



# Smoking: Quit Now!

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Do you smoke? Well you should know this: 66% of all smokers are killed because of their bad habit. Even people that are around smokers can experience health problems. I believe that these deaths need to stop. Smokers need to put down their cigarettes and quit smoking altogether.

## Why You Should Quit

Tobacco is a very dangerous thing to your body. It can cause your skin to age more rapidly, and it can yellow your teeth. It can also make you smell foul to those around you. The nicotine in a cigarette can cause cancer to the mouth, lips, and throat. Smoking can affect not only how you look, but how you feel every day.

Sadly, more than 90% of all smokers started when they were a teenager. 1 out of 3 teenagers that try a cigarette become addicted. As it is a known fact that tobacco companies spend more money on advertising than even car com-

panies every year, teenagers are very aware of cigarettes and tobacco. Smoking harms young people more rapidly than it harms adults and can affect teenagers' growth, and the development of their body. It can affect how fit and active teenagers are, as tobacco use decreases the stamina and lung capacity required in athletic competition.

Smoking cigarettes is a very serious health problem in this country. Tobacco kills more people every year than every other drug combined. Medical experts say that tobacco is more addictive than crack, cocaine, and heroin. Smoking is also a very costly hobby. The amount that smokers spend every year on cigarettes can send you and three friends on a trip to the Cancun for a week.

As you can see, smoking is a very harmful addictive. People who currently

smoke right now should quit as soon as possible. There are many ways that people have quit smoking before, and I will list a few below.

## Tips

- Gradually reduce the number of cigarettes, or amount of dip you have each day. Set a target date for when you will stop smoking completely.
- Don't carry tobacco with you. Leave it at home or in the car. Make it an inconvenience to smoke.
- Keep an article of clothing that stinks from tobacco. Smell it on occasion to remind yourself how bad it smells.

Of course, there are many other ways to stop smoking. But the point of this article is not how you do it, but that you do it, as smoking is a very harmful thing to do. Your body will thank you in the long-run.