

Al-Qabas

MY STORY OF ADDICTION

By Ahmad Al-Sarraf

I can say that I am extremely addicted to sweets, though there is nothing more harmful than it, because it is the main cause of obesity, the mother of all diseases including cancer, whose cells feed on sugar. So I decided to stop eating white and brown sugar and all food that contain it, though those in my condition should not stop all of a sudden, rather the matter should be dealt with in a scientific fashion. Here are 25 steps that can be followed, and I started with them, which can help us reduce the intake of sugar.

- 1- We must stop taking it gradually, because stopping it completely will cause depression and fatigue.
- 2- Replace it with fruits.
- 3- Prepare your meals yourself, as much as possible, because we do not know what is in the stuff we eat outside.
- 4- Refrain completely from sweeteners or artificial sugar, and do not trust what is written on some foods that "they are free of sugar", because they have been proven dangerous to health and the reaction in the stomach.
- 5- Avoid foods labeled as "free of fats", because they usually contain sugar or saccharine to improve their taste.
- 6- Avoid fizzy drinks because of the high sugar content in them, including "diet" ones.
- 7- Start your day by eating eggs and yogurt and protein drinks, because these will keep normal levels of sugar in the blood, satisfy you and keep craving for sugar away.
- 8- Do not forget to eat the three major meals, because avoiding one will increase your urge to eat sugary foods.
- 9- Keep healthy food close to you such as fruits, and eat them as soon as you feel the need for sugar.
- 10- Avoid thirst, as it is a reason for our urge to eat sugars.
- 11- Eat fruits, vegetables and natural and untreated nuts.
- 12- Eat healthy fats such as olive oil, avocado and cereals.
- 13- If you feel an urgent need for a sweet, then take a little honey.
- 14- Using medicinal spices reduces your need for sugar such as cardamom, cinnamon and nutmeg.
- 15- Try for few days to take tea and coffee, as I do, without adding sugar.
- 16- If you are a chocolate lover, then use the dark one which has 70 percent or more cocoa.
- 17- Ask a friend who you always see, or a family member, to join you in reducing sugar intake, because fighting it alone is a tiring process.
- 18- Do not assume that some foods such as salads do not have sugar, because some restaurants add it, so we must make sure about what we are eating.
- 19- Lack of enough sleep pushes us to have the urge for sugar.

This column was supposed to be published ahead of Ramadan, but I was confident that no one would do a thing in it. I wish everyone good health!

— Translated by Kuwait Times



GULF BANK ANNOUNCES WINNERS OF RED, SALARY ACCOUNTS MONTHLY DRAW

KUWAIT: Gulf Bank has announced winners of both Monthly Salary Account and Red Account draws, which took place on Thursday 30 June 2016. The Salary and Red Account have a cash draw prize of KD 1,000 for each account.

Ali Nayef Johar Arnan and Bassam Waleed Abdulwahab Al-Zanki who are the lucky winners of the Salary Account and Red Account draw prize for this month, each of the two winners received cash draw prize of KD 1,000.

New Red Account or Salary Account customers who open an account and transfer their student allowance or salary will also be eligible to enter the monthly cash draws for a chance to also win up to KD 1,000 each. In addition, the quarterly car draw will be for 1 lucky winner who will have a chance to win a new Cadillac CTS.

For further information about Gulf Bank's red and Salary account and other prize draws, visit one of Gulf Bank's 56 branches, call the Customer Contact Center on 1805805, or go online at www.e-gulfbank.com.



OOREDOO ANNOUNCES WINNERS OF 10TH WEEK OF ITS PREPAID CAMPAIGN SMARTPHONES AND VALUABLE PRIZES

KUWAIT: Ooredoo Kuwait, a member of the international Ooredoo Group, announced the tenth weekly winners of its all new prepaid campaign "Every Recharge Wins." 7 of the winners were presented with the Samsung Galaxy mobile and 1 winner with the iPad Mini 3.

The winners of this week were:

- Fadhel AM Al Shahhaf - Samsung Galaxy
- Ahmad Atshan Aysel Faleh - Samsung Galaxy
- Armujam Naishiappan Armujam - Samsung Galaxy
- AlSayed Ezzedine al-Sawi - Samsung Galaxy
- Fakhruddin Bai - Samsung Galaxy
- Jayyash Ali - Samsung Galaxy
- Nadu Vilakat Sadeek - Samsung Galaxy
- Daragi Jatoberha - iPad Mini 3

Ooredoo's 'Every Recharge Wins' campaign is the first of its kind, providing customers with chances to enter daily, weekly, and monthly draws, in addition to a grand draw for each 1 KD recharge. Customers can win smart phones, tablets, cash prizes and a grand prize, which is the 2016 Toyota Prado V6. The more customers recharge their lines, the more



chances they get to win. In addition to the draws, customers will also be entitled to get free SMSs, internet, Nojoom points or minutes, instantly upon every recharge.

To take part in these draws and win one of the great prizes, customers merely need to recharge their prepaid lines. The more the customers recharge, the more chances they have to win. All winners will be contacted directly and an announcement with the winners' names will be made.



