

Just what happens as soon as you stop smoking?

The immediate effects of smoking cessation include:

- Within 20 minutes blood pressure returns to its normal level
- After 8 hours oxygen levels return to normal
- After 24 hours carbon monoxide levels in the lungs return to those of a non-smoker and the mucus begins to clear
- After 48 hours nicotine leaves the body and tastebuds are improved
- After 72 hours breathing becomes easier
- After 2–12 weeks, circulation improves
- After 5 years, the risk of heart attack falls to about half that of a smoker
- After 10 years, the chance of lung cancer is almost the same as a non-smoker.

It is clear that smoking cessation diminishes the risk of developing COPD, slows the accelerated decline in pulmonary function due to cigarette smoking, and improves symptoms in patients with COPD. Every tobacco user should be offered treatment to quit.

Upon smoking cessation, the body begins to rid itself of foreign substances introduced to the body through smoking. These include substances in the blood such as nicotine and carbon monoxide, and also accumulated particulate matter and tar from the lungs. As a consequence, though the smoker may begin coughing more, *coughing helps to clear the debris and cardiovascular efficiency increases.*

Many of the effects of smoking cessation can be seen as benchmarks, by which a smoker can encourage him or herself to keep going. Hypnotherapy embeds positive affirmations deep within the subconscious to maximize the client's efforts at lifestyle change, to keep motivation levels and expectations high.

Smoking cessation will almost always lead to a longer and healthier life. Stopping in early adulthood can add up to 10 years of healthy life and stopping in one's sixties can still add three years of healthy life according to studies by Doll et al. 2004. Stopping smoking is associated with better mental health and spending less of one's life with diseases of old age.