Debbie Waller Hypnotherapy

QUIT SMOKING START HEALING

THE BENEFITS OF QUITTING SMOKING

MOS



heart rate and blood pressure are stabilized; you stop polluting the air



smoker's breath disappears; oxygen levels normalize



sense of taste and smell improve; breathing is easier



blood circulation and energy levels improve; exercising becomes



lower risk of heart disease and stroke



risk of heart disease is same as of a non-smoker

Source(s):

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