Crime

Report

Hacker remanded in custody

KUWAIT: The renewal judge refused to free a hacker who committed electronic thefts. He was arrested following several complaints about stealing money using ATM cards. Farwaniya detectives received a complaint from a citizen that KD 1,800 was withdrawn from his account. Their investigations led them to the suspect when he made a purchase in Kuwait.

Bootlegger caught

An Indian deliveryman used his restaurant's car to deliver liquor until his arrest with 107 liquor bottles. The man's activity was discovered when a patrol noticed the driver getting nervous after he saw them, so he was stopped and confessed to having the liquor. A security source said policemen arrested the mastermind who ran the liquor trade and both were sent to concerned authorities.

Pedestrian mugged

Three unidentified persons robbed a Filipina and threatened to hurt her as she was returning from work. A security source said the three took KD 1,000 and a new phone from her. A citizen told police in Nugra someone withdrew KD 1,000 from his bank account. Detectives are working on both cases.

Search for swindlers

Two Syrian brothers swindled a citizen out of KD 5,000 after they convinced him of a business venture. The citizen, in his forties, told Jleeb Al-Shuyoukh police station that the brothers told him there was a guaranteed business, and as he fully trusted them because of close relations between their families, he gave them KD 5,000. But as soon as they got the money, they disappeared. Police are investigating.

Brothel raided

Farwaniya police raided a brothel where seven African and Asian nationals were caught. Most of those arrested are either wanted or reported absconding. They were sent for deportation. — Al-Rai

FULL GCC COORDINATION TO TRACE TERRORIST CELLS

KUWAIT: A high ranking security source said there is full coordination between state security and similar departments in Gulf countries to trace terrorists cells or sleeping cells of terrorist organizations, particularly the Islamic State (IS). He pointed to information exchange which has been highly effective in enabling Gulf Cooperation Council (GCC) countries to maintain security control and prevent the expansion of terror activities.

The continued process of monitoring cells include surveillance of those who adopt terrorist ideologies and their sympathizers, the source said. Authorities deport expats every now and then who are proven to sympathize with this ideology and terrorist organizations, while citizens who express similar sympathy are placed under close monitoring, he added.

"The Interior Ministry does not punish innocent people whose relatives commit crimes," the source meanwhile said, denying reports that three Pakistanis were deported because they are relatives of a man who committed a terrorist act in Saudi Arabia. The source said that citizens from certain countries, especially from Afghanistan, Pakistan, Yemen, Iran, Syria and Iraq are allowed in the country at a minimum rate, while state security departments and the rest of GCC countries look closely into the reasons of their visits. Their visas are not issued by immigration department, but they need approval from high ranking state authorities. — Al-Anbaa



KFH HOLDS TRAINING PROGRAM FOR 30 NEW RECRUITS

KUWAIT: Kuwait Finance House (KFH) held a comprehensive training program for 30 new recruits in an attempt to improve their proficiency in banking transactions and financial services to better serve clients and cater for their aspirations. The program was tailored to qualify employees to commence work at KFH Call Center department and the branches.

The 1-month program encompassed two groups of employees; 20 for branches and 10 for Call Center. It included training courses and workshops on banking products, such as; banking cards, bank accounts, deposits, letters of guarantee, and KFH e-services. In addition, the program tackled training courses on sharia basics, counter-

feiting and fraud, GFS Ethix, not to mention the call center; its equipment, role, and the services it renders.

Moreover, the program witnessed presentations of recruits who demonstrated their proposals of developing a service or a product. These proposals undergo assessments and review by members of high level panel of KFH managers and chiefs.

Such training programs contribute to raise the bar of employees, enrich their banking knowledge and put them on track to be well equipped and prepared to assume the responsibility of serving clients and encounter any obstacle and challenge according to the highest international standards of excellence service quality.

KFH EXHIBITS PRODUCTS AT THE MINISTRY OF EDUCATION

KUWAIT: Kuwait Finance House (KFH) is currently exhibiting its services and products at the Ministry of Education through its private pavilion. The pavilion comprises a team of highly specialized direct sale experts. The exhibition shall continue for 3 months, where KFH through its presence, aims to confirm and reassure stronger communications with customers based on a comprehensive marketing plan, thus aiming to approach a large segment of customers including employees and visitors of the Ministry of Education, particularly Block 2.

Direct sale team provides information to customers, answers their queries and highlights the comprehensive KFH services and products including Al-Rabeh salary account that offers clients the opportunity to win two 2016 Range Rover's and 3 kg of Gold every 3 months, in addition to the Tammayoz, Rubban and Sundus programs. The Direct Sales team will also educate visitors on KFH investment plans, and banking cards that grants clients unique discounts up to 55% at over 150 commercial outlets and brands.

Also, KFH team will explain about the new banking cards campaign themed "Use KFH Cards and You May Win up to 2 Mercedes-Benz SUV's and Cash Prizes up to \$200,000" that was launched in an attempt to encourage

clients to use KFH credit, prepaid and debit cards while making purchases in Kuwait and overseas.

KFH presence grants customers the opportunity to be familiar with KFH various products and services including accounts, deposits, credit cards, finance services, investment plans, credit facilities and other advantages offered by each segment of service.

