

Just the facts about... **Smoking**

Fact 3 – What happens when you stop

Within minutes of not smoking, your body begins its recovery. If it isn't thwarted in its efforts, it continues to improve your physical state hour after hour, day after day, week after week and year after year.

This is what happens after:

20 minutes

- Blood pressure and pulse rate return to normal.
- Circulation improves in hands and feet, making them warmer.

8 hours

- Oxygen levels in the blood return to normal.
- Chances of a heart attack start to fall.

24 hours

- Carbon monoxide is eliminated from the body.
- The lungs start to clear out mucus and other debris

48 hours

- Nicotine is no longer detectable in the body.
- The ability to taste and smell is improved.
- Nerve endings start re-growing.

72 hours

- Breathing becomes easier as the bronchial tubes relax.
- Energy levels increase.

2-12 weeks

- Circulation improves throughout the body, making walking easier.

3 - 9 months

- Breathing problems such as coughing, sinus congestion, shortness of breath and wheezing improve.
- Overall, lung function is increased by 5—10 per cent.

1 year

- Excess risk of coronary heart disease is half that of a smoker.

5 years

- Lung cancer death rate for average smoker (one pack a day) decreases by almost half.
- Stroke risk is reduced to that of a non-smoker 5—15 years after quitting.
- Risk of cancer of the mouth, throat and oesophagus is half that of a smoker's.

10 years

- Lung cancer death rate similar to that of non-smokers.
- Precancerous cells are replaced.
- Risk of cancer of the mouth, throat, oesophagus, bladder, kidney and pancreas decreases.

15 years

- Risk of coronary heart disease is that of a non-smoker.

Source: **QUIT®**

Becoming a non-smoker is very feasible – with the right methods.

Just Facts3 smoking

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