

## **9 SMART Reasons to Stop Smoking Today**

1. 20 minutes after your last cigarette, blood pressure and pulse rate drop to normal. Your hands and feet return to normal temperature.
2. After 8 hours, carbon monoxide levels in blood drop to normal. Blood oxygen level increases to normal.
3. Your chance of heart attack decreases 24 hours after you last smoked.
4. Nerve endings start regrowing, smell and taste is enhanced and walking becomes easier after 48 hours.
5. In the first 2 weeks to three months circulation continues to improve and lung function increases up to 30%.
6. In one to 9 months, coughing, sinus congestion, fatigue and shortness of breath decrease.
7. At the end of 1 year, your risk of coronary heart disease is half that of a smoker.
8. The average smoker saves thousands of dollars each year. ( \$6570 if you are a pack a day smoker )
9. The absolute RELIEF from the crippling risk and worry about the dangers of smoking.

**IT IS OBVIOUSLY WORTH IT TO GET SMOKING OUT OF YOUR LIFE!**

Call 519-420-7911 or [marie@growwithhypnosis.ca](mailto:marie@growwithhypnosis.ca) for your **FREE** consultation and see how hypnosis can help you **QUIT FOR GOOD.**