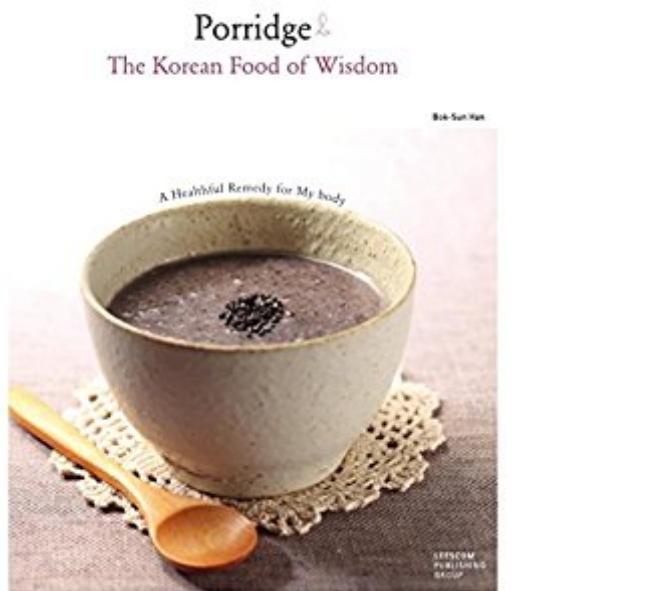


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# Porridge, The Korean Food Of Wisdom



## Synopsis

A Healthful Remedy for My body:Korean rice porridge, Juk, is food of wisdom, and medicine as well. Bok-Sun Han, the Korean food expert, introduces traditional Korean porridge, nutritious porridge for modern people, and porridge with medical herbs. Porridge is full of nutrition while being delicious, so it can make a healthful delicacy for your family. There are several parts with detailed explanations: digestion-stimulating porridge, energizing porridge, brain-healthy porridge, and beauty-enhancing porridge.

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