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# WHAT HAPPENS WHEN YOU QUIT SMOKING

WORLD NO TOBACCO DAY  
YOUR HEALTH FIRST.. START NOW

Nicotine decreases and oxygen becomes normal

Taste and smell improve after nicotine leaves the body

Lung function becomes better and breathing and coughing problems improve

The risk of heart attack becomes equal to that of a non-smoker



Heartbeat begins in regularity

Mucus and other substances are expelled from the lung

The blood circulation in the body improves

The risk of heart disease and stroke decreases

The risk of lung cancer decrease to half



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