

Formula	Ingredients	Amount	Singles Notes	Action	Formula Indications	Preparation	
Gui Zhi Tang (Cinnamon Twig Decoction)	Gui Zhi	9g, peeled	harmonize defensive qi	releases pathogen from muscle layer & regulates ying & wei qi	Ext W-C xu + sweating 1. F&C not relieved by sweating, h.ache, aversion to W, stiff neck, nasal congstn, dry heaves, no particular thirst. 2. T = thin, white coat. P = moderate or frail. 3. Similar presntn for recovery from serious illness or post-partum	Break ingreds into sml pcs, soak in water, add to 700ml and cook down w mild fire to 300ml. Drink 100ml when cool. Eat a bwl of prridge afer a while. Sleep w blanket to induce mild sweating . Profuse sweating will not promote healing.	
	Shao Yao (Chi & Bai Shao)	9g, peeled					
	Gan Cao	6g, prepared	harmonizes formula				
	Sheng Jiang	9g, sliced	assists gui zhi				Zhang Zhongjing's 3 MJ harmonizers
	Da Zao	12 pcs, break	assists shao yao				
Gui Zhi Ge Gen Tang (Cinnamon Twig Decoction plus Kudzu)	Gen Gen	12g	releases muscles, reduces fever, alleviates thirst	releases the muscle layer, moistens the sinews	Taiyang stage dz characterized by stiff neck & upper back, sweating and aversion to W.	Cook Ge Gen first with 700ml water, get rid of foam and then add other herbs, follow GZT cooking instructions. No need for porridge.	
	Gui Zhi	6g, peeled	harmonize defensive qi				
	Shao Yao (Chi & Bai Shao)	6g, peeled					
	Gan Cao	6g, prepared	harmonizes formula				Zhang Zhongjing's 3 MJ harmonizers
	Sheng Jiang	9g, sliced	assists gui zhi				
Da Zao	12 pcs, break	assists shao yao					
Gui Zhi Jia Hou Po Xing Zi Tang (Cinnamon Twig Decoction plus Magnolia Bark & Apricot Kernel)	Hou Po	6g, prepared	descends LU qi	release exterior syndrome, descend LU qi	For wheezing or where improper tx with herbs has failed to purge pathogen, assoc w slight sweating	Cook ingreds with 700ml water and mild fire, cook down to 300ml. Drink as herbal tea, sleep for mild sweating	
	Xing Ren	50 pcs	calms wheezing				
	Gui Zhi	9g, peeled	harmonize defensive qi				
	Shao Yao (Chi & Bai Shao)	9g, peeled					
	Gan Cao	6g, prepared	harmonizes formula				Zhang Zhongjing's 3 MJ harmonizers
Sheng Jiang	9g, sliced	assists gui zhi					
Da Zao	12 pcs, break	assists shao yao					
Ma Huang Tang (Ephedra Decoction)	Ma Huang	3g, prepared	promote sweating, stop wheezing	release exterior cold, arrest wheezing	Ext W-C shi no sweating , Taiyang dz w. C>F, general body aches, wheezing. T = thin, white coat. P = superficial & tight	Cook Ma Huang first with 600ml water, remove foam, and add rest of herbs, cook down to 250ml. Drink 80ml/dose. Take nap for mild sweating. No need for porridge	
	Gui Zhi	6g, peeled					
	Gan Cao	3g, prepared	harmonizes formula				
	Xing Ren	12g, peeled					
Ge Gen Tang (Kudzu Decoction)	Ge Gen	12g	releases muscles, reduces fever, alleviates thirst	release exterior & muscle layer, generate BF's	F&C w.out sweating, stiff neck & back. T = thin, white coat. P = superficial & tight	Cook Ma Huang & Ge Gen first with 600ml water, down to 400ml remove foam, and add rest of herbs, cook down to 300ml. Drink 100ml/dose. Take nap for mild sweating. Rest same as GZT	
	Ma Huang	9g, prepared	induce sweating				
	Gui Zhi	6g, peeled	harmonize defensive qi				
	Shao Yao (Chi & Bai Shao)	6g, peeled					
	Gan Cao	6g, prepared	harmonizes formula				Zhang Zhongjing's 3 MJ harmonizers
	Sheng Jiang	9g, sliced	assists gui zhi				
Da Zao	12 pcs, break	assists shao yao					

Formula	Ingredients	Amount	Singles Notes	Action	Formula Indications	Preparation	
Da Qing Long Tang (Major Blue-Green Dragon Decoction)	Ma Huang	18g remove knots	promote sweating, stop wheezing	release exterior & clear interior heat	Ext W-C + Int heat , severe F&C, no sweating, general body aches, wheezing. P = superficial & tight	Cook Ma Huang first with 700ml water, down to 500ml remove foam, and add rest of herbs, cook down to 300ml. Drink 100ml/dose TID. Mild sweating allowed, once sweating begins do not finish herbs otherwise Yang collapse and Wei qi xu results w. aversn to W, restlessness & insomnia	
