HEALTHY TIPS

Stop Smoking & these 8 Amazing Things Will Happen to Your Body

By bestfolkmedicine · 21/06/2019 · 3 min read



Knowing the dangers associated with smoking, a lot of smokers consider quitting this horrible habit. However, the nicotine withdrawal and the cravings often cause them to give up the idea.

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

Plus, they wonder if stopping with the smoking, after it has done a lot of damage, can make a difference. Believe it or not, it can. Our body is able to self-heal and this happens faster than you may think.

In fact, the recuperation begins in less than 30 minutes after you have put out your last cigarette. This being said, it is worth it to go through with the quitting. Your body will be so grateful and your health will

significantly improve.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

8 Improvements in Your Body when You Stop Smoking

- **The oxygen levels regulate**

When one smokes a cigarette, they inhale carbon monoxide that overtakes the oxygen levels in the body. According to estimates, people who smoke a pack per day have 3 to 6 percent of carbon monoxide in the blood whereas the normal level is considered to be less than 1 percent.

Unfortunately, with higher levels of carbon monoxide, the body needs to work much harder to deliver oxygen to the needed organs and systems. The oxygen levels will be balanced within 8 hours of ceasing smoking because the carbon monoxide levels will drop.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });

- **The blood flow betters**

Believe it or not, your blood flow will better within 20 minutes of stopping this habit. When the blood flow is improved, one's risk of strokes, cancer, and heart attacks decreases.

- **The energy levels rise**

In two weeks of cigarette-free life, your energy levels will become higher than previously. When there is no nicotine or other dangerous chemicals throughout the body, the body will be detoxified and the bodily processes will work better, including the production of energy.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });

- **The breathing will better**

Without the carbon monoxide to pull out the oxygen, your breathing will significantly better and become deeper. It is shown that a three-month cigarette-free life boosts the lung capacity by 39 percent.

- **Better cardiovascular health**

After 5 to 10 years of smoking-free life, your chance for heart attack, stroke, and heart disease will be the same with that of non-smokers. Even though the heart will need more time to heal, the sooner

you stop smoking, the faster will your body start the healing.

- **Lower cancer risk**

After 5 years of no smoking, the chance for mouth, throat, stomach, and lung cancer will decrease by 50 percent.

ezstandalone.cmd.push(function () { ezstandalone.showAds(133); });

- **Improved hair growth**

For a lot of smokers, hair quality and hair growth are an issue. And, the journal Dermatology has published a study which has found that smoking can contribute to hair loss. But, if you quit, the cells will have the opportunity to heal, grow, and improve.

- **Reduction in brain fog**

When there are too much chemicals in the body, the brain can start to lose oxygen and cause brain fog. If you stop smoking and filling your body with those unwanted chemicals, your brain will feel much sharper and your focus and concentration will improve. Your mental state will be balanced.

Sources:

WEB MD

MEDICAL NEWS TODAY

POWER OF POSITIVITY

Read online: https://bestfolkmedicine.com/2019/06/stop-smoking-these-8-amazing-things-will-happen-to-your-body/
Downloaded on 23/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.