

# Asanté Academy of Chinese Medicine

Timeless Wisdom for a Modern World



**Asanté** Academy of  
Chinese Medicine  
伦敦爱生德中医院

[www.asante-academy.com](http://www.asante-academy.com)

430 Archway Road, Highgate, London N6 4JH

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# About Asanté



Asanté Academy of Chinese Medicine is an oasis in the middle of North London. Located in Highgate, the clinic provides the highest quality, authentic [Traditional Chinese Medicine treatments](#) including Acupuncture, Herbal medicine, Tuina massage, Cupping Therapy and Moxibustion. All treatments are available and provided by our friendly and highly trained team of practitioners, led by Academy Principal, [Professor Song Xuan Ke](#).

In addition to clinical treatments, Asanté Academy is also an active teaching clinic with a long history providing Chinese Medicine education to U.K. and international students. Several different [courses](#) are available throughout the year and are suitable for beginners to practitioners of varying skill level. As well as our formal educational courses, our practitioners also offer Tai Chi and Qi Gong courses for individuals and groups.

In addition to the private clinic, Asanté Academy also maintains a long running partnership with the NHS. For 18 years we have been running both the Pain Management Clinic and the Maternity Acupuncture Service at the NHS Whittington Hospital in Archway. Additionally, we have been running the Pain Management Clinic at the North Middlesex Hospital for 15 years.



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# Asanté's 20<sup>th</sup> Anniversary

The year 2020 marks a special place in the history of Asanté Academy, the [20<sup>th</sup> Anniversary](#) of the founding of Asanté Academy.

## **Beginning of a Journey:**

The year 2000 marked the inauguration of Asanté Academy in Archway, North London. The opening of Asanté also marked the beginning of its hugely successful relationship with Middlesex University, paving the way for the fully integrated 5-year BSc TCM degree program run in conjunction with the prestigious Beijing University of Chinese Medicine.



## **Our Partnerships:**

Asanté Academy has a rich history of forming important working partnerships helping to promote awareness and understanding of Chinese Medicine. We are proud of our role within the NHS, providing working clinics at both the Whittington and North Middlesex Hospitals. Asanté has also moved beyond the traditional clinical setting and has been providing authentic treatments to clients and guests of the Chuan Spa at the Langham Hotel and since mid-2018 at the Mandarin Oriental Hotel Spa in Knightsbridge.



## **Looking to the Future:**

Moving forward into the 21<sup>st</sup> Century, Chinese medicine continues its rise on the world stage and Asanté continues to look at how it can help to build on past successes and promote Chinese medicine globally. Professor Ke is now more active than ever in his promotion of TCM worldwide, with 2020 seeing him embark on numerous visits around Europe and the world giving lectures and talks, whilst also forging new and exciting partnerships for future co-operation.

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# Asanté and the NHS

Since the inception of Asante Academy back in the year 2000, there has been a strong desire to bring knowledge and access to Chinese medicine to the wider public. As part of this drive, Asante was instrumental in founding what are now, long running and highly successful partnerships with the NHS.



**Whittington Hospital Pain Clinic:** Established in 2002, the jointly run Pain Management clinic is one of the first integrated services clinics to be offered to patients by NHS England, providing a combined approach with conventional medicine and acupuncture. The clinic treats patients with a wide variety of pain conditions and has gone from strength to strength, now regularly treating up to 50 patients a week. It also provides opportunities for Asante students to observe and practice acupuncture in a clinical setting.



**North Middlesex Pain Clinic:** In addition to the Whittington NHS pain clinic, Asante was instrumental in setting up a Pain Management clinic with the North Middlesex Hospital, funded by NHS England, it takes referrals from pain consultants at the hospital. It is run by Asante's practitioners and is also used to allow Asante's students the opportunity to observe and practice in a clinical setting.



**Maternity Acupuncture Service:** Since 2006, Asante has been running a partnership between its practitioners and the team at the Whittington Hospital Day Labour Ward providing innovative antenatal care for patients. Initially set up as a 3-month pilot scheme, it has become so successful, it now runs 5 days per week from 9am to 5pm. It provides specialised acupuncture for pregnancy related conditions such as nausea/morning sickness, musculoskeletal pain as well as stress related to pregnancy.



**Royal Free Hospital:** The most recent collaboration with the NHS has seen the establishment of a Pain Management Clinic at the famous Royal Free hospital in North London. Set up in 2009, it follows the same model as our already established NHS partnerships. From 2014 onwards, the success of the clinic has created an opportunity for Asante to see patients from the Royal Free at its main clinic in Highgate. 2020 has seen the initial agreement between the Royal Free and Asante to establish an overseas educational program to train doctors and medical professionals from China in the UK.

