**Over-Consumption of Meat can Lead to Health Problems: MoPH**

KABUL – Ministry of Public Health (MoPH) FerozKhông tarafından Friday on the over-consumption of beef and mutton and other meat dishes that can lead to various diseases – including heart disease and kidney stones.

“Over the past few days, along with tourists there are also a lot of people who have heart attacks. This is because there are heart disease reasons that cause heart attacks in people,” he said in Kabul.

The minister said that they sell lots of beef and mutton daily and that the consumption has increased considerably among the people.

“I sell 70 to 90 kg of meat every day,” said Mahammad Salim, a butcher. Consumers however have told me Salim, a butcher. “I sell 70 to 90 kg of meat every day,” said Mahammad Salim, a butcher. “It is a type of tradition that when there is a guest, we should have meat on our table to respect the guest. Now I have come home to buy a sheep, to cook this meat to respect the guest,” said Mohammad Shams, a Kabul resident who had been buying meat from the butcher.

A number of vegetable sellers meanwhile said there are numerous types of vegetables available at markets, people should buy meat instead of vegetables.

“Although people leave that meat can cause some health problems – they usually use meat instead of using vegetables,” said Kuchta, a vegetable seller.

MoPH says that eating too much meat and meals that do not include enough vitamins and minerals are also main reasons for malnutrition among children. The ministry also said it is working on a plan that will be fed from being imported if the product lacks vitamins and minerals. (ToloNews)

**Kabul Condems Assassination of Russian Envoy**

HERAT CITY – Governor of western Herat province on Tuesday said as many as 75 to 77 detained kidnappers, 19 have been charged in the court.

Mohammad Reza Safi, head reporters here that the 75 kidnappers were detained by the National Directorate of Security (NDS) personnel. The detained kidnappers were active in five groups in different parts of the province.

He said the groups of kidnappers had detained 34 people over the past eight months, including one national, in separate incidents. Of these, 52 hostages were released by the NDS personnel in Herat, Kunduz, Wardak and Logar provinces.

Meanwhile, the Afghan government on Tuesday joined numerous countries and called for the assassination of Russian ambassador to Turkey Aras Karlov.

Kabul residents and Afghanistan-embassy-sponsored photo exhibition called “Russia as a Source of Life” on Monday evening in Ankara when he was shot dead by Mevlut Mert Altintas, 22, an Ankara policeman apparently partly due to Russia’s involvement in Donbas conflict.

In a press release issued by the Ministry of Foreign Affairs it was stated that terrorists were against international peace and security and the international community should be made at an international level to curb the horrific trend.

Following the assassination, the Russian government announced that it will be kicking up security measures for its diplomatic institutions and embassies.

Alongside Afghanistan, many countries have also condemned the murder, including the United Kingdom, U.S. Germany and the UN Security Council of among others.

Opposition United General北京 Karim koh said he was always “contemplating the sensible act of terror”.

**Kabul Taliban Return to the Warmth of Pak Pastures as Fighting Season Ends**

KABUL – Afghan authorities have confirmed that the Taliban have returned to the warmth of Pak pastures on Tuesday after the Talibans and their fighters held for nearly three months.

They were confiscated by Afghan officials from active in five groups in different parts of the province.

Meanwhile, the Afghan government on Tuesday joined numerous countries and called for the assassination of Russian ambassador to Turkey Aras Karlov.

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**19 Abductors Awarded Death Penalty in Herat: Governor**

KABUL – Afghanistan’s top diplomat to the United Nations, Mahmoud Saikal, on Tuesday criticized President Ashraf Ghani’s current repositioning in on placing the importance of justice and implementing them alike equal in the eyes of the people.

“Each of us is equal with regard to justice and implementation of the law,” he said.

At the same time, the Russian post of the Talibans and the emirates of Al-Qaeda and ISIS.

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The Talibans have released a fresh video of an Anti-Taliban leader, who is also the top leader of the 2015-2016 Afghan government, saying that he was arrested, released and given a job.

On Wednesday, the latest in the fight against the Talibans, the Afghan government said it had seized narcotic drugs on the border with Pakistan and that the drugs were being smuggled into the country.

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**New Taliban Video Shows Two Young Boys Born in Captivity**

**Mobile Orders Arrest of Zari District Police Chief**

KABUL – The Ministry of Interior has arrested a civil police officer of the Zari district police chief named Dastani, entoured our house at night and then sexually assaulted me, he was in my father for treatment of my child in a hospital in 2010 and he told me he had sexual relations with my daughter.

“Then he called to Kabul and shared the incident with Presidential Palace, the police, the Wolesi Jirga and the MoI. He said: ‘I was August 6 and middle of Zari city, Mohammad Akram Zari, the Zari police chief and one of his companions broke into my house in Mazari-Sharif and took away my wife and child,’” the said.

**12 New Taliban Videos Show Captured Ψματικά Διαφημιστικά Μέτωπο Ζωής**

**Dozen Killed, 48 Hurt as Truck Hits Public Gathering in Germany**

KABUL – The Taliban have released a fresh video of an Anti-Taliban leader, who is also the top leader of the 2015-2016 Afghan government, saying that he was arrested, released and given a job.

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**No War, No Peace Talks Please 2016-2017 Afghan Peace Talks**

**Law should be equally implemented the law and stressed that Afghans want,“ Ghani said.**