

Health experts warn against stopping medication over diet trends

Concerns grow as patients reportedly alter medication based on online advice

TDT | Manama
Hasan Barakat

For patients exhausted by long-term medication, repeated clinic visits and chronic illness, the promise of healing through food can feel like a breakthrough.

That sense of hope is one reason the "Al Tayyibat" dietary approach—linked to the late Egyptian physician Dina El Awady—has gained significant traction on social media.

The system, which categorises foods into "beneficial" and "harmful" groups, appeals to people seeking simpler, more natural ways of managing their health and

against using social media health content as a substitute for medical care.

Health experts stress that the concern is not about improving diet quality, but about patients with serious conditions making unsafe decisions—such as reducing or stopping medication—based on generalised advice or personal testimonials that may not match their medical needs.

Specialists warn Bahraini nutrition specialist Fatima Al Alawi emphasised that



Clinical dietitian Shaima Mohammed



Fatima Al Alawi, Nutrition specialist

She warned that unsupervised medication changes can lead to serious and potentially life-threatening complications, especially for patients with chronic illnesses.

Shaima also cautioned against universal dietary systems that apply the same rules to all individuals, saying they ignore important differences in medical conditions, age and nutritional needs.

Evidence-based care urged Health professionals also warned that some popular diet movements mix established nutritional principles with unverified claims, which can undermine trust in evidence-based medicine.

Their concerns align with regional health advisories, including recent warnings from Saudi Arabia's Ministry of Health against using unverified diets as substitutes for medical treatment. The ministry reported cases where patients discontinued essential medications, including insulin, resulting in emergency medical intervention.

Experts say the issue goes beyond one diet trend—it is fundamentally about trust, misinformation and medical safety.

food can support treatment but cannot replace prescribed medication without medical supervision.

She urged patients not to discontinue any prescribed drugs without consulting their doctor, adding that dietary plans should always be tailored and, when necessary, coordinated with treating physicians.

Clinical dietitian Shaima Mohammed echoed these concerns, noting that while many patients wish to reduce reliance on medication, lifestyle and nutrition changes should complement—not replace—medical treatment.



reducing dependence on medication. Supporters say it encourages healthier eating by limiting processed foods, sugar and other dietary excesses.

However, medical professionals warn that problems begin when such dietary advice is interpreted as a replacement for prescribed treatment.

Diet-based healing claims Interest in the "Al Tayyibat" approach has grown further online, particularly after Dr El Awady's death, with supporters promoting his ideas and critics cautioning

Where Art Becomes Thought, Not Image

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Ghadeer Alkumaish

"Many people stand in front of my work and see a completely different story than the one I intended and I actually like that," says 26-year-old Bahraini artist Khalid AlAbbas.

For AlAbbas, art is not about delivering clear answers. Instead, it is about creating a moment of pause. His work invites viewers to slow down, reflect, and engage with emotions that are often left unspoken.

"I like to isolate my character from their society and the world," he says. "It creates a state of solitude and reflection."



cannot be directly seen. "Many of us forget how quickly time goes by," he says. "It is the most precious thing we have."

The artist is equally thoughtful about the changing landscape of contemporary art. While social media offers artists greater visibility, he believes it can also make

meaningful work harder to discover. "Some really good artists go unseen due to algorithms," he says, pointing to the growing pressure to prioritize engagement.

Still, he believes artists can navigate these challenges without compromising their values. "Chasing engagement does not mean losing your artistic morals," he says. "It's a challenge to overcome."

The rise of artificial intelligence has also sparked debate across the creative world, but AlAbbas remains confident in the value of human expression. While he sees AI as a useful tool, he does not view it as a replacement for artists.

Despite his success, AlAbbas rejects the idea that art is driven primarily by talent. In fact, when asked what question he wishes more people would ask him, his answer is simple: Is talent necessary to become an artist?

"Many people consider art a talent which, if you lack, you can never be an artist," he says. "My answer would be no."



"True art will always carry emotional and historical value, the human touch can never be replaced."

- ARTIST ALABBAS

That sense of solitude is a recurring element in his work. Yet the loneliness he portrays is not necessarily negative. Rather, it is a space for growth and self-examination. "Loneliness and emptiness are not necessarily a bad thing," he explains. "They are the moments in which a person reflects and grows out of what's behind and past."

His exploration of the human condition also extends to addiction, a subject he approaches as a deeply personal struggle rather than a public spectacle. "It's something unique from person to another," he says, describing it as an experience many people carry privately.

More recently, AlAbbas has become fascinated by the concept of time. Unlike other themes, time presents a challenge that

New Committee Planned for Bahrain's Traditional Markets

● Traders and business owners invited to register and run for committee membership

The Bahrain Chamber of Commerce and Industry (BCCI) has announced plans to establish a new sector committee dedicated to the Kingdom's traditional markets, titled the "Old Markets Committee," as part of its efforts to strengthen sector representation and enhance communication with various economic activities.

The Chamber has called on business owners, traders, and professionals operating in traditional markets across Bahrain to register and nominate themselves for committee membership.

According to the Chamber, the initiative reflects the economic, commercial, and cultural significance of Bahrain's traditional marketplaces, including the Old Manama Souq, Muharraq Souq, Sitra Souq, Hamad Town Souq, Riffa Souq, Jidhafs Souq, Isa Town Souq, and other popular and heritage markets that have long played a vital role in the Kingdom's commercial history.

