

What Happens after the First Seven Days of Not Smoking?

20 Minutes

After twenty minutes without nicotine, your pulse rate will begin to subside to the normal levels of a non-smoker.

1

2

8 Hours

After 8 hours, the amount of harmful carbon monoxide in your bloodstream has been reduced by half.

24 Hours

There is more oxygen in your lungs and tissues, your arteries and veins are not as constricted, and your heart is working more effectively.

3

4

48 Hours

Two days into your quit smoking journey marks the official beginning of your carbon monoxide-free body.

72 Hours

A mere three days after you had your last cigarette you can breathe easy, because your lung capacity has increased.

5

6

1 Week

Your body no longer craves tobacco, which means that continuing to stop smoking for good is a case of mind over matter.

What Happens If

R Barnett



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