



COLONIAL NUTRITION NEWSLETTER

Smoking

You think smoking only kills the lungs? ... Think again.

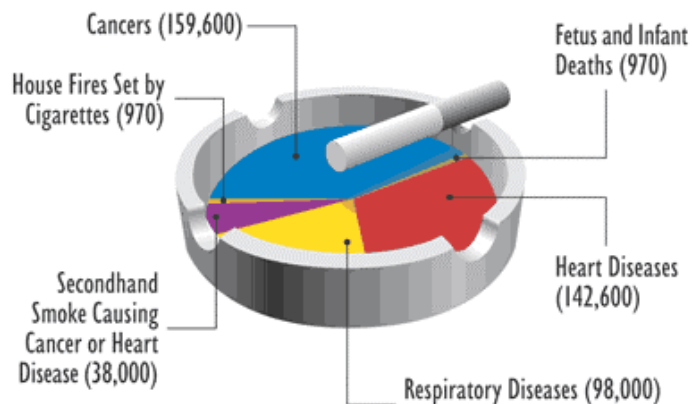
Smoking doesn't only turn your lungs black, but it also breaks down cells that make up your body... putting you at risk for cancer, high cholesterol, osteoporosis, emphysema, and circulation and heart problems. Not only that, but it also makes it **harder** for your body to absorb **vitamins** and **minerals**.



It's not so bad...right?

Each year, smoking kills more people than AIDS, alcohol, drug abuse, car crashes, murders, suicides, and fires combined!

440,000 Deaths Each Year Caused by Smoking



All numbers are rounded.

GROSS!

Cigarette smoke contains about 4,000 substances, including 200 poisons such as benzene, formaldehyde, carbon monoxide, ammonia, propane, and cyanide

DANGER POISON !

- Acetone** (solvent)
- *Naphthylamine**
- Methanol** (used as rocket fuel)
- Naphtalène** (moth-repellent)
- Nicotine** (used as a herbicide and insecticide)
- *Cadmium** (used in batteries)
- Carbon monoxide** (found in exhaust fumes)
- Vinyl chloride** (used in plastic materials)
- Cyanhydric acid** (was used in the gas chambers)
- Ammoniac** (détergent)
- *Urethane**
- Toluene** (industrial solvent)
- Arsenic** (lethal poison)
- *Dibenzacridine**
- *Polonium 210** (a radioactive element)
- DDT** (insecticide)

*Known carcinogenic substances

STOP SMOKING!

1 person dies from **smoking** every 8 seconds.