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# Asanté Educational Partnerships



**Asanté and Middlesex University:** From 2000 to 2015, Asanté Academy and Middlesex University established a unique and exciting educational partnership which saw the inauguration of the first fully integrated Chinese Medicine degree program, not just in the United Kingdom, but also in Europe. It was initially established as a 5-year BSc program, with a 6 month clinical placement in Beijing, China. This was jointly co-ordinated between Middlesex University, Asanté and the famous Beijing University of Chinese Medicine. Due to its profound success, a further MSc courses was created. Asanté Academy served as the principal UK centre for the clinical observation and training facility for university students, with the added bonus of students being able to take advantage of Asanté Academy partnerships with the NHS, providing an additional environment for clinical observation and supervised practice.



**Asanté and Beijing University of Chinese Medicine:** Asanté has a long history of co-operation with Beijing University of Chinese Medicine going back to 2000. It formed a core aspect of the development of the TCM degree programs with Middlesex University, with BUCM functioning as the accrediting Chinese institution for the program, as well as host and organiser for the clinical observation placement that was undertaken in the final year of the program.



廣州中醫藥大學  
Guangzhou University of Chinese Medicine

**Asanté and Guangzhou University:** Following on from the success in jointly running degree programs with Middlesex University, Asanté has developed a new exciting partnership with Guangzhou University of Chinese Medicine. They have jointly developed the curriculum for [future degree programs](#) in Chinese Medicine at both Masters (MSc) and Doctoral (PhD) level, for students wishing to study in the UK. More information on these exciting new courses is available on our website.



**Asanté and the Royal Free Hospital:** 2020 has seen Asanté begin an exciting new collaboration with the Royal Free hospital, which has the potential to solidify Asanté's reputation as an international organisation and offer the best of what the NHS has to offer in clinical observation, practice and management education. The vision for this program comes from Professor Song Ke, with the ultimate goal of providing the highest quality educational programs available through the NHS Royal Free to delegations of doctors and medical professionals from prestigious Chinese institutions

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# Asanté Connections in Europe

The team at Asanté are very proud of the partnerships and co-operative programs that we have worked to establish over the years, all of which bring their own unique perspectives and advantages in terms of business, education and the promotion of Traditional Chinese Medicine.

As Chinese Medicine continues to become more widely recognised and its mainstream reputation continues to grow, Asanté will always strive to be at the forefront of developing new UK and international links to promote Chinese Medicine.

In this vein, Professor Ke, principal of Asanté Academy recently embarked on a number of visits across Europe jointly organised between Asanté and the Guangdong Chinese Medicine delegation, accompanied by members of the Chinese T.V. and print media.



Talks, presentations and open demonstrations were hosted by the [TCM Klinik](#) Bad Kötzting in Germany, which has strong links with Beijing University of Chinese Medicine. This also provided the opportunity for all sides to develop professional relationships

and lay foundations for future professional and educational co-operation. This model of TCM promotion was used on the second leg of the European visit at the famous Sorbonne University of Medicine in France. Again, a series of engaging talks, lectures and open demonstrations took place for all those who attended. The final stop in Professor Ke's European tour was to the 1<sup>st</sup> World Congress of Acupuncture and Traditional Chinese



Medicine, held in Cascais, Portugal. This exciting conference brought together a host of TCM practitioners and experts from around the world, including the UK, Portugal and Brazil. It provided a unique and exciting opportunity to unite TCM professionals and institutions in an environment well suited for sharing and exchanging ideas and knowledge. It has also provided Asanté with an opportunity to expand its international teaching with new partners in Portugal, which is the first European country to give official legal recognition to TCM.



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# Asanté Staff & Practitioners



**Professor Song Xuan Ke – Founder & Principal of Asante Academy**

[Professor Ke](#) gained his qualifications in Western and Chinese medicine in 1982 from Canton University of TCM. He has over 30 years' experience in practicing and teaching TCM in the UK and around the world. Since starting his TCM career in the UK in 1986, he has become a well-known leader in the field of TCM and has featured on items by the BBC, ITV and Channel 4 to name but a few. He was influential in the founding of the ATCM and the creation of working partnerships between Asante and the NHS.



**Ms Dan Jiang MMED SCI, FATCM, FBACC – Vice Principal**

[Ms Dan Jiang](#) graduated with a Masters Degree in TCM from Beijing University of Chinese Medicine in 1978. She practiced as a senior doctor for 10 years at the attached teaching hospital before moving to the UK, where she established herself as a successful teacher and practitioner of Chinese Medicine. She is a fellow of both the ATCM & BACC. She has written and published numerous academic papers on neurology, infectious disease, cancer and fertility.



**Rose Zhang, MA, Clinic Manager**

[Ms Rose Zhang](#) is the Manager of Asante Academy of Chinese Medicine. She has been with Asante since 2006. She brings with her a strong administrative and marketing background. She graduated in Education (MA) and Linguistics (MA) from Brunel and Surrey Universities respectively.



