的正确选择而骄傲，
我衷心地祝愿 ATCM 明天会更美好。

致英国中医药学会

吴峰，马学清 London

在这金秋收获的季节，我们真诚地祝贺英国中医药学会（ATCM UK）成立二十五周年！衷心感谢学会各位同仁的不懈努力，
为将中医服务于英国人民的健康贡献着自己的智慧与力量！希望大家不忘初心，再接再厉，
求同尊异，大医精诚！

祝愿英国中医学会各位会员健康快乐，平安幸福！



二零一九年九月八日于伦敦

英国中医药学会二十五周年 誌庆

朱红影 Leeds

英雄路路皆神仙，
国医堂堂倚天剑。
中有妙手护英伦，
医圣今日定华年。
药王和意乐有贤，
学用金匱伤寒钤。
会法内经甲乙看，
二分阴阳三万物。
十方坎离岐黄见，
五行艮巽震九天。
周流一气万寿筵，
年少英发从头越。
誌在征途路漫漫，
庆祝辉煌永再现。

【小诗一首】 伦敦中医人

祝柏芳 London

谨以此诗作为 ATCM 25 周年之纪念献礼，愿我 ATCM
红红火火，越办越好。

昔有岐黄华佗医，
扁鹊时珍皇甫谧；
古今医圣数仲景，
悬壶千里世人济。
我今西出阳关行，
抖擞踟躇征西域。
金针妙手为回春，
望闻问切何所惧？
龙骨峥嵘功成时，
人参路路通远志。
首乌已然白头翁，
当归熟地何从去？
夕阳西下翘首凝，
他乡游子空叹息。

写在英国中医药学会成立二十五 周年之际

赵凯存 London

二十五载中医人
团结自律是初心
药治针疗济病家
勤求博采益医身
应秉岐黄尊传统
更需科学立当今
仁心德厚精医术
杏林花香满英伦

恭贺 ATCM 成立 25 周年

赋诗一首

王国冰 Sheffield

中华医术始岐黄，
英伦四岛美名扬。
三指切脉了玄机，
六经辩证知阴阳。
花草虫石祛百病，
针灸推拿除顽疮。
大医精诚勤不倦，
杏林春暖民永康。

学会成立二十五周年，可喜可贺！

向阳 Stoke-on-Trent

在这个特别的时刻，请允许我，对历任会长，历任理事，特别是学会创始人，英国中医行业的奠基人，先行者，钟守明博士和罗鼎辉医生，表达崇高的敬意！

自从我入会那天，我始终把学会，当作自己的家园，也希望学会是我们大家的家园，所以，我希望学会，更好，更强，更富有成效！



立此存照：ATCM 人物

特刊编辑委员会

编者按：在庆祝 ATCM 成立 25 周年之际，特刊编委会从学会的历史文献中收集核实了以下三份名单，作为学会历史的一部分在此公布给大家。名单中若有谬误或遗漏我们深表歉意。

1. 25年间各届理事会成员名单
2. 25年间学会名誉会长，名誉顾问，顾问委员会成员名单
3. 2019年ATCM资深会员名单

Witness of History: ATCM Personnel

Editorial Committee of Special Edition

As part of the celebration on the 25th anniversary of ATCM, the Editorial Committee of this Special Edition has collected from ATCM historic documents the following 3 lists. They are published here as a record of ATCM's history. We apologise if there are any errors or omissions.

1. List of Council Members of All Terms since 1994
2. List of Honorary President, Honorary Advisors, Advisors (Members of Advisory Committee) since 1994
3. List of ATCM Fellow Members (2019)

