

They blacken your lungs. They cause damage to your body. They are life threatening. And, yet, you still reach out for another cigarette. You still reach out for fatality. A small puff may seem harmless, but trust me it isn't. We smoke at the expense of our health. We smoke at the cost of others. When will people come to their senses? When will people realise that smoking kills?

In the past year the NHS have recorded 18,000 people have died due to smoking. It is crucial that you are aware of the toxic substances that you are inhaling. Carbon monoxide, tar and nicotine are only three examples of the chemicals we find in tobacco. All of these three things can cause immense damage to the way the body functions including damage to the lungs, heart and the brain. Smoking can honestly do excessive damage to your body and prevent it from functioning healthily.

Smokers are more likely prone to getting diseases as the substances in cigarettes smoke can confuse and deteriorate cells in the body. Additionally it can affect your immune system. Lung cancer, bronchitis and emphysema are few of the deadly diseases that smokers can get. These diseases can make life very difficult for you by affecting you both physically and physiologically. Were you aware that every four minutes someone will die due to smoking related diseases?

Furthermore smoking is extremely bad for your health. For example smoking can lead to severe problems such as constant tiredness, short of breath and lack of energy. Cigarettes may stain your clothes, your skin and your house though more importantly they can stain your health. It is critical that you stay away from tobacco and keep yourself healthy. Tobacco can change the way that you think and it can affect your concentration levels. As a result you may not be able to perform as well at school or at work.