	Shi Gao	big as yolk	clear heat, drain fire, clear LU & ST heat				
	Gui Zhi	6g, peeled	stop cough, calm wheezing				
	Xing Ren	12g, peeled	harmonizes formula				Zhang Zhongjing's 3 MJ harmonizers
	Gan Cao	6g, prepared	assists gui zhi				
	Sheng Jiang	9g	assists shao yao				
Da Zao	10 pcs, break						
Xiao Qing Long Tang (Minor Blue-Green Dragon Decoction)	Ma Huang	9g remove knots	promote sweating, stop wheezing	release exterior transform P, warm LU, redirect rebellious qi downwd	W-C + fluid retention: C>F, w.out sweating, C&W, copious, white, stringy sputum diff to expectorate, stifling in chest, heavy sensation, body aches. T = moist coat. P = superficial & tight. Severe cases may incl. floating edema & diff breathing lying down	Cook Ma Huang first with 700ml water, down to 500ml remove foam, and add rest of herbs, cook down to 300ml. Filter. Drink 100ml/warm dose TID.	
	Shao Yao (Chi & Bai Shao)	9g each	dispel cold & pain, dissipate sinus congestn				
	Xi Xin						
	Gan Jiang						
	Gan Cao						
	Gui Zhi						
Wu Wei Zi	6g	stop cough					
Ban Xia	6g, clean	dries damp, transforms P					
Gui Zhi Ma Huang Ge Ban Tang (Combined Cinnamon Twig & Ephedra Decoction)	Ma Huang	3g remove knots	promote sweating, stop wheezing	regulate ying & wei qi, induce sweating, release exterior	Persistent Taiyang dz where pathogen not fully released, & normal qi has become slightly weakened. Characterized by flushed face and itching (d/t clogged pores)	Cook Ma Huang first with 500ml water, remove foam, and add rest of herbs, cook down to 180ml. Filter. Drink 60ml/warm dose TID.	
	Shao Yao (Chi & Bai Shao)	3g					
	Da Zao	4 pcs	assists shao yao				Zhang Zhongjing's 3 MJ harmonizers
	Sheng Jiang	3g, sliced	assists gui zhi				
	Gan Cao	3g, prepared	harmonizes formula				
	Xing Ren	24 pcs, soak, peel					
Gui Zhi	4g						
Wu Ling San (Five Ingredient Powder Decoction)	Zhu Ling	6g, peeled	drain D, promote urinatr	Promote urination, drain D, strengthn SP, warm Yang, promote transform functn of qi.	Ext W-C + damp & H₂O yu (Taiyang organ + channel) 1. h.ache, F, irritab, thirst w. vomit after drinking, urinary dif, P = floating. 2. edema, gen heaviness, diarrhea, urinary diff, V&D as sudden turmoil. 3. throbbing pulsatr below umb, vomit frothy saliva, vertigo, SoB, cough	Grind herbs into pdr, take 6g TID w warm water. When sweating occurs problem will be cured	
	Ze Xie	12g	drain KI fire				
	Bai Zhu	6g	SP qi tonic, dry damp, strengthn MJ				
	Fu Ling	6g	dry damp, prom urinatr, transfm P, strengthn MJ, calm shen				
	Gui Zhi	6g, peeled	unblock yang, transform qi				
Tao He Chen Qi Tang (Peach Pit Decoction to Order the Qi)	Tao Ren	50 pcs, peeled	break xue yu, promote BM, moisten LI	Drain H, break xue yu	Xue yu in LJ Acute lwr abd pain, H in BL, incontinence, night F, delirious spch, irritab, restless & thirst. P = submerged full, or choppy. Severe cases = mania and poss. xue lin. Dysmenorr or Amenorr	Cook all but M-X with 500ml water, down to 250ml. Filter, add M-X, heat to boil. Take 80ml warm TID. May cause loose stool or diarrhea	
	Da Huang	12g	clear H, drain D, guide out accum, move xue, clear xue H,				Tiao Wei Chen Qi Tang
	Mang Xiao	6g	guide out accum, decr sweating, clear H				
	Gan Cao	6g, prepared					
	Gui Zhi	6g, peeled					

Formula	Ingredients	Amount	Singles Notes	Action	Formula Indications	Preparation	
Zhi Zi Dou Chi Tang (Gardenia & Prepared Soybean Decoction)	Zhi Zi	14pcs	clear H & irritability	Clear H & relieve irritability, restlessness	H in diaphragm , F & irritability, insomnia, restlessness, stiffling in chest. T = yellow coat. P = floating & tight.	Cook ZZ 1st w 400ml, down to 250ml, add DDC and cook down to 150ml. Take 75ml, warm BID. If V, do not finish.	
