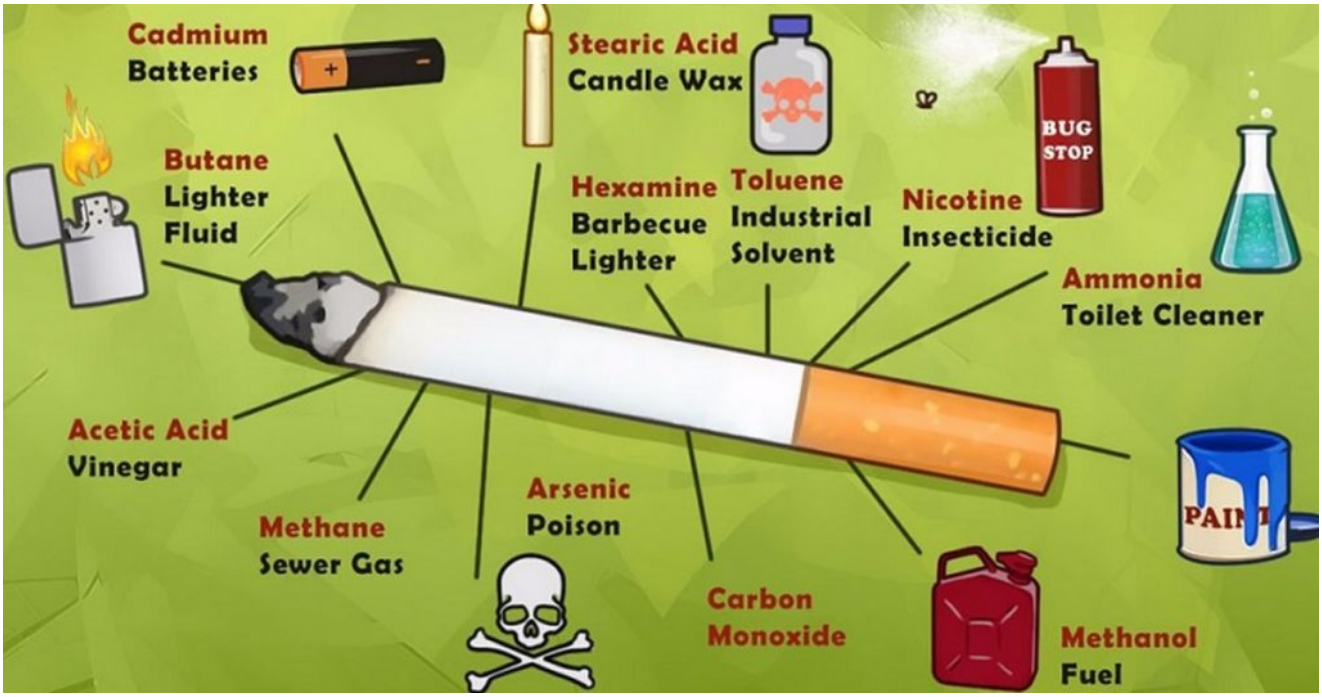
HEALTHY TIPS

Every Time You Smoke, this Is what You Are Actually Consuming

By bestfolkmedicine · 22/11/2018 · 2 min read



Though a lot of smokers claim that cigarettes help them feel calmer, less stressed, and more focused, smoking is not good for our health and it is highly addictive! But, despite its known dangerous effects on the health, including higher risk of serious illnesses such as cancer, smoking has remained the most common bad habit in the world.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

If you want to stop worsening your health by smoking, make sure you continue reading the article to know what you are actually ingesting when smoking a cigarette, as shown on E Drug Search. Did you know that cigarettes contain the same ingredients present in toilet cleaners, barbecue lighters, and candle wax? Oh,

no!

According to the CDC, tobacco is one of the major preventable reasons for death among adults in Americans. Moreover, more than 3200 children younger than the age of 18 smoke their first cigarette on a daily basis

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Cigarettes Are Full of Harmful Chemicals

As the *American Lung Association* points out, there are approximately 600 ingredients in cigarettes and when they are being burned, they produce more than 7000 chemicals. 69 of these chemicals are deadly and cancerous!

Unfortunately, despite the fact that we are constantly being warned about the dangerous substances present in cigarettes, there is no warning about the ones in the smoke from created from cigarette smoking.

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Below, check out a list with some of the most common chemicals tobacco smoke contains:

1. ***Hexamine- present in barbecue lighter fluid***
2. ***Lead- used in batteries***
3. ***Nicotine- used as an insecticide***
4. ***Tar- a material for paving roads***
5. ***Acetone- present in remover of nail polish***
6. ***Ammonia- a cleaning product***
7. ***Methanol- a component in rocket fuel***
8. ***Toluene- used for the production of pain***
9. ***Acetic acid- an ingredient added to hair dyes***
10. ***Arsenic- for rat poison***
11. ***Butane- in lighter fluid***
12. ***Benzene- present in rubber cement***

13. ***Cadmium- an active element in battery acid***
14. ***Carbon monoxide- released by car exhaust fumes***
15. ***Naphthalene- present in mothballs***

What Happens when You Stop Smoking?

Within only several hours without a cigarette, your blood pressure will drop and your heart rate too. This will also lower the carbon monoxide levels in the blood. A year without cigarettes will decrease your chance of heart illness 50 percent.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });
Ceasing smoking has some pretty amazing immediate advantages. Some of them include better taste of food, no unpleasant mouth odor, and healthier skin. In addition to looking better, you will also feel much better.

Struggling with nicotine cravings, but you do not want to give up your efforts to stop smoking? Check out the video below to learn beneficial tips on how to lower these cravings:

Sources:

LONGEVITY BOX

E DRUG SEARCH

Read online: https://bestfolkmedicine.com/2018/11/every-time-smoke-what-actually-consuming/
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