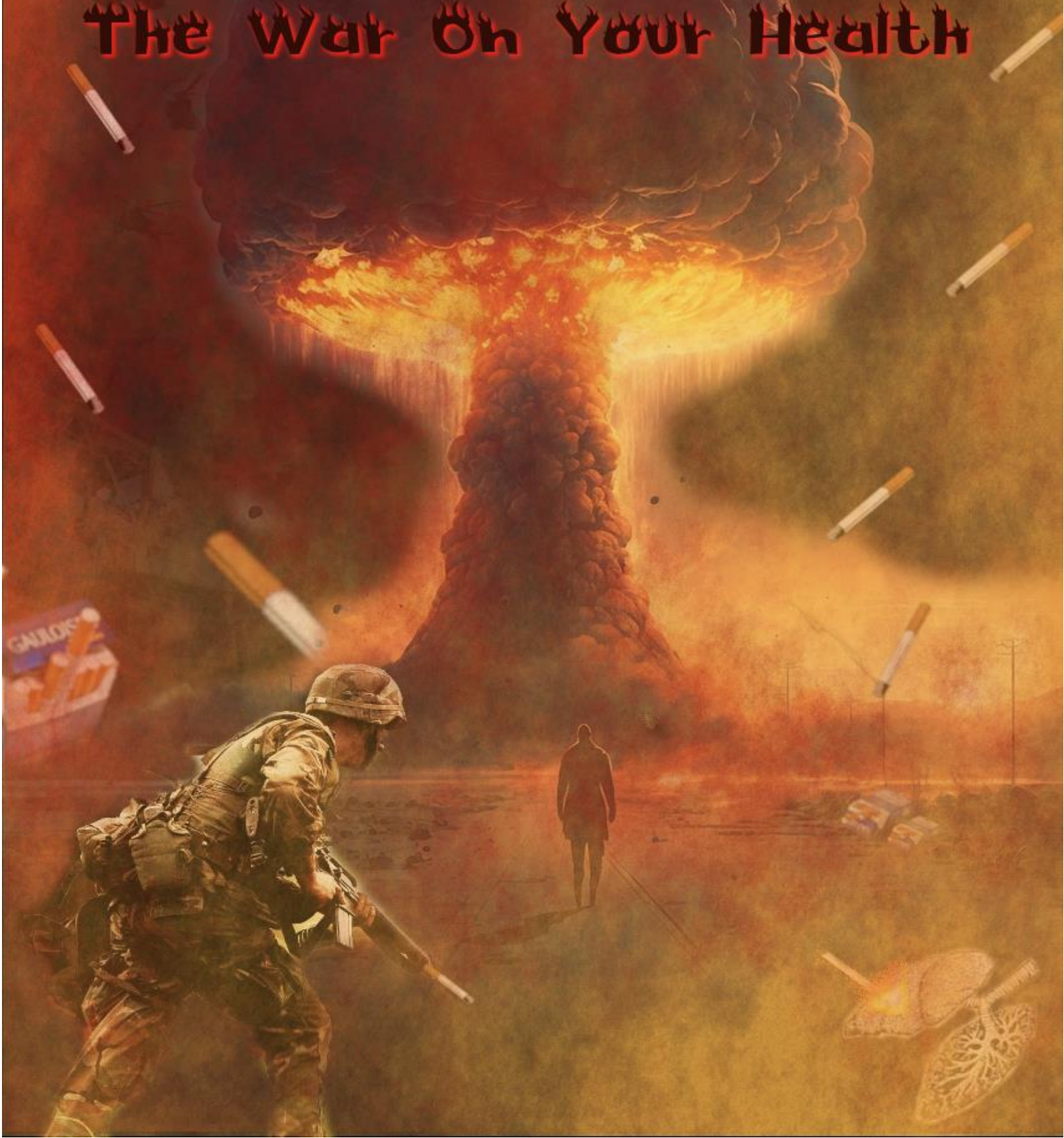


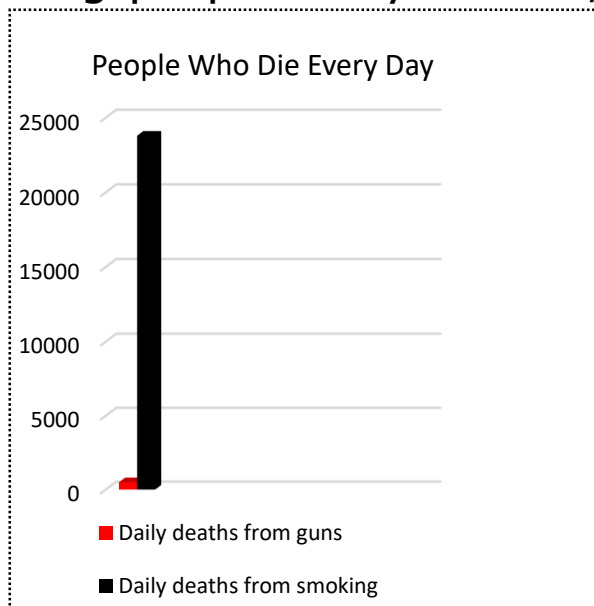
SMOKING

The War On Your Health



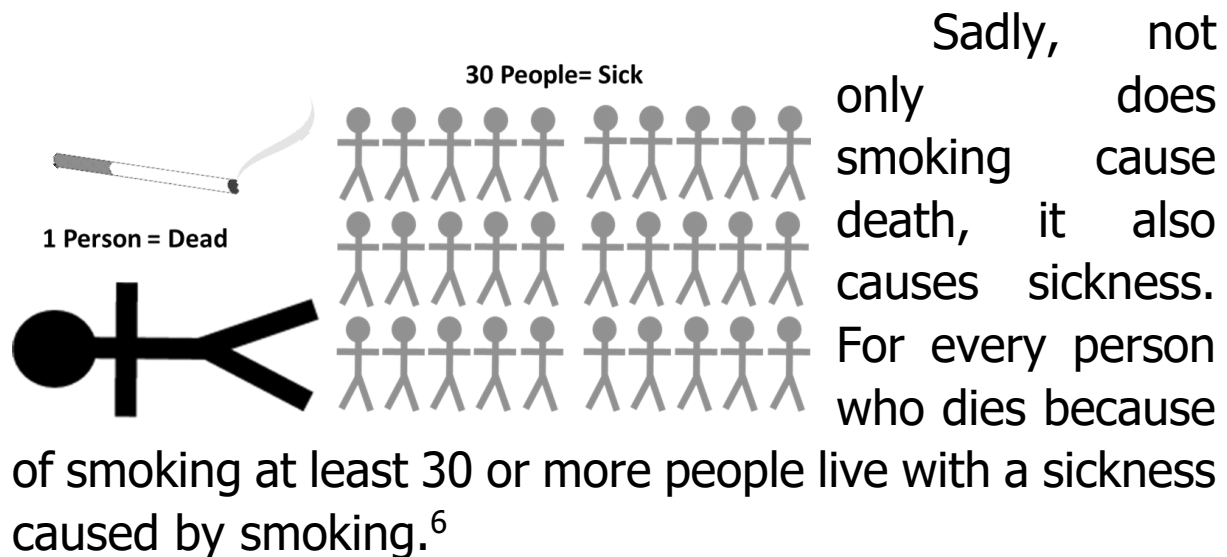
It lasted six years. Six long years of fighting. Soldiers died in battle. Women and children lost their lives as bombs fell on their homes. Certain people groups were killed in gas chambers and concentration camps. And when the two terrible radioactive nuclear bombs were dropped in August of 1945, killing even more people with their deadly radiation and bringing the terrible war to an end, it is thought that between 70-85 million people had died as a result of the war. World War 2 has been rightly called the deadliest war in human history because so many people died.

