This quick-reference guide applies the knowledge of over 65 ancient Chinese formulas from the Shang Han Lun (Treatise on Cold Damage) and the Jin Gui Yao Lue (Essentials from the Golden Cabinet), as well as 10 personalized formulas from Dr. Huang Huang's clinical experience. This condensed and clear book seeks to revive the understanding and applicability of classical formulas for the needs of today.