

Becoming a Nonsmoker

The Benefits



Freeing You From Addiction

The benefits of quitting smoking:

According to the American Cancer Society these are the changes that take place in your body once you stop smoking.

Within 20 minutes

- Body temperature of feet and hands increases to normal
- Pulse rate drops to normal rate
- Blood pressure drops to normal

After 12 hours

- Pulse rate will slow and skin temperature increases
- Oxygen level in blood increases to normal
- Carbon monoxide level in blood drops to normal

After 24 hours

- Chance of heart attack decreases due to improved cardiac function and circulation
- Fine motor coordination will improve

After 48 hours

- Nerve endings start regrowing
- Ability to smell and taste is enhanced

After 72 hours

- Bronchial tubes relax, making breathing easier
- Lung capacity increases
- Circulation improves, walking becomes easier, stamina and vigor increase

Within 2 weeks to 3 months

- Circulation, stamina and walking improve
- Lung function increases up to 30%

1 to 9 months

- Coughing, sinus congestion, fatigue and shortness of breath decrease
- Cilia regrow in the lungs increasing ability to handle mucus and infections
- Body's overall energy increases

1 year

- Risk of heart disease decreases 90%
- Heart will have returned to nearly normal condition

10 to 15 years

- Risk of lung, tongue and throat cancer will be roughly the same as if you had never smoked.

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Freeing The World

From Nicotine

Addiction[™]

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