

Tobacco Facts And Potential Dangers

Amazingly the human being is the only creature on the planet with the rare ability of acquire harmful habits against the natural way of life. Smoking is one of those undesirable manners to ruin our health. With the large number of lives destroyed by the smoking habit, it seems incredible that the public health organizations in all countries, have to take time and space in newspapers, magazines and the internet to prevent the population about the harmful effects of tobacco on the human health. It's more than proven by science that this undesirable habit causes from cancer in different parts of the body to the minor annoyances such as muscle aches, lack of physical strength and more. It seems that in some countries the number of smokers is decreasing due to prevention campaigns and the advertising ban, but in others the rate rises to alarming figures. Although it is known as a habit, smoking is a chronic and addictive disease with the potential harmful of cause disability. This ailment occupies whole volumes in the annals of the World Health Organization, as the first cause of preventable illness and premature death in the world. Only in Europe the yearly deaths caused by smoking are biggest than those caused by traffic accidents and illegal drugs. The tobacco is addictive due to their active ingredient called nicotine, which has a proven effect on the central nervous system and creates addiction among smokers. In addition to nicotine, there are around 5,000 different chemical compounds in the tobacco smoke, and this fact alone should be enough to not to try a cigarette anymore. I wonder if any person would be able to eat any food or drink with the potential to introduce in our body 5000 harmful substances at once. Of course not, because the rejection would be big and massive. A serious issue is that smoking is dangerous for the "passive smokers", because they have the same risk of contracting smoking-related diseases than those who smoke actively. This has already led to several court decisions that were made to the demands of some people who developed cancer, because of having worked for years in an office where people were smoking all the time. Being the direct cause of several types of cancer, cardiovascular disease, brain illness, respiratory system ailments and premature aging, it seems incredible that this industry can still survive in a society with sophisticated media with massive information and prevention campaigns. We are not prepared to inhale smoke of any kind. We do not hesitate to complain if an industry in our city is a threat for the public health, but the same day we go to the tobacco shop to buy our cigarettes to inhale 5,000 different toxics in a voluntary way.

About the Author

The author is the owner of an [online pharmacies](#) website And a contributor for [online pharmacy](#) themes [pharmacy](#)

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