**Mr Christopher Ross, BSc Hons TCM BUCM, MACS: Administration Manager**

[Mr Christopher Ross](#) graduated from Middlesex University in 2007 from the 5-year BSc program with a 6-month placement in Beijing. He was awarded his advanced diploma in Tuina Massage in 2010 from Asante Academy. He also completed several advanced courses in TCM given by Andrew Nugent-Head. His main interests include treatment of pain management and mental-emotional conditions. He also has a keen interest in Qi Gong and Reiki.

For more information on all of our staff and practitioners, please visit our website.

<https://asante-academy.com/about/practitioners-and-staff/>

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# A Look Back at Asanté's Original Staff



Asante Academy has evolved and changed over the last 20 years, however, our values and ethos remain unchanged. As much as we are keen to remain grounded in the present, but keeping an eye to the future, it is also important that we do not forget where we started and those who helped to lay the foundations which helped establish Asante as a centre for clinical and educational excellence.

Among our founding staff members we can count well known figures within the Chinese Medicine community, namely Michael McIntyre and the late Giovanni Maciocia.

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# Treatments

The three principal modalities of Traditional Chinese Medicine are Acupuncture, Chinese Herbal Medicine and Tuina Massage. Additional supplementary treatments include moxibustion and cupping therapies. Asante doctors will usually use one or a combination of multiple treatment modalities depending upon the case they are treating and what is in the best interest of the patient.

## **Acupuncture:**

[Acupuncture](#) is probably the most well-known treatment offered by Traditional Chinese medicine. It involves the insertion of very fine, sterilised needles into the body's acupuncture (energy) points. The points lie on energy pathways called meridians. The aim is to help to regulate the flow of the body's vital energy, Qi. TCM views disease as imbalances in the levels and flow of Qi throughout the body, internal organs and meridians. By inserting needles into the chosen points, an acupuncturist can help to stimulate the body's natural healing response to illness.

## **Chinese Herbal Medicine:**

[Herbal medicine](#) has a documented history of over 4000 years and is a vitally important pillar of TCM. There are over 8000 documented herbal medicinals in TCM, the vast majority of them being plant based. Additionally, there are many famous and historical formulations which continue to be used effectively to this day. Their common forms include dried raw herbs, powders, pills and granules. Herbal medicine is used to address the root causes of illness and works on many levels in the body, from the superficial skin layers right down to the Zang-Fu organs.

## **Tuina Massage:**

[Tuina](#) is a less well-known mode of TCM treatment, but it is steadily gaining popularity in the West. Its foundations are the same as those of acupuncture and a practitioner will work with acupoints, meridians and/or whole muscle groups. Tuina literally translates to "pulling and grasping". A wide variety of physical manipulations are used to stimulate points and meridians to smooth the flow of Qi to rebalance the body's energy flow helping to alleviate disease and pain. Tuina is a versatile system whose manipulations can be varied from light and soft to hard and deep depending upon the patient and the condition being treated.

## **Cupping and Moxibustion Therapy:**

[Cupping](#) uses glass jars placed over acupoints or meridians to promote Qi & Blood circulation in the local area. This has the effect of clearing Qi & Blood stagnation to withdraw toxins and alleviate pain.

Moxibustion uses the heat generated through the burning of Moxa or Ai Ye to promote the movement of Qi & Blood at specific points. It is particularly effective at dispelling cold from meridians and points due to its strong warming effects.

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# Teaching Courses at Asanté

At Asanté Academy, we have a proud history of providing the highest levels of teaching within the field of TCM. Our journey into teaching started in 2000 with the collaboration with Middlesex University providing teaching and clinical training to students on the integrated TCM BSc and MSc courses.

This has provided us a solid foundation with which to continue to provide education to prospective students. We offer a number of different courses, suitable to beginners wishing to find out more about TCM through to qualified professionals who may wish to further expand their knowledge.

These may be already qualified Chinese medicine practitioners or Western medical professionals looking to gain new clinical skills to aid their professional practice. Below is a brief overview of the courses we offer. More information is available on our website: <https://asante-academy.com/courses-and-open-days/>

Our courses run on a flexible basis with no strict intake or start dates. We aim to provide courses on a mutually convenient basis between teachers and students. For more information on course fees and structure, please see our website or contact the clinic directly.

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# How to find us



## **Directions:**

We are located at: 1<sup>st</sup> Floor 430 Archway Road, Highgate, London N6 4JH.

The closest tube is Highgate, on the Northern Line. From the station, we are less than 100m walk.

Buses to Highgate: 43, 134, 143, 263

Limited off-street parking is available for both patients and students. If no parking is available, limited on-street parking can be found close to the clinic, but these spaces are time-controlled so please ensure to check the locally posted restrictions for parking.

## **Contact Details:**

Telephone: 0207-272-6888 or 020-8347-6677

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