

Main Stop Smoking Benefit

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Most important stop smoking benefit is that human life is extended on average by 20-30% because of reduced health risks and earlier it's done longer and healthier that life will be. This benefit alone should be enough to motivate any smoker to quit tobacco smoking but quite often people don't have strong enough will to commit to stopping and consider such benefit as quite abstract thing that won't bother them until they get older.

Well there are of course exceptions as in any thing and even some heavy smokers can manage to live as long as 80 or even more years but those are very rare exceptions and unfortunately if a smoker knows someone who was smoking whole life and has reached such age then it's great anti motivator for him to quit smoking. Somehow human nature is to make a lot of conclusions based on exceptions instead of majority factor.

But truth is that 70-80% of smokers don't live more than 50 years and considering that in modern days average age is considered around 75 years that is quite tragic fact that most smokers don't see importance of such stop smoking benefit and extend their lives by getting rid of this poison.

Every 4 days in North America from smoking die more people than on 11th of September from terrorists attack but this tragedy is continuing non-stop and somehow not many care about it. One pack of cigarettes is equal to one session of chest x-ray procedure which damages body cells and is not recommended more than twice a year. These facts are just tragic but rarely any commercial includes such information since it would reduce sales and profits for tobacco companies.

There are lots of other stop smoking benefits which are more short term as well like blood pressure and pulse rate returning to normal levels within 20 minutes after last smoke. Which means if someone chain smokes 3 cigarettes per hour then he keeps heart under constant stress which causes more energy consumed and less work can be done because of this.

After night's sleep without smoking oxygen level in blood returns to normal and smoker's breath disappears. One full day of not smoking reduces risk of heart attack which is one of major causes of early sudden death for most smokers. But reducing risk completely is possible only after 2 years.

Few days without cigarette will improve ability to smell and taste again. Week without smoke improves breathing ability and climbing stairs becomes much easier.

To learn about more stop smoking benefits and facts that can open your eyes about one of major health problems humanity faces visit "Quit Smoke" that is one of a kind method to stop smoking with up to 90% success rate.

Stop Smoking Benefit