

# 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

**Lingsheng Yao**



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