

Easy Way Stop Smoking

QUIT SMOKING WITHOUT STRESS OR CRAVINGS

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Smoking And Heart Disease

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Smoking and Heart Disease

Quitting Smoking Is The Best Way to Prevent Smoking Related Heart Disease.

Many smokers do not make the connection between **smoking and heart disease** simply because so much publicity has been given to smoking and lung cancer. However, heart disease and smoking go hand in hand.

In fact, according to the American Heart Association..."**[Cigarettes are the most important preventable cause of premature death in the United States. Most of those deaths are from heart disease, not cancer.](#)**"

Keep in mind that in addition to nutrients, the two most basic elements that every cell requires for health and survival is water and oxygen. They need an abundant supply of both elements. So, how do your cells get the oxygen and water they need? Oxygen and water are delivered to the cells in the blood stream. A healthy heart, coupled with a healthy set of lungs, can provide all the oxygen your cells require in order to live a full and happy life.

Your blood becomes oxygenated as it passes through your lungs.

Smokers rob their cells of these vital elements by limiting the amount of oxygen available for the heart to pump to the cells and vital organs.

One of the amazing functions of the body is how intelligently it is designed to protect itself from harmful elements entering the body. As wonderful as this function is however, smokers send this self protection function into dangerous overdrive, damaging first the outer limbs and less essential body functions, then eventually destroying vital organs as well.

Every time you inhale a puff of smoke, you force your heart and blood vessels to go into self protection mode, depriving millions of cells the vital nutrients they need to sustain themselves. How the body attempts to protect itself from the harmful effects of smoke is to first attempt to shut off the flow of the deadly toxins being released into your bloodstream, by constricting the vessels. Which restricts blood flow to the cells of the brain, arms, legs, and feet, and dangerously increases blood pressure. Cells receive significantly less oxygen and nutrients for up to 45 minutes after smoking a single cigarette.

When cells are deprived of their basic needs, they start to get sick and die. Do this often enough and eventually major organs (including your heart) begin to die as a result of their cells being unable to replicate themselves. A further aggravating factor in oxygen deprivation to the cells is a result of carbon monoxide also limiting the flow of oxygen through the blood vessels...

"...Inhaling smoke into the lungs, no matter the substance, has adverse effects on one's health. The incomplete combustion produced by burning plant material, like tobacco or cannabis, produces carbon monoxide, which impairs the ability of blood to carry oxygen when inhaled into the lungs. There are several other toxic compounds in tobacco that constitute serious health hazards to long-term smokers from a whole range of causes; vascular abnormalities such as stenosis, lung cancer, heart attacks, strokes, impotence, low birth weight of infants born by smoking mothers..."

Keep in mind..your heart is an organ with millions of cells that also require oxygen to continue to function. When you are young and healthy and first start smoking, your heart and lungs are able to overcome the oxygen deprivation situation far easier than when you are older and in poorer health. The sooner you stop smoking the sooner you'll allow your body to recover health. Wait too long and it will no longer be a possibility.

You need to take smoking and heart disease serious. The single best thing you can do for your health is to quit smoking, drink lots of water, and breathe deeply.

If you've found it difficult to quit in the past, you'll be happy to know there is an easy way to stop smoking. Hypnosis is the most effective method for quitting smoking and it is clinically recognized by the A.M.A. as a valid method for quitting. Hypnosis helps relieve cravings and the difficult symptoms associated with quitting. Hypnosis, coupled with a natural herbal spray called Miracet can make quitting easier than you ever thought possible.



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Can't Quit Smoking? We Highly Recommend The Non-Smoker's Edge Medical Hypnosis Program



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- ✓ Drug-free
- ✓ Best quit rate available today, with or without a prescription
- ✓ Seven audio CD program
- ✓ Quit in the privacy of your own home
- ✓ Comprehensive program developed by a licensed psychologist
- ✓ Give up the excuses and start living your life today
- ✓ Best quit rate of any hypnosis program
- ✓ Guaranteed to work or you get a complete refund

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