

Police: Smoking ONE Cigarette

<i>Body Changes from Smoking One Cigarette</i>	<i>Body Changes Following Stopping Smoking</i>
<ul style="list-style-type: none">• Blood pressure increases for 20 minutes,• Heart rate increases for 20 minutes,• Body temperature decreases for 20 minutes,• Carbon monoxide in blood increases for 8 to 12 hours,• Oxygen in blood decreases for 8 to 12 hours,• Chance of heart attack increases,• Nerve endings are irritated and start to be destroyed,• Bronchial tubes are irritated and swell up,• Lung capacity is less,• Harder to breathe – Stops fetus breathing motion,• Coordination is poorer, reflexes slower,• Cilia slower, stopped and destroyed,• Mouth, lips, teeth, lungs, and throat coated with tar,• Air sacs are clogged – thousands with each drag,• Millions of cells are irritated – a step toward cancer,	<ul style="list-style-type: none">• Blood pressure decreases to person's normal (20 minutes),• Pulse rate decreases to person's normal (20 minutes),• Body temperature (hands and feet) to person's normal (20 minutes),• Carbon monoxide level returns to person's normal (8 hours),• Chances of heart attack decreases (24 hours),• Nerve endings start to grow back (2 days),• Bronchial tubes relax (3 days),• Cilia grow back (within 6 months),• Cough, sinus, congestion, fatigue, shortness of breath reduced (within 1-9 months),• Replacement of pre-cancerous cells takes 1-10 years,• Reduction of other cancer caused by smoking: mouth, larynx, esophagus, bladder, pancreas,• Reduction of irritation, stomach ulcers, indigestion, upset stomach, vomiting from cigarette poisons (immediately),• Buerger's Disease decreases – circulation and walking improves (within 2 weeks to

- Interferes with respiratory, circulatory, nervous, digestive, excretory, muscular and other systems,
- Dries membrane linings leading toward less resistance to disease,
- Irritates sinuses,
- Makes you stink and people around you,
- Affects the skin leading to more wrinkles and poor skin color,
- Puts more nicotine in urine,
- Destroys air sacs and takes a minute off your life for each minute smoked.
- Have less energy and endurance ... especially in advanced stages of smoking disease,

- 3 months after stopping smoking),
- Convalescence from illness is faster (immediately) – Stopping prior to surgery increases chances of successful recovery,
 - Deaths from all causes decreases.

All of the previously mentioned benefits are negated when a person smokes one cigarette a day. There is enough irritation from one cigarette a day to keep the body from reversing the process.

Smoking destroys air sacs permanently, but you will breathe better in 3 days.

Satisfaction achieved by stopping smoking

includes: Smell foods better, taste better, breathe easier, stop coughing, feel better, sleep better, increases endurance, more energy, circulation improves, nerve endings grow back, lungs clear up, enjoy life more, better sex life, healthier, live longer, live better, cleaner, save money, less accidents, fire, etc.

Lung cancer is not reversible, unfortunately most lung cancer victims will be dead within 6 to 9 months; One out of 5 will survive one year, and 9 out of 10 will be dead within 5 years. ALL END UP WITH LUNG DISABILITY.

There are 30 chemicals in tobacco that cause cancer.

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