

## US takes on Apple in antitrust lawsuit

WASHINGTON

The US Department of Justice and 15 US states yesterday sued Apple, alleging it monopolised smartphone markets in the first major antitrust effort against the iPhone maker by the Biden administration.

Apple joins a list of major tech companies sued by US regulators, including Alphabet's Google, Meta Platforms and Amazon.com across the administrations of both former President Donald Trump and President Joe Biden.

"Consumers should not have to pay higher prices because companies violate the antitrust laws," Attorney General Merrick Garland said in a statement.

The civil lawsuit accuses Apple of an illegal monopoly on smartphones maintained by imposing contractual restrictions on, and withholding critical access from, developers. —Reuters

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## Sugar is making you look ugly, experts say

INFLAMMATION, PUFFY SKIN... LIST OF WOES IS ENDLESS

DUBAI

BY LAKSHANA N. PALAT

Assistant Features Editor

Sugar is making us ugly, say experts. Studies are repeatedly showing the not-so-sweet damage sugar is inflicting on our skin, our facial appearance and overall health.

Inflammation, puffy skin... the list of woes is endless, but we continue to consume this sweet poison. In fact, our breakfast might be defining whether we look our best or not.

"Sugar makes you fat, ugly and old," said Brooke Alpert, American dietitian and co-author of *The Sugar Detox: Lose the Sugar, Lose the Weight — Look and Feel Great*, in a report published by American news site WGNO. "It negatively affects skin, and it leads to premature aging."

New research from France has found that people who eat breakfast with refined carbohydrates "were rated less attractive than those who started the day with healthier unrefined carbs".

### Wrinkles and sagging

Scientists at the French University of Montpellier, who did the study, say facial attractiveness is being driven by changes in blood sugar and insulin, based

### WHY SUGAR ADDICTION IS TOUGHEST TO BREAK

Many of us are not even aware that we are addicted to sugar. Science says there are several reasons for it:

- 1. Brain chemistry:** Sugar triggers the release of dopamine, a neurotransmitter associated with pleasure and reward. This creates a positive reinforcement loop, making you crave sugar more to experience that feeling again.
- 2. Widespread availability:** Sugar is in many processed foods and drinks, making it difficult to avoid. Even healthy options can be loaded with sugar.
- 3. Withdrawal symptoms:** Abruptly cutting out sugar can lead to withdrawal symptoms like fatigue, headaches, irritability, and further cravings.
- 4. Emotional connection:** Sugar is often associated with positive experiences like comfort food, celebrations, and social gatherings. This emotional connection makes it harder to view sugar objectively and resist cravings.
- 5. Habit:** Regularly consuming sugary foods and drinks creates a strong habit loop. The body becomes accustomed to the frequent sugar spikes and cravings become ingrained.



on what you eat, which affects your skin's appearance — sugar can cause water retention, puffiness and in the long run damages the skin's elasticity leading to wrinkles and sagging.

A process called glycation can occur when you consume refined carbs, especially those that are high in sugar. "This process leads to the formation of harmful molecules that damage collagen and elastin in

the skin," explains Munawara Yahya, a Dubai-based dietitian. "Collagen and elastin are proteins that keep your skin firm and youthful, so their breakdown contributes to wrinkles and sagging, which again contribute to less attractiveness."

The tragedy: We can't seem to stop consuming sugar. "People have a real dependency — a real addiction to sugar," Alpert said.

FULL REPORT P10-11

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