

Meet Esther F. Liu, MD: Physician Lead at Swedish Factoria Primary Care

Dedicated Family Physician Committed to Holistic Health and Community Wellbeing in Bellevue, Washington



New York City, New York Apr 20, 2025 ([Issuewire.com](https://www.issuewire.com)) - Swedish Factoria Primary Care is proud to announce the continued excellence of Esther F. Liu, MD, a board-certified family physician with over

three decades of experience in delivering compassionate and comprehensive healthcare to patients of all ages. Located in Bellevue, Washington, Dr. Liu specializes in preventative care, pediatric and women's health issues, emphasizing the importance of early disease detection and the body's natural healing capabilities.

Dr. Liu's holistic approach to family medicine recognizes the interconnectedness of physical health, mindset, and psychology. By integrating techniques such as acupuncture, energy treatments, diet, and Emotional Freedom Techniques (EFT), she educates and empowers her patients to achieve and maintain optimal health. "My commitment as a family physician is to guide individuals toward harnessing their body's innate ability to heal through preventative measures and education," says Dr. Liu.

In addition to her clinical practice, Dr. Liu holds the position of Clinical Assistant Professor at the Elson S. Floyd College of Medicine at Washington State University, a role she has embraced since 2022. This position allows her to influence the next generation of healthcare professionals by sharing her extensive knowledge and passion for family medicine.

A graduate of the Oregon Health & Science University School of Medicine in 1991, Dr. Liu completed her residency at OhioHealth/Grant Medical Center. She is board-certified in family medicine by the American Board of Family Medicine and clinical informatics by the American Board of Preventive Medicine. Dr. Liu is also actively involved in several professional organizations, including the American Academy of Family Physicians and the American College of Lifestyle Medicine, ensuring she stays current with the latest developments in her field.

As a trained physician leader, Dr. Liu has completed a formal Physician Leadership Development Program. As the Physician Lead at Swedish Factoria Primary Care, she employs her organizational and technical skills to enhance clinic workflows and care processes, ensuring that patients receive the highest standard of care. Additionally, she is a certified Epic Super User and clinical informaticist, optimizing the use of electronic medical records (EMR) and developing training programs for her colleagues.

Dr. Liu is also a Certified High Performance Coach, trained by renowned coach Brendon Burchard through the High Performance Institute. She assists clients in achieving high performance across various life domains while maintaining their well-being. By focusing on self-mastery and the development of positive habits, Dr. Liu helps her clients unlock their full potential and fulfillment.

"Success is not merely about achievements for me; it stems from a deep satisfaction with my work and a commitment to both personal and professional growth," Dr. Liu reflects. With a strong growth mindset, she approaches every opportunity as a chance to learn and improve. Most importantly, Dr. Liu believes she is here to serve the community, and that purpose drives everything she does.

Fluent in English, Mandarin, and Taiwanese, Dr. Liu is dedicated to making healthcare accessible to diverse populations. Her commitment to holistic health and community service continues to make a significant impact on the lives of her patients in Bellevue and beyond.

Learn More about Dr. Esther F. Liu:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/3063346-Esther-Liu-Family-Practitioner> or through Swedish Health Services, <https://www.swedish.org/doctors/family-medicine/wa/bellevue/esther-liu-1801979836>

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Source : Esther F. Liu, MD

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