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tell me
WHY

**FOOD
INTOLERANCE
TESTS ARE A
SCAM**

Scan the
QR code for
episode 22 of
the podcast



**Sandra Mikhail, dietitian and founder of A-Z
Nutrition, joins Maria Botros on the Tell Me Why
podcast to talk about misleading diagnostic tools
currently trending and the importance of gut health**

Often people confuse
food intolerances with
food allergies

Blood tests cannot
diagnose food
intolerances

Food allergies can
involve life-threatening
immune responses to
specific food proteins

Enzymatic intolerances,
food chemical
intolerances or
pharmacological
sensitivities, and
FODmaps are the 3 types
of food intolerances

Iraq recalls envoy from Iran in rebutal to ally over missile strikes

Tehran defends hits as
'targeted operation'
against Israel's
intelligence services

BAGHDAD

Iraq summoned Iran's envoy
in Baghdad and recalled its
ambassador from Tehran
yesterday in a sharp rebutal
to its ally over deadly mis-
sile strikes on its autonomous
Kurdish region.

Iraq challenged Iran's claim
that the strikes targeted Is-
rael's intelligence services in
response to recent Israeli as-
sassinations of Iranian and
pro-Iranian commanders.

It said it would lodge a
complaint with the UN Secu-
rity Council over the Iranian

"attack on its sovereignty".
Iran's strikes also hit alleged
Daesh targets in Iraq's western
neighbour Syria.

Four people were killed and
six wounded in the strikes on
Iraqi Kurdistan, the region's se-
curity council said. The casual-
ties included prominent real es-
tate magnate Peshraw Dizayee,
his wife and other family mem-
bers who were hit by a strike on
their home, the region's leading
party, the Kurdistan Democrat-
ic Party, said.

4

people killed, six
wounded in strikes
on Iraqi Kurdistan

Iran defended its missile
strikes in Iraq and Syria, say-
ing they were a "targeted op-
eration" and "just punishment"
against those who breach the
Islamic republic's security.

Precision weapons

"The Islamic republic, with
its high intelligence capability,
in a precise and targeted op-
eration identified the criminals'
headquarters and hit it with
precision weapons," foreign
ministry spokesman Nasser
Kanani said.

The strike came "in re-
sponse to the recent vicious
actions of the Zionist regime
which martyred the com-
manders of the Revolution-
ary Guards and the resistance
front," a Guards statement
carried by Iran's official IRNA
news agency said. —AFP

ENTERTAINMENT

**Emmys: Huge
wins for
Succession and
The Bear on
awards night | P14**



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'Only end of Gaza war can rein in Houthis'

QATAR, SAUDI ARABIA SAY STRIKES
ON YEMEN WILL ESCALATE CONFLICT

DUBAI

BY STEPHEN N.R.

Senior Associate Editor

Regional tensions and
fears of a wider war
took centre stage at
Davos forum with
Qatar prime minister
saying that military strikes on
Yemen will not contain attacks
by Al Houthis on commercial
shipping lanes in the Red Sea,
but an end to the war in Gaza
will.

Speaking at the World Eco-
nomic Forum (WEF) meeting
in Davos, Switzerland, Shaikh
Mohammad Bin Abdul Rahman
Al Thani said that US and Brit-
ish military strikes on Yemen
will only create "a high risk of
further escalation and further
expansion of" the conflict. He
described the current regional
situation as a "recipe for esca-
lation everywhere" and said Qatar
believes that defusing the con-
flict in Gaza will stop the esca-
lation on other fronts.

At the same forum, Saudi
Arabia's foreign minister Prince
Faisal Bin Farhan Al Saud also
said that Al Houthi attacks are
connected to the Gaza war and
there is a need for an immedi-

ate ceasefire there. He also said
that the Kingdom could recog-
nise Israel if a comprehensive
agreement was reached that
included statehood for the Pal-
estinians.

More attacks

Yesterday, British oil giant
Shell paused transit through the
key Red Sea shipping route in-
definitely, according to a media
report.

Also yesterday, a commodity-
carrying ship was hit by a mis-
sile in the Red Sea, a fresh sign
of intensifying attacks on mer-
chant vessels in a waterway that
key industry groups are cau-
tioning remains too dangerous
for navigation.

The Greek-owned bulk car-
rier Zografra was struck about
122km northwest of Al Saleef,
in Yemen, according to Ambrey
Analytics.

SEE ALSO P9

**A commodity-carrying
ship was hit yesterday
by a missile in the Red
Sea, a fresh sign of
intensifying attacks on
merchant vessels.**

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