

Gulf Insider

PROFILE

Dr Lucy Lui, the Bahrain based acupuncture expert.

What's your medical background?

I've been practicing acupuncture and Chinese medicine in Bahrain since 2008. I'm privileged to come from a famous family of doctors in north eastern China. After studying Chinese medicine at the prestigious Helong Jiang university for 6 years, I commenced my hospital training and was awarded my Doctor's license in 1994.

What exactly is acupuncture?

It has always been a core part of traditional Chinese medicine which dates back over 5,000 years and, unlike so many so called alternative remedies, it is now widely recognized by the mainstream medical profession as a valid complementary treatment to Western medicine.

How does it work?

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

Does it hurt?

As a rule no, although some people are more sensitive than others and may initially have a little discomfort for a few seconds - however the benefits that come from pain relief more than compensate for this!

What are the most common symptoms you treat?

Most of my patients come to me needing treatment for problems like lower back, shoulder and neck pain, being overweight, migraine, stress or circulatory problems related to illnesses such as diabetes, gout or arthritis. I also have a number of patients who suffer from rarer conditions such as Parkinson's disease, cerebral palsy or who are recovering from strokes - and of course these have longer treatment cycles but I can deliver a better quality of life to these patients.

Any final words?

Life is a balance - we Chinese call it Ying and Yang - if a body is out of balance then this affects its ability to perform properly. 🧘

Dr Lucy Liu manages the Chinese medical services and chiropractic massage team at The Chinese Medical Clinic, West Riffa, Kingdom of Bahrain, which is supervised by the Bahrain Medical Group. She can be contacted on +973 37778922 / email: lucyliu6892@yahoo.com

Dr Lucy Lui