But as deadly as World War 2 was with killing 70-85 million people, another killer killed at least 100 million people during the 1900s.¹ That killer was tobacco smoke. And tobacco smoke is still killing people today. In fact, **every day only 500 people in the world die from gunshots.² But more than 23,800 people are killed every day by smoking.** That adds up to 8.7 million people every year who die from smoking.³



Smoking is much more deadly than a gun. And it is also more deadly than the worst diseases in the world. More people will die this year from smoking than from all three of the deadly diseases, AIDs, tuberculosis and malaria put together.⁴

In fact, a person that smokes for a long time can expect to die around 18 years before they would have died if they did not smoke. And at least half of the people who are smoking today will die from their smoking, if they do not stop smoking.⁵



So smoking is most definitely a killer. But why does it kill so many people?

Let's think about this for a minute. Air is the most important thing to keep us alive. While you can live for several weeks without eating, and you can live for a few days without drinking water, **you can only live for a few minutes without breathing air.** If something keeps you from breathing you will die within minutes. Air is like the food for the lungs. But when you smoke, although you still have air to breathe, it is poisoned air. So even though it takes longer to kill you than if you did not breathe at all, because you are not breathing clean air it is still slowly killing you.

What is in cigarette smoke that poisons the air and slowly kills people? There are at least **7,000 different chemicals** in cigarette smoke and at least **250 of these chemicals are known to be dangerous** to humans. Plus at least **69 of the chemicals are proven to cause cancer.** ⁷

There are so many chemicals in tobacco smoke we cannot go through all of them. But here is a short list of some of them.⁸

- **Acetaldehyde**—*This is proven to cause cancer. It is poisonous to the liver as well as to many other body cells.*
- **Arsenic**—*is a heavy metal that is used in rat poison and has been used throughout history to poison people. It also causes cancer.*
- **Cadmium**—*Also a heavy metal that can cause cancer.*
- **Lead**—*A heavy metal that causes damage to the brain. It can also cause hormone problems.*
- **Benzene**—*A toxic chemical that causes cancer.*
- **Formaldehyde**—*Another toxic chemical that causes cancer. Scientists have to wear gloves when they touch things that have been preserved in formaldehyde because it is so deadly. But with cigarette smoke, formaldehyde is put into the air and people breathe it in.*
- **Polonium-210**—*this is a radioactive chemical element that has been shown to cause cancer in animals. The tobacco plant removes this air pollutant*

from the air and concentrates it in its leaves. Years of smoking pile up lots of this radiation in the lungs of a smoker.

- **Hydrogen Cyanide**—*A chemical poison that has been and is used in gas chambers to kill prisoners.*
- **Carbon Monoxide**—*Makes the red blood cells carry less oxygen. So the cells in the body don't get as much oxygen to make their energy.*
- **Tar**—*A black sticky substance that contains many cancer causing chemicals.*

And to add to this list is **nicotine**. Nicotine is not just in cigarette smoke but it is also in chewing tobacco, cigars, and in most e-cigarettes/vapes. Nicotine is poisonous and has been used as a pesticide. It is also a drug and it is what makes the tobacco so addictive. In fact, nicotine is actually more addictive than alcohol or cocaine.⁹ This is why it is so hard for smokers to quit smoking as they are addicted to a very strong drug.