The Chamber highlighted that these markets contribute significantly to economic activity, tourism, and the preservation of Bahrain's commercial heritage.



The proposed committee will serve as a specialized platform for addressing the needs of traditional markets and submitting recommendations for their development and competitiveness. It will also focus on safeguarding Bahrain's long-standing trading traditions while supporting market activity sustainability and boosting economic and tourism-related growth.

BCCI noted that the committee will provide effective representation for the diverse business activities associated with traditional markets, enabling stakeholders to discuss sector challenges and propose initiatives and solutions for its development. The move is also expected to encourage broader participation from business owners and market operators.

The Chamber added that, if the requirements for establish-

ing the committee are met, the total number of permanent sector committees during its 31st session will rise to 12, further expanding sector representation and allowing greater focus on the specific issues and priorities of each economic sector.

BCCI urged traders, business owners, and professionals working in traditional markets to register and submit their nominations through the Chamber's website, stressing that the success of sector committees depends largely on the active participation of experienced practitioners and industry representatives.

The Chamber reaffirmed its commitment to supporting initiatives that strengthen the role of traditional markets in Bahrain's economy while preserving their historical and cultural value for future generations.

From The Court

TDT | Manama
Rehab Mohammad

Jail Terms, Fines, Deportation for Drug Offences

The High Criminal Court convicted two Asian nationals in a drug-related case involving the import and possession of narcotic and psychotropic substances, sentencing them to imprisonment, fines, and deportation upon completion of their sentences.

The Deputy Head of the Narcotics Prosecution said the first defendant was found guilty of importing, possessing, and acquiring narcotic substances with intent to traffic. He was sentenced to 15 years in prison and fined BHD 10,000. The second defendant was convicted of possessing psychotropic substances for personal use and received a six-month jail term along with a BHD 100 fine. Both will be permanently deported after serving their sentences.

According to the Public Prosecution, the case began after the Drug Enforcement Directorate at the Ministry of Interior flagged a suspicious parcel arriving from abroad in the first defendant's name. The shipment was intercepted during X-ray screening and found to contain narcotics concealed inside plastic containers. A sting operation was subsequently conducted, leading to the arrest of the first defendant when he arrived to collect the parcel, along with the second defendant who was accompanying him and appeared to be in an abnormal condition. Authorities also seized drug-related tools and psychotropic substances in his possession.

Three-Year Sentence in Onion Shipment Smuggling Case

A Bahraini appeals court upheld a three-year prison sentence and deportation order against an Asian man convicted of smuggling a prohibited tobacco product concealed inside an onion shipment.

The First Circuit of the High Criminal Court of Appeal also confirmed financial penalties, including a BD 3,985 fine, additional taxes amounting to 19,925 dinars, and the confiscation of the seized goods.

The case dates back to a customs inspection at a maritime port, where officers became suspicious of an onion shipment arriving from an Asian country due to irregularities in appearance. An X-ray scan revealed abnormal internal structures, leading to a detailed inspection. Authorities discovered 11,110 packets of a prohibited tobacco product, weighing 1,035 kilograms, hidden inside hollowed-out onions.

Investigations showed that the defendant arranged the shipment using a commercial license belonging to a third party to bypass import restrictions. He later admitted to coordinating the arrangement for payment, as he did not have a valid commercial registration in Bahrain.

Seven-Year Jail Term in Human Trafficking Case

The court has sentenced an Asian woman to seven years in prison after convicting her in a human trafficking case involving the exploitation of a victim in illegal activities.

The High Criminal Court also imposed a BD 2,000 fine, ordered her to pay the victim's repatriation costs, and ruled for her permanent deportation after completing her sentence.

According to the Head of the Human Trafficking Prosecution, Advocate General, the case began after a report was re-

Shaikh Hamad Avenue upgrade to add parking

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Mohammed Darwish

Work is to start on a half-kilometre overhaul of Shaikh Hamad Avenue in Muharraq, in a scheme meant to add parking, ease traffic and smarten one of the old city's main routes.

Abdulaziz Al Naar, chairman of Muharraq Municipal Council, said the Works Ministry would carry out the upgrade from Avenue 10, at the western end of Muharraq Souq, to Shaikh Isa Avenue in the east.

The work will bring new pavement layouts, extra parking bays, changes to some junctions and entrances, tree planting, street furniture and frontage works.

Mr Al Naar said the aim was to improve the look of the area while keeping faith with Bahrain's old architectural style.

Shaikh Hamad Avenue runs through a busy part of Muharraq, where rising car use has put strain on roads, shopfronts and access to nearby services.

Mr Al Naar said the works would deal with traffic pinch points, improve road safety and make it easier for drivers and pedestrians to reach shops, homes, public buildings and other facilities.

He said the plans had been drawn up with Muharraq's heritage in mind.

The city's old character, he added, would be kept while road works and safety needs were met.

Mr Al Naar said the council would keep working with government bodies to follow the project under the agreed timetable.

He said the scheme would help improve life in Muharraq and support its standing as a city shaped by heritage and renewal.



Shaikh Hamad Avenue



Abdulaziz Al Naar, chairman of Muharraq Municipal Council