

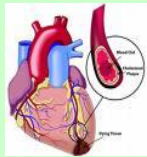
Harmful Smoking Effects



Why does Smoking cause a rise in Blood Pressure ?

Most people do already know that smoking can take effect on the bloodpressure somehow, but they do not know what exactly is happening with their cardiovascular system.

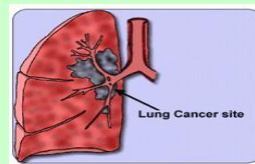
smoking can cause hypertension ,which can end in an apoplectic stroke.



How does Smoking hurt your Lungs ?

The human respiratory system is pretty tough, but it's not invulnerable, especially if you treat it with such toxic substances like the ones contained in cigarettes.

smoking affects lungs and your bronchia, it can eventually cause lung cancer.



What Diseases can you get from Smoking ?

Most people still think that lung cancer and heart attacks are the only things smokers have to be afraid of

If you knew the truth about how many different diseases a smoker can die from you would stub out your last cigarette at once, with a disgusted mien.



How does Smoking hurt the Environment ?

Smokers are by far not the only one's who suffer from the smoking effects.

Second hand smoking is something that affects each and everyone around you, including your own children. The risk of disease for children is as high as for smokers themselves!



How does Smoking hurt your Heart ?

Smoking can cause early heart attacks, and more than 65% of all people suffering a heart attack are smokers.

The heart is your most powerful muscle, that keeps your body alive and smoking kills it slowly, painfully and cruel. Learn what happens in your heart when you smoke.



Let's not forget about all the other disadvantages of smoking:

- ✚ Your sense of smelling gets worse
- ✚ Your sense of tasting gets worse
- ✚ You smell bad
- ✚ Others smell, that you smell bad...
- ✚ You are the slave of your addiction
- ✚ You might bother others when you smoke



