

Please suggest that your smoking friends read this.

Smokers are four times more likely to report feeling unrested after sleep than non-smokers, because smokers often experience withdrawal symptoms at night, causing restlessness and waking.

Cadmium is in cigarettes and in the elastic of some clothing, and not only in the cheap, but in some \$100 shirts. Cadmium causes an itch. It took me a year to get rid of one in my hips from Van Heusen underpants. Health specialist Charl Marais identified them as the cause. Even Jockey underpants had it, but removed it after I told them about it. Van Heusen denied it, but the many Googled complaints proved theirs were very bad.

The government has declared Cadmium to be New Zealand's worst toxin and is endeavouring to reduce it in our soils and surroundings, but some enters in cotton clothing, cigarettes and fertilisers. Read Cadmium in 'Minerals in Soils, Plants and Animals'. Many adults and children are unwell and don't know why. It can be caused by a toxin which becomes the first whammy. A second one can then be fatal, because most bodies, especially very young and very old, can't cope with two.

The particles that cling to smokers' hair and clothing and linger in a room long after they've left - can be a cancer risk to young children and even pets. Passive smoke has caused lung damage, followed by severe avian lung damage and blood clots.

Cigarette smoking increases the chances of tinnitus, hip fractures and it causes receding gums, which bleed in some people.

Friends & relatives who smoked

Les H 1924. Died in 1990 at 66 from an asthma attack. His wife tried hard to stop him smoking, but failed. He woke at night and walked around outside to smoke, but the smoke came in through their windows. Les's sister-in-law got lung cancer, then cancer all over her body.

Leon Robert stopped at 25, but died of lung problems at 67.

Tony D died with emphysema.

Ron Adams got lip cancer where the cigarette sat, then died before he should have.

A close friend has bad lungs because his father was a chain smoker. He died coughing. The son had breathing problems because his lungs were so damaged from passive smoke, that they could not be repaired.

Smoking is a bad example for your children. It upsets a lot of people, making them become unhappy and bad friends. All of us need good friends.

Causes

There are symptoms of oral cancer. Causes can include smoking cigarettes and using smokeless tobacco, drinking heavily, overexposure to the sun, and a history of cancer. Don't let fear keep you from your doctor. Oral cancer that is caught early is curable. Smoking can irritate the bladder muscle and cause coughing, which often contributes to incontinence.

The following don't work

E-cigarette vapour contains tin and the heating elements in the E-cigarette itself contain nickel, copper, lead and chromium. Heavy metal particles are also deposited into the vapour, and an e-cig aerosol contains up to 100 times more nickel than Marlboro cigarette smoke. e-cigs are just as addictive as cigarettes because they still contain nicotine. When you inhale the vapour, nicotine is quickly absorbed into your bloodstream and reaches your brain in a matter of seconds. It releases "feel-good" hormones, like adrenalin and serotonin. These feelings don't last long, so then you want to smoke again.

Buerger's disease

Those diagnosed with this are smokers or use forms of tobacco, such as chewing it. Quitting all forms of tobacco is the only way to stop Buerger's disease. For those who don't quit, amputation of all or part of a limb is sometimes necessary. A smoking friend had to have his foot, then lower leg, then upper leg removed. His wife left him.

How to stop

Don't buy cigarettes. When your urge gets strong, eat a cherry or two or something else that you like and is good for you, then go to your spouse, apologise, thank and have a good hug.