	Dan Dou Chi	9g	release ext, remove irritability				
Bai Hu Tang (White Tiger Decoction)	Zhi Mu	18g	clear heat, drain fire, generate BF's, nourish yin	Clears qi-level H, drains ST fire, generates fluids, removes thirst	Int & ext H . High F w profuse sweat, aversion to H, red face, severe thirst, irritability. P = flooding, forceful or slippery & rapid	Cook w 500ml until rice is ripe. Filter. Take 100ml, TID	
	Shi Gao	30g, break	clear heat				
	Gan Cao	6g					
	Jing Mi = Non-glut Rice	30g, break					
Zhu Ling Tang (Polyporus Decoction)	Zhu Ling	6g, peel	promote urination	Promote urination, clear H, nourish yin	H & water coagulation . Urinary diff assoc w. F & thirst and desire to drink. May be diarrh, cough, nausea, irritabil & insomnia. P = floating	Cook all but EJ in 400ml down to 200ml. Add EJ & heat till EJ melts. Take 70ml TID	
	Fu Ling	6g	promote urination, strengthen SP, calms shen				
	Ze Xie	6g	promotes urination, drains KI fire				
	E Jiao	6g	tonify xue, nourish yin				
	Hua Shi	6g, smash	promote urinatr, clear D-H fr BL, clear Summer-H				
Tiao Wei Chen Qi Tang (Regulating Stomach & Order the Qi Decoction)	Da Huang	12g, clean w alcohol	strongly purges accum, drain D-H, clears H, moves xue	Mildly purges H yu	Mild constipn d/t Y-M H shi, absence of focal distentn & abd fullnss, but irritabil. P = slippery & rapid	Cook GC & DH in 300ml down to 100ml. Add MX & heat till melted. Take slowly, while warm	
	Mang Xiao	9g	purges accum, softens hardness, clears H				
	Gan Cao	6g, prepd					
Xiao Chen Qi Tang (Minor Order the Qi Decoction)	Da Huang	12g, clean w alcohol	strongly purges accum, drain D-H, clears H, moves xue	Moderately purges H yu	Relatively mild Y-M organ-stage disorder w tidal F, constipn, focal distentn, abd fullnss, <u>abd pain not worse w press</u> , T = dirty, dry & yellow coat. P = slippery, rapid	Cook w 400ml, cook down to 120ml. Take 60ml BID. Stop once BM occurs, if no BM take again.	
	Hou Po	6g, peel & prep	promotes qi mvt, resolves yu				
	Zhi Shi	3 pcs, big & prepd	breaks yu, reduces accum, expel focal distentn				
Da Chen Qi Tang (Major Order the Qi Decoction)	Da Huang	12g, clean w alcohol	strongly purges accum, drain D-H, clears H, moves xue	Strongly purges H yu	Severe constipn, focal distentn, <u>abd pain worse w press</u> , tense, firm abd. T = dry, yellow, or black. P = shi. Severe cases may have tidal F, delirious spch, sweating palms & soles	Cook HP & ZS w 800ml water, cook down to 500ml, filter. Add DH and cook down to 250ml, filter add MX & heat till melted. Talk 1/2 BID. Stop once BM occurs	
	Hou Po	24g, peel & prep	promotes qi mvt, resolves yu, focal distention				
	Zhi Shi	5 pcs, prepd	breaks yu, red accum, expel focal distentn				
	Mang Xiao	6g	purges accum, softens hardness, clears H				
Ma Zi Ren Wan (Hemp Seed Pill)	Ma Zi Ren	12g	moisten intestine, nourish yin	Moisten intestines, drain H, promote qi mvt, unblock bowel	Dry H in Intest & ST, insuff fluid in intest . Constipn w hard stool, diff to expel, freq urinatr. (shi in ST, xu in SP). Sx more chronic. T = dry, yellow. P = floating, rapid or choppy	Mix all herbs w honey (Feng Mi) and make pills as big as Chinese parasol tree. Take 10 pills TID, add more pills each day until BM is normal	
	Shao Yao	12g	nourish yin, harmonize interior				
	Zhi Shi	9g prepd	breaks yu, red accum, expel focal distentn				Xiao Chen Qi Tang
	Da Huang	12g	strongly purges accum, drain D-H, clears H, moves xue				
