



# **Stop Smoking Now: The Ultimate Stop Smoking Guide, Learn How To Stop Smoking Permanently Without Side Effects Or Gaining Weight (Stop Smoking, How to stop ... Abuse, Healthy Living, Addictions)**

*Jessica Cambridge*

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## **A Proven Guide To Stop Smoking Permanently Without Side Effects or Gaining Weight**

**Today only, get Stop Smoking Now: The Ultimate Stop Smoking Guide, Learn How To Stop Smoking Permanently Without Side Effects Or Gaining Weight. Read on your PC, Mac, smart phone, tablet or Kindle device.**

This book contains proven steps and strategies on how to kick your smoking habit without worrying about gaining extra pounds and experiencing unpleasant side effects. Thousands of death cases have been reported every year in the United States due to the health risks caused by smoking cigarettes. Stop Smoking Now gives you effective tips to achieve a smoke-free and longer life.

## **What Does Smoking Do to Your Health?**

You might be wondering how many people smoke in America. Based on the survey conducted by the Centers for Disease Control and Prevention, there is an approximate 42.1 million people in the United States who smokes cigarettes. About 20 % of the total male population smokes and an estimate of 15% of women failed to quit from their smoking habit. The alarming news is that 32,000 persons who are below 18 years of age have developed the habit of cigarette smoking.

More than 480, 000 death cases annually are linked to cigarette smoking. This is because smoking harms almost every organ and diminishes your total well-being. Tobacco smoke has harmful chemicals that cause several serious ailments including the following:

**Cancer** - Tobacco contains about 70 harmful ingredients that are known to cause cancer. Individuals who smoke cigars have a higher risk of developing cancers of the larynx, mouth and esophagus. Oral cancer can occur in any part of the body that is exposed to the smoke such as your lips, throat, tongue and mouth.

**Reduced Bone Density** - many health researches reveal that ingestion of nicotine from tobacco causes low bone mass that may lead to osteoporosis or bone fracture. Smoking in women also reduces the production of estrogen that will result to early menopausal stage.

Heart Problems - Smoking damages your blood cells and interrupts the normal function of your heart. These damages will increase your chances of having heart attack due to unhealthy arteries, stroke because of the sudden death of brain cells, and aneurysms when the bulging blood vessels explode. When a plaque builds up in your arteries it may lead to serious heart problems such as peripheral arterial disease, atherosclerosis and coronary heart disease.

Lung failure- Cigarette smoking adds damage to the airway that may result to chronic obstructive pulmonary disease and worsen existing lung problems like asthma, pneumonia and emphysema.

Unhealthy teeth - Smoking contributes to bad breath, weak and stained teeth and gum problems.

## Here Is A Preview Of What You'll Learn...

- History of Smoking
- What Does Smoking Do to Your Health?
- Why is it Difficult to Quit Smoking
- Are E-cigarettes A Safe Alternative to Smoking?
- How to Survive the First Week
- Foods That Will Help You Cope With Triggers
- Quit Smoking Now
- The Healing Process
- Much, much more!

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**Suzanne Jensen:**

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**Sharon Self:**

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**Carmen Flood:**

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**James Sanchez:**

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