

YOU CAN QUIT SMOKING !



Nicotine is a dangerous chemical and it is hard to quite smoking nicotine but it is not impossible. People who want to quite smoking have to go through both physical and Psychological challenges to quite it. Here are some tips for quitting:

Drink a lot of liquids, especially water. Try to drink more water and other liquate such as, fruite juice but avoid using caffeine and alcoholic drinks.

Avoid sugar and fatty food. Try to avoid food which has got fat especially fast food because you may gain weight once you quite smoking.

Exercise regularly and moderately. Exercising will help you to repair the damaged cells and keep you away from cigarette as it makes you busy.

Get more sleep. Try to go to your bed early and get as much as you can, because if you do not sleep enough you may think about ways to relax.

Take deep breaths. When you are thinking about smoking try to distract yourself by talking to your friends or play game, and etc.

Change your habits. Change the routes that you go to work and change your cloths. Try new things which will avoid to revert back.

Do something to reduce your stress. Read a book , take shower or walk with a friend.

Psychological Needs

- Self phrase that you can quite it . It will help your emotions.
- Avoid places you connect with smoking.
- Develop a plan for relieving stress.
- Listen to relaxing music.
- Watch a funny movie.
- Take your mind off a problem and come back to it later.
- Rely on your friends, family, and support group for help.

Work cited:

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An advertisement to stop smoking !!!!!!!

DOES SMOKE KILLS



Source: jokochi.wordpress.com



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DO YOU KNOW WHAT YOU ARE SMOKING ?



Source: <http://ralphlosey.files.wordpress.com/2009/03/>

Smoking cigarette is a fashion nowadays, but do you know what is the Cigarette is made of?

Most of the people who have understood the component of this dangerous poison (cigarette) has stopped smoking because we all want to be

healthy and to be able to carry our day to day activities. Though there are 4000 chemical in cigarette but 2000 of them are poisonous . Here is the list of some of the component of this dangerous poison and its clarification:

ACETONE - a paint stripper & nail polish remover

AMMONIA - floor/toilet cleaner

ARSENIC - rat poison

BUTANE - a lighter fluid

CADMIUM - rechargeable batteries

CARBON MONOXIDE - car exhaust fumes

DDT/DIELDRIN - insecticide banned in U.S.

FORMALDEHYDE - embalming fluid

HEXAMINE - barbecue lighter

HYDROGEN CYANIDE - gas chamber poison

METHANOL - rocket fuel

NAPHTHALENE - found in mothballs

NICOTINE - addictive drug/insecticide

POLONIUM 210 - cancer causing radioactive element

STEARIC ACID - candle wax

VINYL CHLORIDE - makes PVC pipe

Now, you know what causes cigarette to be a dangerous poison then why we are smoking. Shouldn't we stop it?

THE HEALTH PROBLEMS CAUSED BY SMOKING

According to researchers report in year 2000 around 1,690,000 human died because of cardiovascular diseases cause by smoking. Although smoking causes lung cancer, most of them die for heart disease . let's check those poisonous chemical effect on human body from head to toe that what other risks it brings to human body which a small portion is cited as follows:

Effect on hair: losing color and smell bad

Brain & mental effects: stroke, anxiety.

Effect on eyes: blinking and blindness

Nose effect : losing smelling sense

Skin Effects: wrinkles

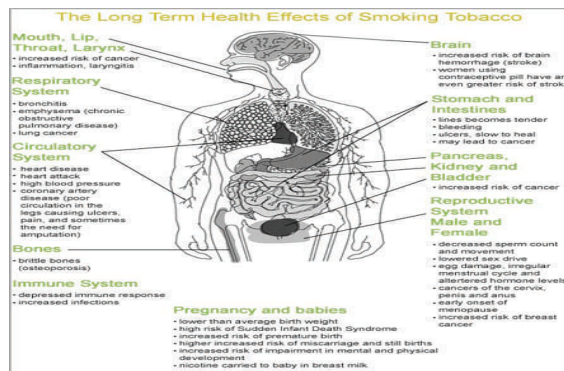
Teeth: gun diseases (gingivitis) and stain

Mouth & throat: lip cancer, sore throat & bad smell

Liver : cancer

Female Reproduction: period pains & cancer of cervix

Heart effects: blocks and heart attack



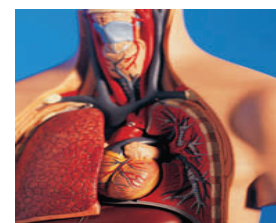
Source: www.nt.gov.au

Long term health effects of smoking cigarette

The list of diseases can go long and long but if you are a smoker now you know it can cause lot's of health risks , so it is better to stop it now and today.

In addition, smoking cigarette causes the 90 % of the lung cancer, 75 % bronchitis and emphysema (short breath) and 25 % heart diseases . Most of the cigarette addicted are dying for heart dangerous disease and we should not forget that cancer is not treatable .

WHAT HAPPENS WHEN YOU SMOKE A CIGARETTE ?



Stockbyte/Getty Images
Cigarette smoke permeates every nook and cranny of your body.

When we eat something we usually digest food to return energy but smoking is ingested into human body. You will be wondering how?

When we puff a cigarette smoke, mix of poisons gas is released around our nose, eyes and throat. We will notice that our eyes may get wet; nose might run and feel itches in our throat. Inside our throat there is tiny little

hair called cilia, which its function is to clean our bronchial tubes from foreign particles. That is why when smoke is little stronger we will cough. In addition, when we smoke a little tar is being transferred to our body. There tars are very dangerous though cigarette manufacturers tried to filter them but when you hold the cigarette, we block those filters and these tars then stick to our mouth and lungs.

Further more, these chemical which exists in cigarette is ingested into our blood stream and moved to our heart that cause the heart to beat 36,000 extra beats per day. Through blood stream these chemical will be able to transfer to the other parts of body and causes other health risks issues such as; blood pressure, taste, smell and etc.

In addition to damages to lungs, heart, sense of taste and smell, smoking causes wrinkling around our eyes and corners of our mouth. When smoking carbon monoxide (CO) is created and digested into human blood, so smoker has 10 – 15 times more carbon monoxide inside their body; therefore, to form carbon dioxide, it rips off all the oxygen from your body which is needed for cells. Consequently, lack of oxygen for the cells cause the cells to die or weakening, and make wrinkles around eyes and mouth.

If you think that it is not enough for you to quite smoking, and then think religiously, is it forbidden in Islam?

Though there is no specific words in versus of Quran about forbidding the smoking tobacco and it was not invented in Prophet Mohammad's (peace be up on him) reign, Islam scholars based on versus of Qur'an (7:157), they unanimous [fatwa](#) that smoking cigarette is forbidden in Islam.

If you are not convinced to quite smoking then think over once again.