



Acupuncture - what's the point?



Dr Lucy Liu

Bringing 5,000 years of medical experience to Bahrain.



Could acupuncture really help me, and what's it all about? A question often asked. In fact over the past 20 years, unlike many so called alternative remedies, acupuncture has now become widely accepted by the medical profession as a valid complementary treatment to Western medicine, but few people are really aware that it dates back over 5,000 years and has always been a core part of traditional Chinese medicine.

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It is based on the understanding of the energy flow or “chi” around the human body, and qualified practitioners use tiny needles on the body’s classical acupuncture points that affect and control it, enabling them to treat a wide range of symptoms relating to pain and illness.

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Dr Lucy Liu, who operates from The Chinese Medical Clinic in West Riffa, has fast become recognised as one of the “go-to” alternative medical professionals on the island, especially for those experiencing chronic pain or illness in their daily lives.

She comes from a famous family of doctors in north east China and, after studying traditional Chinese medicine

including acupuncture for 6 years at the prestigious Helong Jiang university, followed by hospital training, she received her Doctors Licence in 1994.

As well as setting up her own clinic in China, she continued to study advanced medical, chiropractic and acupuncture techniques – and, since arriving in Bahrain in 2008 has continued to visit China regularly to study the latest advances in these fields, including the unique “3 second acupuncture” technique from one of China’s most respected doctors.

Dr Liu notes: “I have never stopped learning, and have been all over China studying under famous professors and doctors who are specialists in different styles of acupuncture and meridian treatments, covering everything from weight loss and chiropractic treatment to 3 second acupuncture – a new technique which enables me to radically shorten treatments for some of my patients, sometimes by up to 2/3rds. In fact I will be visiting again shortly to source and purchase a new range of specialist needles to offer this across a wider range of treatments.”

She adds “ Most of my patients come to me needing treatment for problems like lower back, shoulder & neck pain, migraine and stress symptoms or circulatory problems related to illnesses such as diabetes, gout or arthritis. But I also treat a number of other areas, especially where there is chronic pain

or discomfort - I even have a number of happy lady patients who have been able to conceive since seeing me!

Traditional Chinese medicine looks at the whole body holistically and aims to treat the whole person rather than just the isolated symptoms, and this approach makes it more successful in delivering longer-term results.

What gives me satisfaction? Well for example, one of my patients, Ali, was totally bedridden and unable to move when I first met him 3 months ago – he now walks in his garden and cooks for his family in the kitchen. That’s what drives doctors like myself – seeing my patients being able to lead better lives.”

At Bahrain Confidential we have tested Dr Lucy out over the past few months and, although initially sceptical about the value of acupuncture, can now vouch for its success in the hands of a true professional. See you again soon Doctor! ■

Dr Lucy Liu manages the Chinese medical services team at The Chinese Medical Clinic, West Riffa, which is supervised by The Bahrain Medical Group. She can be contacted on t. 37778922/ email: lucyliu6892@yahoo.com