

SMOKERS and NONSMOKERS
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Smokers and Nonsmokers

General, people who has smoke for a period of time, has been diagnosis with lung cancer, throat cancer and etc. A person that doesn't smoke has been told that they will live a longer healthy life then a smoker.

- 1) Longer terms smoker: A person that smokes for awhile can cause damage to their body.

The damage they can cause to their body is lung cancer. I have none several people who have died from lung cancer because it wasn't treated with the proper care (physician).

Not only that, they only can run for a short period of time. Because, they are short winded cause's by smoking. A person that smokes can't ride a bicycle for a long time. They will give out breath because of smoking. They can't hold a note if they sing because they will give out of air because of smoking. A person that smokes can have a heart attack quicker than a non-smoke. A person that smoke doesn't realize the damage they are causing to their body. Even there look changes such as black lips, black finger tips, bags under your eyes, bad breath and etc. All of this is cause by smoking. A person that smokes is limited on what they can do versus a non-smoker.

- 2) None smokers: A person that doesn't smoker is call a non-smoker. The general population states that a non-smoker can out last a smoker. A non-smoker can run without

giving out of breath. A smoker can't do that. A non-smoker can swim ten miles without giving out of breath. A smoker can't do that. A non-smoker can think even in critical circumstances faster than a smoker. Because I understand that smoking can kill your brain cells. I have seen non-smokers do a whole lot because their body isn't damaged and their body isn't broken down at all. A non-smoker doesn't smoke, because they understand the effect that the smoking can have on their body. An average non-smoker has a healthy body because they exercise right; they eat right, sleep right and etc. But if the non-smoker isn't careful of their surroundings, they can become second hand smokers.

- 3) Second hand smokers: In my thoughts, a second hand smoker is a person that inhales smoke from a smoker. Or are in a place where there is lots of smoking going on. A second hand smoker can have some side effect on their body just as well as a smoker. For example, my aunt died 8 years ago from lung cancer. She developed lung cancer but here is the thing. She developed lung cancer from being in a room with a smoker. She was inhaling the smoke from a smoker. That causes her body to shut down quicker than a non-smoker. Not only that you can develop asthma which makes it hard to breathe. Second hand smokers cough a lot. Second hand smokers often take ibuprofen, aspirin, Tylenol and pain relief because they have multiple headaches. A second hand smoker, if they aren't careful, they can develop the same symptoms as a smoker. I believe that it's not good to be around people that smoke all the time, or an environment where there are a lot of smokers going on. I believe now we understand the difference between a non-smoker and a smoker. I believe if we follow the example of a non-smoker we will live a long life. I believe if we stay off around a person that smokes all the time, we will not develop lung cancer, throat cancer, dizziness, short winded of breath,

sleepless night, black lips, black finger tips, bags under your eyes, bad breath and bad teeth.

All of this is caused by smoking. If you want to live a healthy life style you can't be around a person that smokes all the time. Or be in environment where there is a lot of smoking going on all around you. This is the difference between a non-smoker, a smoker and a second hand smoke.