	Hou Po	9g, peel & prep	promote qi mvt, resolve yu				
	Xing Ren	9g peeled, cooked, add to pdr	LU herb, moisten intestine, unblock bowel				
Feng Mi	binding agent	moisten dryness					

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Xiao Chai Hu Tang (Minor Bupleurum Decoction)	Chai Hu	18g	reduces F, spreads LV qi, raises SP yang	Harmonizes & releases Shaoyang, disorders	Alternating C&F, dry throat, bitter taste, dizzy, irritable, fullness in chest or hypochondr, heartburn, N&V, red appetite. T = thin, white coat. P = wiry	Cook all with 900ml and cook down to 450ml. Take 150ml TID
	Huang Qin	9g	clear UJ H			
	Ren Shen	9g	tonify SP/ST			
	Ban Xia	12g, clean	redirect reb ST qi, stop V, red distentn			
	Gan Cao	9g, prepd	Harmonize ying & wei, generate BF's, tonify SP/ST			
	Da Zao	12 pcs				
Sheng Jiang	9g, sliced		ZZJ's 3 MJ harmonizers			
Da Chai Hu Tang (Major Bupleurum Decoction)	Chai Hu	12g	reduces F, spreads LV qi, raises SP yang	Harmonizes & releases Shaoyang, drains internal H yu	Dz of shaoyang & yangming Same as above, but: continuous V, hard focal distentn, dullness or pain in epigastr, (internal shi) burning diarrhea or constipn, despondant, mildly irritable. T = yellow coat. P = wiry, forceful	Cook all with 900ml and cook down to 600ml. Filter and cook again to 300ml. Take 100ml TID
	Huang Qin	9g	clear UJ H			
	Shao Yao	9g	relieve pain, nourish yin, harmonize interior			
	Ban Xia	9g, clean	redirect reb ST qi, stop V, reduce distentn			
	Sheng Jiang	12g, sliced	red V, redir reb ST qi, harmonize ying & wei			
	Da Zao	12 pcs	harmonize ying & wei			
	Zhi Shi	4 pcs	breaks yu, reduce accum, expel focal distentn			
Da Huang	6g	strongly purge, drain D-H, clear H, move xue	Xiao Chai Hu Tang (minus Gan Cao & Ren Shen plus Shao Yao)			
			Xiao Chen Qi Tang (minus Hou Po)			
Chai Hu Jia Long Gu Mu Li Tang (Bupleurum plus Dragon Bone & Oyster Shell Decoction)	Chai Hu	12g	reduces F, spreads LV qi, raises SP yang	Unblocks the three yang stages, sedates & calms shen	Fullness in chest, irritable with occasional palpitations, urinary diff, constipn, delirious spch, inability to turn trunk, extreme heaviness in body. T = red w. slippery coat. P = wiry, rapid	Cook all with 800ml and cook down to 400ml. Add DH & cook for 1 minute. Take 100ml each dose
	Huang Qin	4.5g	clear UJ H			
	Long Gu	4.5g each				
	Mu Li		calm shen			
	Qian Dan (toxic = Pb ₂ O ₃)					
	Sheng Jiang		harmonize ying & wei			
	Ren Shen		tonify ST/SP qi			
	Gui Zhi	release exterior (Tai Yang)				
	Fu Ling	promote urination, strengthen SP, calms shen				
	Ban Xia	9g, clean	redirect reb ST qi, stop V, red distentn			
Da Huang	6g	strongly purge accum, drain D-H, clear H, move xue (Yang Ming)				
Da Zao	6 pcs	harmonize ying & wei				

Formula	Ingredients	Amount	Singles Notes	Action	Formula Indications	Preparation
Si Ni Tang (Frigid Extremities Decoction)	Gan Cao Gan Jiang Fu Zi	6g (prepared) 4.5g 1 pc (raw, peel, break)	balance hot herbs, neutrize tox, hold yang qi warm MJ yang, expel cold save yang, dispel cold, warm ming meng fire	Emergency Situation: Rescues devastated yang, warms the middle burner, stops diarrhea	Yang qi collapse. Extremely cold extremities, lethargy with desire to sleep, sleeping with knees drawn up. V&D, undigested food in BM. Abd pain & cold, lack of thirst. T: Pale, white, slippery coat. P: Deep thin or weak.	Cook with 300ml and cook down to 150ml. Filter and take 40ml TID. People with strong constitutions can take one large piece of Fu Zi and up to 12g Gan Jiang
