



The impressive grand hall of Kim Koo Museum in Seoul, South Korea, was an inspiring setting for his 2<sup>nd</sup> IBMCT meeting in Korea. Participating physicians, several of which were MDs/PhDs and professors of high standing, proved to be an attentive audience.



Our gratitude to Dr. Lee Insung, MD, PhD, his lovely wife, Dr. Seong Kim and staff of the South Korean Integrative Medicine Institute for this superbly organized workshop, and many

thanks for the 'King's meal' at Seoul's finest restaurant where we learned to appreciate unusual fish and vegetable delicacies.



Dr. Lee Insung,MD, PhD presenting a gift to Dr. VanderSchaar



It was an inspiring meeting with many doctors taking the board examination.

Aside from the basic teaching material, we presented updated information on synthetic and nonsynthetic chelating agents, and resulting questions and dialogues proved fruitful to all.



Some convention participants and speakers



Seoul, the heart of South Korea, is the center for the nation's cultural, political and economic activities. It is a pulsating city, with about twelve million people living within its city limits. If one includes the major port city of Incheon, the population comes to nearly 23 million inhabitants. Yet this large metropolitan city, one of the largest in the world, feels safe. People, even women walk freely, even at night. Streets and parks

are wide and friendly; even side streets are clean, with no obvious poverty.

Food is an important aspect of Korean life and it is true, Koreans show respect to their guests by hosting meals. We, Dr. VanderSchaar and myself, were treated to royal meals.

In 1969, during my employment at the research center in St. Paul, Minnesota, I met In Sun Hong, a Korean engineer who often and charmingly teased me about German Sauerkraut being an inferior *Kimche*. In fact, Kimchi represents Korea's best known food. It is served at almost every meal. I quickly developed a taste for it.

While many Korean dishes are unfamiliar at first, they are not really that different from Western foods. Traditional dishes focus on meat and fish, and mouth watering vegetarian dishes. Spices vary from delicate to hot, and our hosts certainly anticipated our likings.



Convention meals were healthy and obviously enjoyed.

South Korea is Asia at its best; a mixture of great tradition and modern concepts. It would be wrong to call it a westernized Asia.

The best are the people: humorous, respectful and friendly. They are hospitable, but never overwhelming. They enjoy good fun. There is religious and racial tolerance.

There is no question about Equal Rights. My old friend In Sun Hong was right. Korea and Germany are much alike (not only because of separating borders, now history in Germany but still a problem in Korea). Korea's weather is undoubtedly German; sceneries and even old people mannerisms are alike, though young Germans have lost some of the basics still found in South Korea.

I shall be back.

E.Blaurock-Busch PhD