学会成立以来历届理事会成员名单

List of Council Members of All Terms since 1994

The 1st Council 第一届理事会	President: Dinghui LUO 会长：罗鼎辉	General Secretary: Songxuan KE 秘书长：柯松轩	Academic Executive: Jinghua CHEN 学术理事：陈菁华
	Organising Executive: Xiaoping ZHAI 组织理事：翟小萍	Liaison Executive: Shouming ZHONG 外联理事：钟守明	Financial Executive: Bing Chung Chan 财务理事：陈炳忠
	Bulletin Editor: Dan JIANG 会刊主编：江丹	Suzhen LIU, Ruiqi CHEN, Hang LI, Kun WANG (positions unknown) 刘素珍，陈瑞启，李杭，王昆（所担任职务不详）	
The 2nd Council 第二届理事会	President: Dinghui LUO 会长：罗鼎辉	Vice-president: Shouming ZHONG 副会长：钟守明	Academic Executive: Jinhua CHEN 学术理事：陈菁华
	Organising Executive: Xiaoping ZHAI 组织理事：翟小萍	Liaison Executive: Songxuan KE 外联理事：柯松轩	Financial Executive: Bing Chung Chan 财务理事：陈炳忠
	Bulletin Editor: Dan JIANG 会刊主编：江丹		

The 3rd Council 第三届理事会 Elected in October 1996	President: Dinghui LUO 会长：罗鼎辉	Vice-president: Jinghua CHEN 副会长：陈菁华	Academic Executive: Guang XU 学术理事：许光
	Organising Executive: Ming XIE 组织理事：谢明	Liaison Executive: Songxuan KE 外联理事：柯松轩	Financial Executive: Shulan TANG 财务理事：汤淑兰
	Bulletin Editor: Dan JIANG 会刊主编：江丹		
The 4th Council 第四届理事会 Elected in October 1997	President: Dinghui LUO 会长：罗鼎辉	Vice-president: Jinghua CHEN 副会长：陈菁华	Academic Executive: Guang XU 学术理事：许光
	Organising Executive: Ming XIE 组织理事：谢明	Liaison Executive: Songxuan KE 外联理事：柯松轩	Financial Executive: Shulan TANG 财务理事：汤淑兰
	Bulletin Editor: Dan JIANG 会刊主编：江丹		
The 5th Council 第五届理事会 Elected in October 1998	President: Jinghua CHEN 会长：陈菁华	Vice-president: Lin LI 副会长：李林	Academic Executive: Jidong WU 学术理事：吴继东
	Organising Executive: Minghua JIA 组织理事：贾明华	Liaison Executive: Songxuan KE 外联理事：柯松轩	Financial Executive: Bing Chung Chan 财务理事：陈炳忠
	Bulletin Editor: Dan JIANG 会刊主编：江丹		
The 6th Council 第六届理事会 Elected in October 2000	President: Jinghua CHEN 会长：陈菁华	Vice-president: Lin LI 副会长：李林	Academic Executive: Shulan TANG 学术理事：汤淑兰
	Organising Executive: Huijun SHEN 组织理事：沈惠军	Liaison Executive: Minghua JIA 外联理事：贾明华	Financial Executive: Bing Chung Chan 财务理事：陈炳忠
	Bulletin Editor: Dan JIANG 会刊主编：江丹		
The 7th Council 第七届理事会 Elected in October 2002	President: Jidong WU 会长：吴继东	Vice-president: Lin LI 副会长：沈惠军	Academic Executive: Shulan TANG 学术理事：汤淑兰
	Registrar: Huijun SHEN (concurrent) 组织理事：沈惠军（兼）	Public Relation Executive: Xiaoping ZHAI 公关理事：翟小萍	Ethic & Conduct Executive: Duo GAO 行为规范理事：高铎
The 7th Council 第七届理事会 Elected in October 2003	The 7 th Council was re-elected in October 2003 when ATCM was merged with BSCM (British Society of Chinese Medicine) and Zhongshan Chinese Medicine Society		
	President: Jidong WU 会长：吴继东	Vice-President: Mingzhao CHENG 副会长：程铭钊	General Secretary: Huijun SHEN 秘书长：沈惠军
	Registrar: Huijun SHEN (concurrent) 组织理事：沈惠军（兼）	Academic Executive: Shulan TANG 学术理事：汤淑兰	Public Relation Executive: Xiaoping ZHAI 公关理事：翟小萍
	Education Executive: Fanyi MENG 教育理事：孟凡毅	Ethic & Conduct Executive: Yu HAN 行为规范理事：韩煜	Research Executive: Mingzhao CHENG (concurrent) 科研理事：程铭钊（兼）
	Other officers appointed by the Council: Treasurer: Bingchung CHAN, Journal Chief Editor: Shulan TANG 财务主管：陈炳忠，会刊主编：汤淑兰，由理事会任命。		

