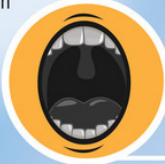


Need a Reason to QUIT?

Mouth

Your sense of taste and smell improves within 48 hours. You'll also smile brighter since the tar and nicotine from cigarettes will no longer stain your teeth and you won't have smoker's breath.



Eyes

You can stop the damage smoking does to your eyes and preserve your vision, especially at night.



Skin

Kicking the habit can help protect skin from premature aging and wrinkles. This means you'll look younger.



Heart

Your blood pressure and heart rate will return to near normal within 2 hours. Your risk for coronary artery disease and heart attack starts to decline within 1 day. Within 1 year, your risk for heart disease falls by half and within 15 years, your risk is the same as a non-smoker.

Lungs

You'll be breathing more easily within 2-3 weeks as lung capacity increases. Within a few months, your coughing and shortness of breath will improve dramatically. Lung cancer risk drops to half that of a non-smoker by 10 years and almost equals a non-smoker within 15 years.



Belly

Quitting can help reduce belly fat and lower your risk of diabetes. If you already have diabetes, it can make it easier to keep blood sugar under control.



Immune system

Smoking damages your airways, making you more prone to colds, coughs and respiratory infections. Once you quit, your immune system will get stronger and you'll be less likely to get sick. Since blood flow will improve, wounds will heal faster and better.

CLICK HERE
 TO FIND
 OUT HOW
 TO SAY NO -
 FOR GOOD!

