

LIFE IS BETTER AS AN EX-SMOKER!

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**By Hera Alam**

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"SMOKING IS INJURIOUS TO HEALTH"...

The above mentioned phrase is very famous. Everyone knows this fact. Then the question that comes into mind is why people smoke?

Ask any current smoker why he continues to indulge himself in such a dangerous activity and he will normally reply "Because I like smoking". While he may say this in all honesty, it is a very misleading statement both to the listener and to the smoker himself. He does not smoke because he enjoys smoking rather he smokes because he doesn't enjoy not smoking!

There are many reasons for which people start smoking, it's pretty funny: A lot of teenagers start smoking during high school because they think that it makes one appear glamorous and mature. Some think that it makes them feel relaxed, more mellow and sometimes it helps in reducing tension or whenever they are feeling miserable, unsatisfied, nervous or bored. Some start because their parents, teachers and other adults told them they couldn't smoke. So to show them who was in control, they smoked anyway. Yet some smokers continue to smoke because of their self-destructive attitude. Some smoke to stay awake or to sleep even some say that they smoke to think!

The reasons to start smoking and the reasons to continue it are not the same. People start for a variety of reasons, but they continue for just one – they became drug addicts.

Once off smoking these excuses simply disappear, leaving a physically and psychologically healthier individual.

As far as the promotion of smoking is concerned, TV commercials play a very major role. Here is an instance as to how commercials attract masses, youngsters in particular, towards smoking...

The father sat reflecting on how much joy his two sons brought to him during the year. He decided to buy them both the present of their choice this holiday season. When he asked his older boy what he

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would like, the son replied, "Oh boy, I would like so many things. May be a bicycle, or new skis, or skin diving equipment. I wish I would have them all, but any one would make me happy." That was fine with the father, he now had some good choices. Next, he turned to his younger son, who was only eight years old. The boy envied his brother for all the games he could play and all of the sports he could do so well. When asked what he would like, he made one simple request. "I would like a box of Tampax Tampons." The father was shocked, "What in the world do you want a box of tampons for?" he demanded angrily. The poor boy, not knowing he had said something wrong, answered, "With Tampax, you can swim, ski, sky dive, horseback ride and play any sport you want."!!!

ISNT IT AMAZING??? SURE IT IS! This is why people have such an idealization of this dangerous product.

There are roughly 50 million smokers in the United States. These 50 million smokers consume incredibly 800 billion cigarettes annually. Cigarette smoking is also increasing rapidly in other parts of the world, particularly in the lesser-developed countries.

The harmful effects of tobacco smoking, and in particular cigarette smoking, on health are now well accepted. Such effects include the direct action of cigarettes on the respiratory tract, causing cancer of the lung, as well as more indirect action on other organs such as arteries and heart. While smoking, almost 500 different gases are released into the lungs and the body, also there is release of roughly 3,500 chemicals including nicotine and large number of carcinogenic chemicals. Some of these chemicals, specially nicotine, lead to strong addiction.

The harmful effects of cigarette smoking on the musculoskeletal system (the bones, joints and muscles) have not been the subject of much publicity, nor have the public or doctors given it the same attention that they have to other diseases caused by smoking.

Scientists have analyzed clinical studies of the effects of smoking on the musculoskeletal system. Their findings are summarized here:

Smoking reduces the amount of available oxygen in the tissues under the skin, due to this healing is affected by smoking, since oxygen is necessary close wounds. It also reduces the blood flow. One study showed that even one cigarette could cause quite severe constriction of the blood vessels in the fingers. So it is obviously highly desirable for smokers to quit smoking before and after any surgery, it definitely aids patient recovery. One study pointed out that smoking decreased bone formation in osteoporotic patients. Another study showed that while a non-smoker can build 1 centimeter of bone in 2 months...it takes a smoker 3 months!

It should be remembered that annually over 500,000 deaths in the United States, and millions more throughout the world, are caused by smoking!

Now if you listen to your heart, I am sure it is telling you – never smoke again. Life can be longer as a ex-smoker, and life is better as a ex-smoker. Consider this whenever external or internal forces call out to you. We shall also move forward to eradicate smoking and shall take steps to keep our place clean from this social evil.

None

**Calling all smokers. A dream ticket for two to Paradise Island – for all of you!**

**By michael challiner**

Sorry to remind all you died in the wool smokers but November was Lung Cancer Awareness month. But no don't click away - spare a few moments of your time, please .....

If hard words on packets wash over you, let me put the financial case to you for quitting. As well as feeling healthier I can offer you a holiday for two on Paradise Island in the Maldives, for two, for every year of your longer life!!

OK, I know you don't believe me. Let's explain.

Say the average smoker is 40 and smokes 20 a day. With cigarettes at £5 a packet that's £1,800 a year. Then you'll save loads on the cost of your your life, critical illness and medical insurance. Just how much was highlighted in a recent snapshot study by

. This found

that the average smoker paid 56% more for life insurance than a non-smoker. Therefore, giving up could easily save you £50 per month on your various insurance premiums.

So as a non-smoker you could be £2,400 per year better off. Wearing a financial hat I can show you that if a 40 year old man put those savings into a personal pension plan with NFU, then at 5% per annum growth, he'll have a healthy retirement fund of £97,860. On retirement that could give an in the pocket tax-free sum of £24,465, plus an annual lifetime income of £3,830 (or £5,100 per year if the tax-free cash was left in the pension).

On the other hand let's have more fun!

For £2,400 you can have a 5 star 10 day holiday for two on Paradise Island in the Maldives. Give up smoking forever and you could afford to go back to Paradise Island every year!

QED - makes you think doesn't it?

Michael Challiner has 15 years experience in financial services marketing at senior level. Michael now works as the editor of Express Life Insurance. Express Life Insurance offer

as well as

and

for uk residents.

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