The 8th Council 第八届理事会 Elected in October 2004	President: Jidong WU 会长: 吴继东	Vice-President: Mingzhao CHENG 副会长: 程铭钊	General Secretary: Huijun SHEN 秘书长: 沈惠军
	Registrar: Huijun SHEN (concurrent) 组织理事: 沈惠军 (兼)	Academic Executive: Shulan TANG 学术理事: 汤淑兰	Public Relation Executive: Kaicun ZHAO 公关理事: 赵凯存
	Education Executive: Fanyi MENG 教育理事: 孟凡毅	Professional Conduct Executive: Dan JIANG 行为规范理事: 江丹	Research Executive: Mingzhao CHENG (concurrent) 科研理事: 程铭钊 (兼)
	Alternate Council Member: Yu HAN, Lixin SUN 候补理事: 韩煜, 孙立新 Other officers appointed by the Council: Treasurer: Bingchung CHAN, Journal Chief Editor: Shulan TANG 财务主管: 陈炳忠, 会刊主编: 汤淑兰, 由理事会任命。		
The 9th Council 第九届理事会 Elected in October 2006	President: Huijun SHEN 会长: 沈惠军	Vice-President: Mingzhao CHENG 副会长: 程铭钊	General Secretary: Jidong WU 秘书长: 吴继东
	Registrar: Jidong WU (concurrent) 组织理事: 吴继东 (兼)	Academic Executive: Shulan TANG 学术理事: 汤淑兰	Public Relation Executive: Dan JIANG 公关理事: 江丹
	Education Executive: Fanyi MENG 教育理事: 孟凡毅	Treasurer: Yu HAN 财务理事: 韩煜	Research Executive: Mingzhao CHENG 科研理事: 程铭钊 (兼)
	Professional Conduct Executive: Kaicun ZHAO 行为规范理事: 赵凯存	Journal Chief Editor: Andreas Feyler & Shulan TANG (concurrent) 会刊主编: Andreas Feyler, 汤淑兰 (兼)	
	Alternate Council Member: Lixin SUN 候补理事: 孙立新		
The 10th Council 第十届理事会 Elected in October 2008	President: Huijun SHEN 会长: 沈惠军	Vice-President: Mingzhao CHENG 副会长: 程铭钊	General Secretary: Kaicun ZHAO 秘书长: 赵凯存
	Registrar: Kaicun ZHAO (concurrent) 组织理事: 赵凯存 (兼)	Academic Executive: Andreas Feyler 学术理事: Andreas Feyler	Public Relation Executive: Dan JIANG 公关理事: 江丹
	Education Executive: Fanyi MENG 教育理事: 孟凡毅	Treasurer: Yu HAN 财务理事: 韩煜	Research Executive: Mingzhao CHENG (concurrent) 科研理事: 程铭钊 (兼)
	Professional Conduct Executive: Tiejun TANG 行为规范理事: 唐铁军	Journal Chief Editor: Andreas Feyler (concurrent) & Liqin ZHAO 会刊主编: Andreas Feyler (兼) 赵丽琴	
The 11th Council 第 11 届理事会 Elected in October 2010	President: Huijun SHEN 会长: 沈惠军	Vice-President: Kaicun ZHAO 副会长: 赵凯存	General Secretary: Yu HAN 秘书长: 韩煜
	Registrar: Liqin ZHAO 组织理事: 赵丽琴	Academic Executive: Andreas Feyler 学术理事: Andreas Feyler	Public Relation Executive: Dan JIANG 公关理事: 江丹
	Education Executive: Fanyi MENG 教育理事: 孟凡毅	Treasurer: Yu HAN (concurrent) 财务理事: 韩煜 (兼)	Research Executive: Tiejun TANG 科研理事: 唐铁军
	Professional Conduct Executive: Mingchao CHENG 行为规范理事: 程铭钊	Journal Chief Editor: Andreas Feyler Liqin ZHAO (concurrent) 会刊主编: Andreas Feyler 赵丽琴 (兼)	

