

Healthy Living

A medical guide for DOD civilians, contractors and their families in Korea

June 2022

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OUR STORY

At U-MEDI, it's all about you!

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HAVE MEDICAL CONCERNS?

U-MEDI can connect you with top-notch healthcare

U-MEDI

For those of you stationed in South Korea, we at U-MEDI want to introduce you to a piece of paradise, one where your medical needs are taken care of by some of the top doctors in the world, while you also enjoy the sights, sounds and culture of this beautiful country.

U-MEDI is a medical tourism company that assists foreigners in accessing healthcare in South Korea. U-MEDI provides united medical services to foreigners who are sick or pursuing beauty and wellness care. U-MEDI will find a doctor specializing in a patient's health needs, support transportation to the hospital, and work with patients to ensure medical expenses are paid. But most

“
I've been here for three years but I've never felt so good about doing something for myself. I'm glad I came on a U-MEDI tour. Thank you so much for being an awesome host.
 ”

- Bonita Hunter,
 U.S. DOD civilian

importantly, UMEDI is there to provide assistance and help educate patients on the health care process as needed.

It is important to know that U-MEDI is

an official registered company approved by U.S. Forces Korea and provides assistance to those in the U.S. military community stationed in South Korea seeking medical services. U-MEDI also has a global program where military members and DOD civilians can receive Korean medical services while on vacation in Korea. U-MEDI has secured public confidence through cooperation with local governments throughout the country, with a nationwide network of more than 1,000 hospitals and clinics.

At U-MEDI, it's all about getting you the best health care possible. Whether it's cancer related or you want to remove a tattoo or do some other type of cosmetic surgery, we'll here to help you with all your needs. Take a look at Page 4 for more about what we can do for you!

VIP medical tours!

U-MEDI regularly works with different levels of Korean government who want to show off their medical and tourism infrastructure to foreigners living, working or traveling in Korea. At no cost to you! Packages usually include transportation, hotel, dining, tourism/culture guides and, of course, complimentary medical care and checkups at some of the nation's most prestigious medical institutions! Contact us today to become a free U-MEDI Friend!

Healthy Korean greens you should know

STORY AND PHOTOS BY BBURI KITCHEN, GROOVEKOREA.COM

For those of us who've grown up abroad, shopping at Korean grocery stores can be both a beautiful and bewildering experience. What is this root? This tangle of leaves? How can I make it delicious? Unfortunately, marts and markets don't make it easy to taste the ingredients, or buy small amounts for recipe testing. This season especially, the markets are full of bom-namul, or spring greens, which are inexpensive, delicious and healthy ingredients that you'll definitely want in your kitchen. So we hope that this short guide to ten basic bom-namul will help get you started (if you haven't already). There are so many more, but this is just the start!



Bireum-namul
(비름나물)

Bireum-namul is in the amaranth family, and can be thought of as a summer spinach. It's a wild green that grows abundantly in the countryside and tends to be foraged rather than planted and harvested. It's one of the last bom-namul of spring, so you know that summer is right around the corner when it begins to grow. Bireum-namul has a fairly earthy and nutty flavor, and goes well with both gochujang and Joseon ganjang. Simply blanch and season for a tasty banchan dish.

Dureup(두릅)

This is the only bom-namul on this list that comes from a tree. The young shoots of *Aralia elata* (a kind of angelica tree) are trimmed and brought to market in late spring. Like many bom-namul, dureup has a very nice, slightly bitter flavor. It is often eaten blanched and served with cho-gochujang (vinegared gochujang for dipping). Skewer with beef and lightly batter and fry to make a nice main dish.

Beat the heat with Korea's refreshing, healthy foods

KOREA TOURISM ORGANIZATION

Summer in Korea is in full force by mid-June, bringing with it muggy weather and bouts of heavy rain. As temperatures rise, people try to escape the heat by heading to the beach, the swimming pool, or air-conditioned cafes and malls. In Korea, however, staying healthy and cool during the summer is all about what you eat. Many Koreans try to beat the heat and counteract summer fatigue by eating cool dishes as well as warm, healthy foods that are known for their restorative powers. Keep reading to find out exactly which foods to eat to restore your strength and refresh your spirit Korean style!

