

SPICY WARM SURF. RELEASING		
Bai Zhi Cang Er Zi Cong Bai Fang Fang Gao Ben	Gui Zhi Jing Jie Ma Huang Qiang Huo Sheng Jiang	Xi Xin Xiang Ru Xin Yi Hua Zi Su Geng Zi Su Ye

SPICY COOL SURF. RELEASING		
Bo He Chai Hu Chan Tui Dan Dou Chi	Fu Ping Ge Gen Ju Hua Man Jing Zi	Mu Zei Niu Bang Zi Sang Ye Sheng Ma

CLEAR HEAT, PURGE FIRE		
Dan Zhu Ye Gu Jing Cao Jue Ming Zi Lian Xin	Lu Gen Mi Meng Hua Qing Xian Zi Shi Gao	Xia Ku Cao Zhi Mu (Shan) Zhi Zi

CLEAR HEAT, COOL BLOOD		
Bai Wei Di Gu Pi Mu Dan Pi	Sheng Di Huang Shui Niu Jiao Xi Jiao	Xuan Shen Yin Chai Hu Zi Cao

CLEAR HEAT, DRY DAMP		
Huang Bai Hu Huang Lian	Huang Lian Huang Qin Ku Shen	Long Dan Cao Qin Pi

CLEAR HEAT TOXIN		
Bai Hua She She Cao Bai Jiang Cao Bai Tou Weng Bai Xian Pi Ban Lan Gen Chang Shan Chuan Xin Lian <u>Da Qing Ye</u> Hong Teng Jin Yin Hua Lian Qiao Lou Lu Lu Dou Ma Bo Ma Chi Xian	Niu Huang Pu Gong Yin Qing Dai Qing Hao Ren Dong Teng Sao Xui Shan Dou Gen She Gan Tu Fu Ling Xiong Dan Ya Dan Zi Ye Ju Hua Yu Xing Cao Zi Hua Di Ding	

DOWNWARD DRAINING		
Ba Dou Da Huang Fan Xie Ye Gan Sui	Huo Ma Ren (Jing) Da Ji Lu Hui Mang Xiao	Qian Niu Zi Shang Lu Yu Li Ren Yuan Hua

EXPULSION WIND DAMP		
Bai Hua She Can Sha Cang Er Zi Du Huo Fang Ji Hai Fang Tong	Hai Tong Pi Luo Shi Teng Mu Gua Qian Nian Jian Qin Jiao Sang Zhi	She Tui Song Jie Wei Ling Xian Wu Jia Pi Wu Shao She Xi Xian Cao

AROMATIC TRANSFORM DAMP		
Bai Dou Kou Cang Zhu Cao Dou Kou	Cao Guo Hou Po	Hou Xiang Pei Lan Sha Ren

DRAIN DAMP		
Ban Bian Lian Bi Xie Bian Xu Che Qian Zi Chi Xiao Dou Deng Xin Cao Di Fu Zi	Dong Gua Ren Dong Kui Zi Fu Ling Hua Shi Jin Qian Cao Mu Tong Qu Mai	Shi Wei Tong Cao Yi Yi Ren Yin Chen Hao Ze Xie Zhu Ling

WARM INTERIOR, EXPEL COLD		
Bi Ba Chuan Jiao Ding Xiang Fu Zi	Gan Jiang Gao Liang Jiang Hu Jiao	Rou Gui Wu Zhu Yu Xiao Hui Xiang

RELIEVE FOOD STAGNATION		
Gu Ya Ji Nei Jin	Lai Fu Zi Mai Ya	Shan Zha Shen Qu

EXPULSION PARASITES		
Bing Lang Fei Zi He Shi	Ku Lian Gen Pi Lei Wan	Nan Gua Zi Shi Jun Zi Wu Yi

STOP BLEEDING		
Ai Ye Bai Ji Bai Mao Gen Ce Bai Ye Da Ji	Di Yu Huai Hua Mi Jiang Xiang Ou Jie Pu Huang	Qian Cao Gen San Qi Xian He Cao

