

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Smoking

By Michelle Earl

Smoking by Michelle Earl

SMOKING

Tendrills of smoke circle my head
The smell of it fills me with dread.
Especially when I don't smoke
It's only when other people take a toke.

It burns
It makes my stomach churn
My eyes hurt
And I'm very curt.

I'm curt because I want my health
A killer that can attack in utter stealth
I want to keep my lungs inside of me
Healthy

Why can't they see that the habit's bad
For all of us, and it's so sad.
For the children around...the next generation
Breathe it in....It gets maximum penetration

Coughs and athsma, allergies and such
Makes this all too much
For they have a filter in their mouth.as they puff
We don't, and enough is enough.

I live in Edmonton Alberta Canada. Ever since having to stand outside at a Christmas party, I have made a stand against smoking.

Quit Smoking Today

By Ratliff J

Quit Smoking Today by Ratliff J

Decide Right Now to Believe that You CAN Quit Smoking

Studies of smokers who successfully quit smoking show that one of the most important traits of a successful quitter is their belief that they have the ability to quit smoking.

Good Reasons for Quitting Smoking

Quitting smoking is one of the most important things you will ever do:

You will live longer and live better.

Quitting will lower your chance of having a heart attack, stroke, or cancer.

If you are pregnant, quitting smoking will improve your chances of having a healthy baby.

The people you live with, especially your children, will be healthier.

You will have extra money to spend on things other than cigarettes.

Five Keys for Quitting Smoking

Studies have shown that these five steps will help you quit and quit for good. You have the best chances of quitting if you use them together:

Get ready.

Get support.

Learn new skills and behaviors.

Get medication and use it correctly.

Be prepared for relapse or difficult situations

Nicozan helps you stop smoking.

Not only will you stop smoking with Nicozan™, you will lose weight. We guarantee it. Even if you have failed before you will succeed with Nicozan™. If you are worried about weight gain, don't be.

Nicozan™ is specially formulated with one of the world's best known weight loss aids. Nicozan™ kills the craving for nicotine, cleanses the poisons caused by smoking from your body and eases the symptoms of withdrawal. There is no product to help you quit smoking that is more effective than Nicozan™.

Learn more at

.

J. Ratliff is an avid health article writer for various websites.



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