Li Zhong Wan (Regulating the Middle Decoction)	Ren Shen Gan Jiang Gan Cao Bai Zhu	9g each	tonify qi warm SP & ST, expel cold tonify qi, harmonize MJ tonify SP, dry D	Si Jun Zi Tang minus Fu Ling plus Gan Jiang warm MJ, strengthen SP & ST	Xu cold in MJ. SP yang xu. Diarrhea & watery stool, N&V, no particular thirst, loss of appetite. T: Pale, white coat. P: Deep, thin	Pill: Grind and mix w honey, make pills as big as a yolk. Drink w. warm water 3-4x per day and twice at night. If no warm sensation in abd add 4 pills. Decoction: Cook w 800 ml water, cook down to 300ml. Filter & drink 100ml TID
Gui Zhi Jia Shao Yao Tang (Cinnamon Decoction plus Peony)	Gui Zhi Shao Yao Gan Cao Da Zao Sheng Jiang	12g (peel) 18g 6g (prepared) 12pcs (break) 9g (sliced)	Compare ratios of 1:1 in Gui Zhi Tang, to ratio of 2:3 in Gui Zhi Jia Shao Yao Tang Zhang Zhongjing's 3 MJ harmonizers	Gui Zhi Tang Harmonizes the MJ & releases pain	For Tai Yang disorders improperly treated with purgatives and subsequently advanced to the Tai Yin stage, characterized by abdominal fullness + occasional pain	Cook with 700ml and cook down to 300ml. Filter and take 100ml TID.
Gui Zhi Jia Da Huang Tang (Cinnamon Decoction plus Rhubarb)	Gui Zhi Da Huang Shao Yao Gen Cao Da Zao Sheng Jiang	9g (peeled) 16g 18g 6g 12pcs (break) 9g (sliced)	purgative abdominal pain Zhang Zhongjing's 3 MJ harmonizers	Releases exterior syndrome & induce purgative effect	For Tai Yang and external syndrome with constipation, abdominal fullness	Cook with 700ml and cook down to 300ml. Filter and take 100ml TID.

Formula	Ingredients	Amount	Singles Notes	Action	Formula Indications	Preparation	
Tong Mai Si Ni Tang (Unblock the Pulse Decoctions for Frigid Extremities)	Gan Cao	6g (prepared)	balance hot herbs, neutralize toxin, holds yang qi	Restores yang, unblocks the pulse	Int cold & ext heat , diarrhea w undig food, cold extremities. Yin-yang separating, yang moving to exterior. No aversion to cold. More serious than SNT formula conds. P: faint, hidden, almost imperceptible.	Cook w. 500ml water, cook down to 120ml. Filter, take 60ml BID	
	Gan Jiang	9g (2x SNT dose)	warm MJ yang, expel cold				
	Fu Zi	1 lrg pc (raw, peel, break)	save yang, dispel cold, warm ming meng fire				
Zhen Wu Tang (True Warrior Decoction)	Shao Yao	9g each	abdominal pain	Warm yang, promote urination	SP+KI yang xu + H₂O retn. Abdominal pain aggravated by cold, diff urination, deep ache and heaviness in extremities, edema, loose stool, dizziness, heaviness in head, palps, cough, V. Formula focuses on SJ water retention. T: Swollen, pale, w TM, white slippery coat. P: Deep, thin weak	Cook w. 800ml water, cook down to 300ml. Filter, take 100ml TID	
	Fu Ling		promote urination, drain D, strengthen SP				
	Sheng Jiang	9g	warm MJ				
	Bai Zhu	6g	tonify SP, dry D				
	Fu Zi	1 pc (fried, peeled, break)	save yang, dispel cold, warm ming meng fire (true warrior)				
Fu Zi Tang (Prepared Aconite Decoction)	Shao Yao	9g	abdominal pain	Warm channels, assists yang, dispels cold, transform D	Yang xu + int D-C and yu in channels d/t congealed D-C. Characterized by achy bones & joints, aversion to cold. Formula focuses on dealing with body aches. T: White slippery coat. P: Deep, faint, weak, or choppy and slow.	Cook w. 800ml water, cook down to 300ml. Filter, take 100ml TID	
