

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!

The Many Benefits to Quitting Smoking

By Dwayne Garrett

The Many Benefits to Quitting Smoking by Dwayne Garrett

Besides the fact that you will no longer smell like an ashtray, quitting smoking, at any age and after any number of years, will extend your life. It will also improve the quality of the time that you have left. These are the things that you need to keep in mind to help you quit and reaffirm the decision that you made.

The funny thing about quitting is that most smokers want to quit, feel terrible about smoking and proud when they make the decision. A few days to months away from the product and they start thinking that they want to do it again. A reminder is in order, at this point, of the benefits they have and will continue to receive from kicking the habit.

Immediate benefits are, well, immediate. After just 20 minutes your blood pressure and pulse drop to a normal rate. The temperature of your hands and feet will increase to normal. In 8 hours, the carbon monoxide level in your blood drops to normal and the oxygen level in your blood goes up to normal.

You are no longer hypoxic (a lower than normal level of oxygen in your blood and body tissues) like you have been daily for years. In only 24 hours, your chance of a heart attack starts to decrease. In 48 hours, your nerve endings begin to re-grow and your sense of smell and sense of taste improve. This is around the time that you begin to smell cigarette smoke clearly and realize how disgusting it really is.

In 72 hours, if not using any nicotine replacement products like patches or gum, you are nicotine free. It is all downhill from here, even though it may not feel like it yet.

Beginning in only 2 weeks and continuing through the first 3 months, your circulation will improve and all forms of exercise will become easier. Your lung function will increase up to 30 percent and you will have much more energy. You will also lose that annoying smokers cough and will stop needing to clear your throat all of the time due to inflammation in your airway.

One month out and continuing through 9 months smoke free, and the lungs really begin to heal. The cilia (small hairs) in your lung begin to re-grow and go about their job of keeping your lungs clean and

The Many Benefits to Quitting Smoking

clear. You will get sick with respiratory illnesses and sinus infections much less often than you had in the past.

One year smoke free and you will find your risk of heart disease cut in half. In 5 to 10 years, your risk of lung cancer has decreased by one half. Your risk of other smoking related cancers also decreases dramatically. This includes cancer of the esophagus, mouth, throat, bladder, kidney, and pancreas.

There is no other single most effective way to cut any cancer rate than quitting smoking. At this point, your risk of stroke is the same as if you had never smoked before. After 15 years, your risk of coronary heart disease and death is similar to those who never smoked.

Your personal risk in each of these areas, and thusly benefits, are determined in part by how much you smoked, how long you smoke for, and what age you started at.

Unfortunately, 90 percent of all smokers begin in their teens and earlier. This increases their cancer risk because their growing lungs and body were flooded with carcinogens during development. If this includes you, quit now. +

There is some research that shows that the earlier you quit, the greater the benefits that you will reap. Do not excuse yourself because you think that you are too old or have already had some health consequences due to your habit.

For those that have suffered a heart attack, your risk of a second, and perhaps fatal, attack is cut in half by kicking the habit. Besides, medical and life insurance premiums will decrease. If that doesn't tell you that your life will be extended by quitting smoking, then nothing may convince you.

The bottom line is this, you can quit smoking, but you need to have a plan. Not just any plan, but a tried and true tested battle plan that will help you to quit smoking today. To learn more please visit: <http://www.HowToQuitSmokingNow.com> right now.

Dwayne Garrett is the author of a newly released publication entitled "How To Quit Smoking Now... Once and for All!" Dwayne not only gives you a tried and true tested battle plan, but his plan has no need for any medicine, hypnosis, pills or anything of that nature. It's simple and it works! Visit <http://www.HowToQuitSmokingNow.com> to learn more.

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

The Many Benefits to Quitting Smoking

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.



This Free E-Book has been 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!