Energy-boosting foods

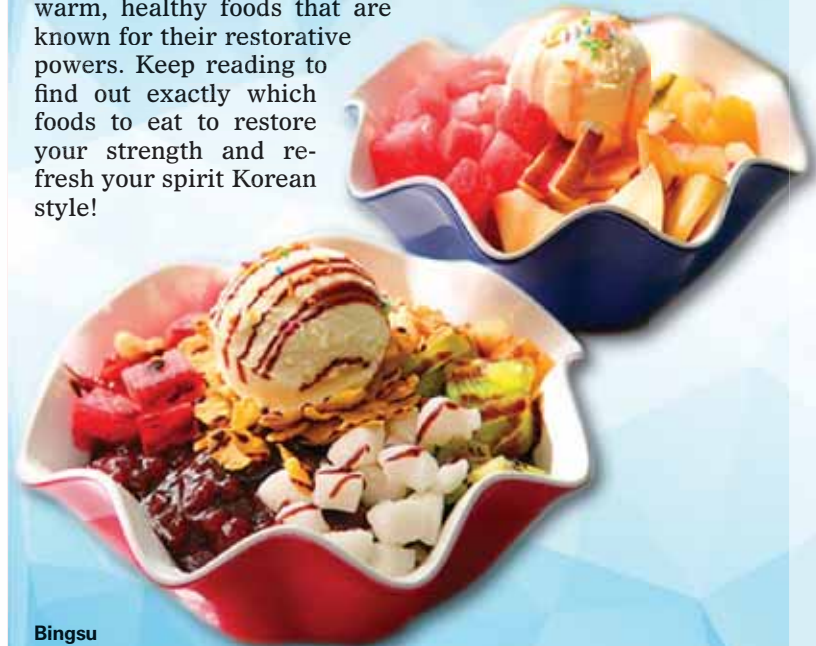
SAMGYETANG

The hottest days in Korea are from early July to mid-August. This period is called 'sambok deowi,' or 'the heat of sambok.' 'Sambok' refers to the hottest days in Korea according to the lunar calendar and is further broken down into: chobok, the beginning period; jungbok, the middle; and malbok, the tail end of the summertime heat. Many Koreans eat hot foods full of nutrients during this period based on the idea of "yi yeol chi yeol" (fighting fire with fire). Since samgyetang (ginseng chicken soup) is packed with nutritious ingredients, it is widely known for its restorative properties. The dish is prepared by taking a young chicken and stuffing it with rice, jujube, garlic, ginger, ginseng, and other herbs. The ingredients are then boiled together and served up in a delicious broth.

Energy-boosting foods

JJIMDAK

Not to be forgotten is the other favorite summertime chicken dish – jjimdak. Jjimdak is a mixture of chicken, hot peppers, mushrooms, carrots, and other vegetables along with noodles served in a savory, sweet-and-sour soy sauce-based broth. Jjimdak is characterized by its spiciness, so it is often paired with a side of dongchimi (radish water kimchi) which helps neutralize some of the spice. If you're at a restaurant that also sells scorched rice, get a side and enjoy the crunchy texture with the remaining jjimdak sauce.



Bingsu

Ssuki(쑥)



Translating “ssuk” is tricky, but it’s often called mugwort in English. When ssuk arrives in the markets, you know spring is here. It has a very herbal, almost eucalyptus-like fragrance and it best in mid-spring, before Dano (the 5th of May on the lunar calendar). Ssuk is most commonly eaten in doenjang-based soups or made into rice cakes. You can also deep fry your ssuk for something nice and crisp.

Cham-namul
(달래)



There’s no good English translation for cham-namul, and that’s probably because it’s not widely known outside of Asia. Its smooth, bright green leaves and crunchy have a fresh, grassy aroma, and it can be eaten raw or blanched. Blanch and season with Joseon ganjang (original soy sauce) or even just with salt for a nice spring banchan. Try adding it to your salads or using it as a garnish.

Chui-namul(취나물)



Though it bears a passing resemblance to cham-namul, chui-namul leaves are somewhat furry and have a slightly thicker, tougher texture. For the reason, it’s not usually eaten un-cooked. Blanch and season with Joseon ganjang to make another popular spring banchan.

Saebal-namul
(세발나물)



This namul is a kind of saltmarsh sand-spurry, a pleasantly crunchy, thin, segmented plant that grows (as the name suggests) in brackish marsh areas. Saebal namul is great when eaten raw, use it in salads or even as a garnish. Koreans like to mix it with a soy sauce dressing. Don’t over-salt—this plant has a naturally salty aftertaste.

Cool noodle dishes

NAENG KONGGUKSU

Another recommendable dish for those who may have lost their appetite due to the heat is naeng kongguksu, noodles in cold soybean soup. The soup is made by soaking cooked soybeans in cold water and then grinding them up with a millstone. Noodles are added and often topped with slices of cucumber, boiled egg, and tomato. For taste, you can add some sugar or salt. Full of protein, this savory dish is particularly invigorating on hot, humid days.