REGULATE QI		
Chen Pi Chen Xiang Chuan Lian Zi Da Fu Pi Fo Shou Ju Hong	Mei Gui Hua Mu Xiang Qing Pi Shi Di Tan Xiang	Wu Yao Xiang Fu Xie Bai Zhi Ke Zhi Shi

INVIGORATE BLOOD		
Chuan Shan Jia Chuan Xiong Chi Shao Dan Shen E Zhu Hong Hua Ji Xue Teng Jiang Huang Lu Lu Tong	Mo Yao Niu Xi Ru Xiang San Leng Shui Zhi Si Gua Luo Su Mu Tao Ren Tu Bi Chong	Wang Bu Liu Xing Wu Ling Zhi Yan Hu Sui Yi Mu Cao Yu Jin Yue Ji Hua Ze Lan Zi Ran Tong

DISSOLVE COLD PHEGGM		
Bai Fu Zi Bai Jie Zi Bai Qian Ban Xia	Jie Geng Tian Nan Xing	Xuan Fu Hua Zao Jiao

DISSOLVE HOT PHEGGM		
Chuan Bei Mu Fu Hai Shi Gua Lou Ren Gua Lou Pi Chuan Gua Luo Hai Ge Ke	Hai Zao Huang Yao Zi Kun Bu Pang Da Hai Qian Hu	Tian Hua Fen Tian Zhu Huang Zhe Bei Mu <u>Zhu Li</u> Zhu Ru

RELIEVE COUGH & WHEEZE		
Bai Bu Bai Guo Kuan Dong Hua	Ma Dou Ling Pi Pa Ye Sang Bai Pi	(Zi) Su Zi Ting Li Zi Xing Ren Zi Wan

TONIFY QI		
Bai Bian Dou Bai Zhu Da Zao Dang Shen	Gan Cao Huang Qi Huang Jing Ling Zhi	Ren Shen Shan Yao Tai Zi Shen Yi Tang

TONIFY BLOOD		
Bai Shao Dang Gui E Jiao	Gou Qi Zi He Shou Wu Long Yan Rou	Sang Shen Shu Di Huang

TONIFY YANG		
Bai Ji Tian <b>Bu Gu Zhi</b> Dong Chong Xia Cao Du Zhong Ge Jie Gou Ji Gu Sui Bu	Hai Shen Hu Lu Ba Hu Tao Ren Lu Rong Rou Cong Rong Sha Yuan Ji Li	Suo Yang Tu Si Zi <b>Xian Mao</b> Xu Duan Yi Zhi Ren Yin Yang Huo Zi He Che

TONIFY YIN		
Bai He Bie Jia Gou Qi Zi Gui Ban Han Lian Cao Hei Zhi Ma	Huang Jing Mai Men Dong Nu Zhen Zi Sang Ji Sheng Sang Shen	Sha Shen Shi Hu <u>Tian Men</u> Dong Xi Yang Shen Yu Zhu

CALM SPIRIT		
Bai Zi Ren Ci Shi Dai Zhe Shi He Huan Pi	Hu Po Long Gu Mu Li Suan Zao Ren	Ye Jiao Teng Yuan Zhi Zhu Sha

ASTRINGENT		
Bai Guo Chi Shi Zhi Fu Pen Zi Fu Xiao Mai Hai Piao Xiao	He Zi Jin Ying Zi (Bai) Lian Zi Ma Huang Gen Qian Shi Rou Dou Kou	Sang Piao Xiao Shan Zhu Yu Wu Mei Wu Wei Zi Wu Bei Zi

AROMATICALLY OPEN ORIFICE		
Bing Pian She Xiang	Shi Chang Pu	Su He Xiang

EXTINGUISH WIND, STOP TREMORS		
Bai Ji Li (Bai) Jiang Can Di Long	Gou Teng Jiang Can Ling Yang Jiao	Quan Xie Shi Jue Ming Tian Ma Wu Gong