

Health Benefits of Quitting Smoking!

20 minutes

Your blood pressure, pulse rate, and the temperature of your hands and feet will all return to normal.

8 hours

Remaining nicotine in your bloodstream will have fallen to 6.25% of normal peak daily levels, a 93.25% reduction.

Anxieties peak and within two weeks should return to near pre-cessation levels.

48 hours

Damaged nerve endings have started to regrow and your sense of smell and taste are beginning to return to normal. Cessation anger and irritability peaks.

72 hours

Your entire body will test 100% nicotine-free and over 90% of all nicotine metabolites (the chemicals it breaks down into) will now have passed from your body via your urine. Symptoms of chemical withdrawal have peaked in intensity, including restlessness. The number of cue induced crave episodes will peak for the "average" ex-user. Lung bronchial tubes leading to air sacs (alveoli) are beginning to relax in recovering smokers. Breathing is becoming easier and the lungs functional abilities are starting to increase.

5 - 8 days

The "average" ex-smoker will encounter an "average" of three cue induced crave episodes per day. Although we may not be "average" and although serious cessation time distortion can make minutes feel like hours, it is unlikely that any single episode will last longer than 3 minutes. Keep a clock handy and time them.

10 days

10 days - The "average ex-user is down to encountering