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	Professional Conduct Executive: Mingchao CHENG 行为规范理事: 程铭钊	Journal Chief Editors: Andreas Feyler & Liqin ZHAO (concurrent) 会刊主编: Andreas Feyler 赵丽琴 (兼)	
The 13th Council 第 13 届理事会 Elected in October 2014	President: Kaicun ZHAO 会长: 赵凯存	Vice-President: Huijun SHEN 副会长: 沈惠军	General Secretary: Yu HAN 秘书长: 韩煜
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	Professional Conduct Executive: Mingchao CHENG 行为规范理事: 程铭钊	Journal Chief Editor: Huijun SHEN (concurrent) 会刊主编: 沈惠军 (兼)	
The 14th Council 第 14 届理事会 Elected in October 2016	President: Shulan TANG 会长: 汤淑兰	Vice-President: Liqin ZHAO 副会长: 赵丽琴	General Secretary: Fanyi MENG 秘书长: 孟凡毅
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	Education Executive: Mingzhao CHENG 教育理事: 程铭钊	Treasurer: Fanyi MENG (concurrent) 财务理事: 孟凡毅 (兼)	Research Executive: Baiyun ZENG 科研理事: 曾白云
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学会成立以来名誉会长，名誉顾问和顾问委员会成员名单 List of Honorary President, Honorary Advisors, Advisors (Members of Advisory Committee) since 1994

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Dr David Atherton (1996-2017)

柯松轩 Song Xuan KE (2009-2017)

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张丽梨 Lily CHEUNG (2003-present)

戚丽宜 LI Yi QI (1998-present)

袁立人 Li Ren YUAN (1998-2016)

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翟小萍 Xiao Ping ZHAI (2006-present)

陈炳忠 Bing Chung CHAN (2006-present)

钟守明 Shou Ming ZHONG (2018-present)

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Lily Cheung 张丽梨

Li Yi QI 戚丽宜

Dun Xu WU 吴敦序

Xiao Ping ZHAI 翟小萍

Shou Ming ZHONG 钟守明

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List of ATCM Fellow Members (2019)

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Ji Dong WU	吴继东	Jun Hong XIA	夏均宏
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Continued Professional Education



Traditional Chinese Medicine Accreditation Board UK



The Traditional Chinese Medicine Accreditation Board (TCMAB) was established in 2004 as an independent organisation to accredit institutes that run traditional Chinese acupuncture and Chinese herbal medicine courses. Two purposes for the establishment of TCMAB:

- To ensure that affiliated colleges deliver TCM education and training courses in the UK that meet the requirement and standards comparable to the training standards set up by China's State Administration for Traditional Chinese Medicine;
- To facilitate the discussion on the education of acupuncture, herbal medicine and traditional Chinese medicine with the Department of Health in the UK.

Once the students graduated from ATCM accredited institutes, they could be automatically become a member of the Association of Traditional Chinese Medicine.

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(<http://acupuncturefoundation.com/courses/acupuncture-tcm>)

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Asenté Academy

- Diploma in Chinese Herbal Medicine (accredited in 2016)

College of Naturopathic Medicine (<https://www.naturopathy-uk.com/courses-eu/courses-acupuncture>)

- Diploma in Acupuncture (accredited in 2009)

Glyndwr University (<https://www.glyndwr.ac.uk/en/Undergraduatecourses/Acupuncture>)

- BSc (Hons) Acupuncture (accredited in 2007)

Manchester Academy of Traditional Chinese Medicine (<http://matcm.co.uk/our-courses/diploma-courses/diploma-in-chinese-herbal-medicine>)

- Postgraduate Diploma in Chinese Medicine (accredited in 2017)

Phoenix Academy of Acupuncture and Herbal Medicine

(<http://phoenixtcm.org.uk/courses>)

- Diploma in Chinese Herbal Medicine (accredited in 2016)

英国中医药学会

The Association of Traditional Chinese
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