This is a quick reference guide to apply the knowledge of over 65 ancient Chinese formulas from the Treatise on Cold Damage and the Essentials from the Golden Cabinet as well as 10 personalized formulas from Dr. Huang Huang’s clinical experience.

We have added the original Chinese reference to classics as well as their translation. We have also kept the original formula composition as well as the one Dr. Huang uses now in his practice.

We have made this guide book as condense and clear as possible in the hope to revive the understanding and applicability of classical formula for the needs of today.

People’s Medical Publishing House