Crunchy and cool summer treat

NAENGYEON

Naengmyeon, a buckwheat noodle dish, is perhaps one of the most beloved summer foods in Korea. Surprisingly, naengmyeon first appeared as a seasonal dish that was eaten only during the winter months in North Korea. The North Korean style noodles, Pyeongyang naengmyeon and Hamheung naengmyeon, are now famous throughout the entire country and can be found in almost any neighborhood. The biggest difference between Pyeongyang naengmyeon (mul naengmyeon) and Hamheung naengmyeon (bibim naengmyeon) is the way in which they are served; Pyeongyang naengmyeon is served in a chilled broth, while Hamheung naengmyeon comes topped with spicy red chili sauce. Naengmyeon dishes are usually garnished with sliced beef, a boiled egg, cucumbers, and pears. Due to the recent popularity of Pyeongyang naengmyeon, the number of people who prefer the mild yet savory flavors of the broth is increasing.

CHOGYE GUKSU

Chogye guksu is a chilled noodle dish made from cooled chicken broth mixed with vinegar and mustard before adding noodles and thinly shredded chicken topping. The name comes from the Korean words for vinegar and chicken (“cho” and “gye” respectively). This dish was once a special winter treat enjoyed in the Hamgyeong-do and Pyeongan-do of North Korea. Nowadays, the dish is a popular summertime treat enjoyed by people all across the nation. Made of lean chicken, medicinal herbs, noodles, and fresh vegetables, chogye guksu boasts a simple, yet strong flavor and a distinctive smell.



MEMIL GUKSU

Another popular food in Korea is memil guksu (buckwheat noodles), which is served either cold as makguksu or hot as janguksu. In summer, the most popular buckwheat noodle dish is memilmakguksu, in which noodles are placed in a kimchi broth topped with cucumbers, kimchi, vegetables, meat, and red chili paste. Another favorite dish is memil soba, in which the noodles are served in a soy based-broth that is flavored with ground radish, scallion, and horseradish. Many people may be familiar with soba, the Japanese word for buckwheat noodles, but there is a slight difference in how the memil guksu and soba are made and consumed. The broth for the Korean memil guksu is made mostly of dried anchovy, while the broth for Japanese soba is made with dried bonito flakes.



BINGSU

In Korea, one of the most popular summer desserts is none other than bingsu. Bingsu is a dessert made of shaved ice usually topped with red beans, fruits, rice cake pieces, sweetened milk, ice cream, and fruit syrup. While the original pat bingsu (shaved ice with sweetened red beans) is still enjoyed, a wide array of bingsu like fruit bingsu, mango bingsu, green tea bingsu, and coffee bingsu rose to popularity in the recent years. In summer, Korea becomes heaven for bingsu lovers as most cafés, bakeries and fast food restaurants sell a variety of bingsu!



OUR STORY

AT U-MEDI, IT'S ALL ABOUT YOU!

U-MEDI

For us, compassion towards those who are suffering from illness ranks high. We understand the drive in those who seek beauty and perfection in their daily lives. We strive for the wellness of others and firmly hold onto our belief that physical and mental wellness are both of equal and utmost importance.

In recognizing the potential language and cultural barriers, U-MEDI has turned its attention to healthcare needs of foreign nationals.

Inconsistent schedules and misunderstandings during the treatment process are some of the challenges patients face in Korean hospitals. These

situations can make patients feel lonely in a setting where doctors and nurses are handling multiple tasks and the care of others. We understand these situations and believe patients need someone who can guide and provide all the necessary information specific to their situation, including cost, diagnosis, procedures and other for better care. At U-MEDI, we are here to help our patients navigate their care in South Korea's state-of-the-art medical system.

We hold great value in trusted partnership by acknowledging cultural differences and providing services with compassion and trustworthiness.

We are for people who need a medical system specialized to their needs, especially foreigners in Korea.



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Our Services

Find a doctor

Choosing a doctor isn't the same as finding a restaurant or nearby attraction. That's why U-MEDI provides a detailed profile and medical information of doctors, including their qualifications, clinical experience, hospital quality, patient reviews and more.

From family doctors to psychiatrists, OB/GYN, neurologists, cardiologists, plastic surgeons, allergists, dermatologists, Korean traditional medicine and more, U-MEDI can help you find a specialized doctor specific for your health needs.

Hospital Interpretation

For years, U-MEDI has faithfully delivered commendable interpretation and translation services to healthcare professionals, caregivers and patients at their critical moments of need. We are very proud to be the trusted language support provider to hundreds of healthcare institutions across the Republic of Korea.

Our service includes interpretation delivered by qualified interpreters, as well as on-site translation of all vital documents to ensure the safety and satisfaction of patients.

Hospital Transportation

U-MEDI provides a non-emergency door-to-door hospital transportation service to individuals and groups who may need special support getting to and from their healthcare appointments. Based on your need, we can suggest the most effective and efficient transportation options available.

We also offer online bookings, making reservations easy and straightforward. At the heart of our service is our commitment to the patient's comfort, customer service and quality.

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