	Fu Ling	9g	drain D, strengthen SP				
	Ren Shen	6g	tonify qi				Si Jun Zi Tang minus Gan Cao
	Bai Zhu	12g	tonify SP, dry D				
	Fu Zi	2 pcs (fried, peeled, break)	save yang, dispel cold, warm ming meng fire				
Huang Lian E Jiao Tang (Coptis & Ass- Hide Gelatin Decoction)	Huang Lian	12g	clear MJ H & toxin	Enriches yin, descends fire, eliminates irritability, calms shen	Irritability, w H sensation in chest, palps, anx, may be tongue sores & mouth ulcers. T: Red, w. dry, yellow coat. P: thin & rapid	Cook w. 600ml and cook down to 200ml, add E Jiao, let it melt, add yolk, stir till mixed. Filter take 1/3 TID	
	Huang Qin	6g	clear UJ H				
	Shao Yao	6g	abdominal pain				
	E Jiao	9g	nourish xue & yin				
	Ji Zi Huang (Egg Yolk)	2 pcs	harmonize yin and yang, guide to KI				
Zhu Ling Tang (Polyporus Decoction)	Zhu Ling	6g, peel	promote urination	Promote urination, clear H, nourish yin	Shaoyin dz w diarrhea >6days involving xu heat and water retention. Cough, V, thirst, restless, insomnia	Cook all but EJ in 400ml down to 200ml. Add EJ & heat till EJ melts. Take 70ml TID	
	Fu Ling	6g	promote urination, strengthen SP, calms shen				
	Ze Xie	6g	promotes urination, drains KI fire				
	E Jiao	6g	tonify xue, nourish yin				
	Hua Shi	6g, smash	promote urination, clear D-H fr BL, clear Summer-H				

Formula	Ingredients	Amount	Singles Notes	Action	Formula Indications	Preparation
Wu Mei Wan Feng (Mume Pill)	Wu Mei	300 pcs	stop diarrhea, generate BFs, dispel parasites, release pain	Warms intestines, calms roundworms	Parasites esp roundworms. Intermittent attacks of abdominal pain, stifling sensation, irritability, warmth in chest & epigastrium, V after eating poss. containing roundworms, cold H&F.	Grind all ingreds except Wu Mei. Soak Wu Mei overnight in bitter wine & then remove kernels, steam w. rice and grind w. pestle. Mix all ingreds, and Feng Mi to make pills as large as Chinese Parasol seed. 10 pills pre-prandial, TID. Avoid cold, slippery & filthy food.
	Xi Xin	18g				
	Gan Jiang	30g	clear MJ H, remove toxin			
	Huang Lian	48g				
	Fu Zi	18g (fried & peeled)	save yang, dispel cold, warm ming meng			
	Dang Gui	12g	nourish xue, moisten intestine and promote BM			
	Huang Bai	18g	clear LJ D-H, remove toxin			
	Gui Zhi	18g (peeled)	tonify qi			
Ren Shen	18g	warms MJ, disperses C, relieve abd pain, V&D, kill parasites				
Chuan Jiao (Szechuan Pepper)	12g (fry to remove oil)					
Gan Jiang Huang Qin Huang Lian & Ren Shen Decoction	Gan Jiang Huang Lian Huang Qin Ren Shen	9g each	clear MJ H clear UJ H tonify qi	Regulates MJ & balances intestinal function	digestive disorders w. decreased appetite, thirst, epigastric pain, bitter taste in mouth and acid regurgitation	Cook w. 600ml water and cook down to 200ml. Filter, take 100ml BID
Dan Gui Si Ni Tang (Dang Gui Decoction for Frigid Extremities)	Dang Gui	9g	nourish xue & move xue	Warms channels, disperses cold, nourishes xue, unblocks BV's	Yang xu, xue xu, cold invasion of channels & collaterals , LBP, hip + knee pain. Chronic cold H&F , (Reynaud's syndrome) cold to touch and feel cold to patient. T: Pale, white coat. P: Deep, thin pulse	Cook w. 800ml water and cook down to 300ml. Filter, take 100ml TID
	Gui Zhi	9g	relieve pain (ratio and dose from Gui Zhi Tang)			
	Shao Yao	9g				
	Xi Xin	3g	warm channels, relieve pain			
	Gan Cao	6g (prepared)	harmonize MJ			
	Tong Cao	6g	unblock channels & BV's			
Da Zao	12 pcs	harmonize MJ				