

A Few Of The Chemicals Commonly Found In A Burning Cigarette

- * Ammonia: Household cleaner
- * Arsenic: Used in rat poison
- * Benzene: Used in making dyes, synthetic rubber
- * Butane: Gas; used in lighter fluid
- * Carbon Monoxide: Poisonous gas
- * Cadmium: Used in batteries
- * Cyanide: Deadly poison
- * DDT: A banned insecticide
- * Ethyl Furoate: Causes liver damage in animals
- * Lead: Poisonous in high doses
- * Formaldehyde: Used to preserve dead tissue
- * Methoprene: Insecticide
- * Napthalene: Ingredient in moth balls
- * Methyl isocyanate: Very deadly chemical

Some Beneficial Changes Within The Body When You STOP SMOKING!

Within 20 minutes of the Last Cigarette

The Blood pressure adjusts to natural levels, pulse rate adjusts to normal levels and the body temperature of the hands and feet increase to normal.

8 Hours

The Carbon Monoxide level drops to normal and the oxygen level in the blood increases to normal.

24 Hours

Chance of heart attack is significantly decreased.

48 Hours

Nerve endings start to re-grow and the ability to smell and taste improves.

72 Hours

Bronchial tubes begin relaxing and lung capacity begins to increase.

2 weeks to 3 months

Circulation in the body improves and lung function increases up to 30%.

1 to 9 months

Coughing, sinus congestion, fatigue, shortness of breath decreases. Cilia is re-grown in the lungs increasing the ability to handle mucous and reduces infections.

5 years

Lung cancer death rate for average smoker decreases from 137 per 100,000 to 72 per 100,000 people and after 10 years to almost the rate of a person who never smoked.

10 years

Pre-cancerous cilia are replaced and other cancers such as those of the mouth, larynx and pancreas are also decreased.

**ALL THESE BENEFITS ARE LOST.....IF ONE
CIGARETTE A DAY IS SMOKED!**