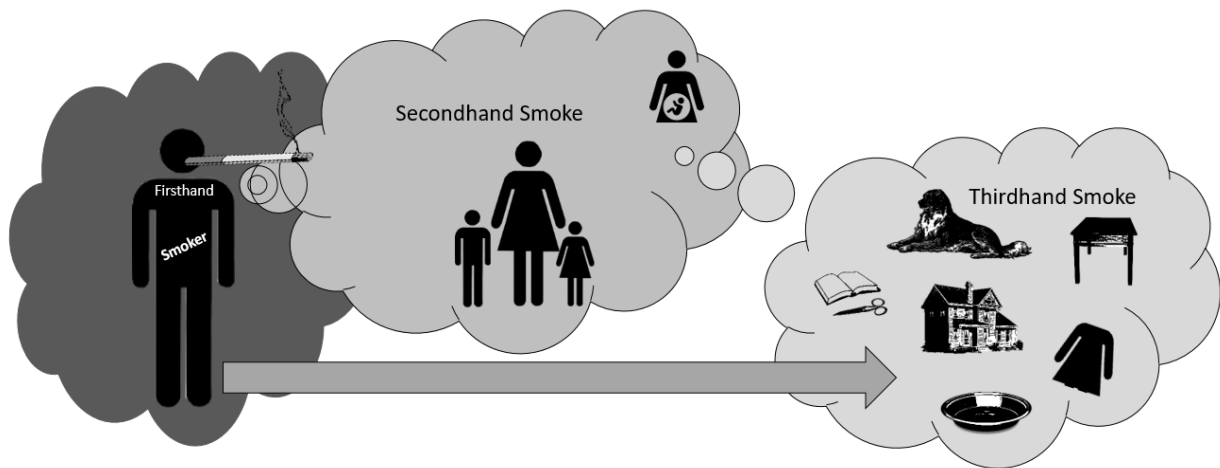
Three Kinds of Smoke

Smoking can hurt or kill 3 different groups of people.

The first group of people smoking hurts is the people who are smoking the cigarettes. Since they are the ones smoking, we say they get "***firsthand smoke.***"

The second group of people that smoking hurts are people that don't smoke themselves but are around the smoker while he is smoking, maybe they live or work with the smoker. The smoke that these people breathe in is

called "***secondhand smoke.***" Smoke can also travel through doors, cracks in the walls, air vents, etc. and it can also stay in the room for many hours afterward so people can also be exposed to secondhand smoke even if they aren't in the same room with the smoker when he is smoking. Also, a smoker keeps breathing out into the air the many poisons from the tobacco smoke for at least 10 minutes after they finished smoking. So someone who steps outside for a "smoke break" but comes right back in afterward will still be breathing out all the poisons to



the people around him.¹⁰ It is well proven that even breathing secondhand smoke for a very short time can cause serious health problems. ***There is no amount of time that is safe to be around secondhand smoke.***¹¹

Firsthand and secondhand smoke are bad enough, but scientists have also discovered a third group of people that get bad effects from tobacco smoke. This group of people do not smoke and they are also not around the smoker while he is smoking. But the poisons in the

cigarette smoke are sticky and get stuck on surfaces like furniture, walls, pillows, clothing, etc. all around the smoker and where he smoked. Even cold ashtrays are a problem because it has been found that cold cigarette butts continue to put off high amounts of nicotine into the air for 7 days.¹² All these poisons can't be seen with the eye but they can stay around for a many months or even years.¹³ In fact, scientific studies have shown that these poisons can be found on the hands of non-smokers who have moved into houses that had been previously owned by smokers.¹³ A person cannot get rid of these poisons by simply airing out a room with open windows and fans, or by washing clothes or bedding or furniture by normal cleaning methods.^{13a} Even non-smoking places can become polluted with these poisons from people bringing them in on their clothing, etc. One study showed that the air of a non-smoking movie theater was polluted with these poisons from cigarette smoke just by what was carried into it on people's clothes and their breaths. Some of these poisons were still floating in the air of the theater the next day. And the amount coming off the people's clothing and breaths was the same amount as 1-10 cigarettes of "secondhand smoke."¹⁴ People who come in contact with these sticky poisons can be hurt as well. This type of smoke is called, ***"thirdhand smoke."***

In this book we will look at how smoking harms all 3 of these groups of people. Smokers need to realize it is not just themselves that they are hurting and killing. Every year, 1.3 million non-smokers die from breathing

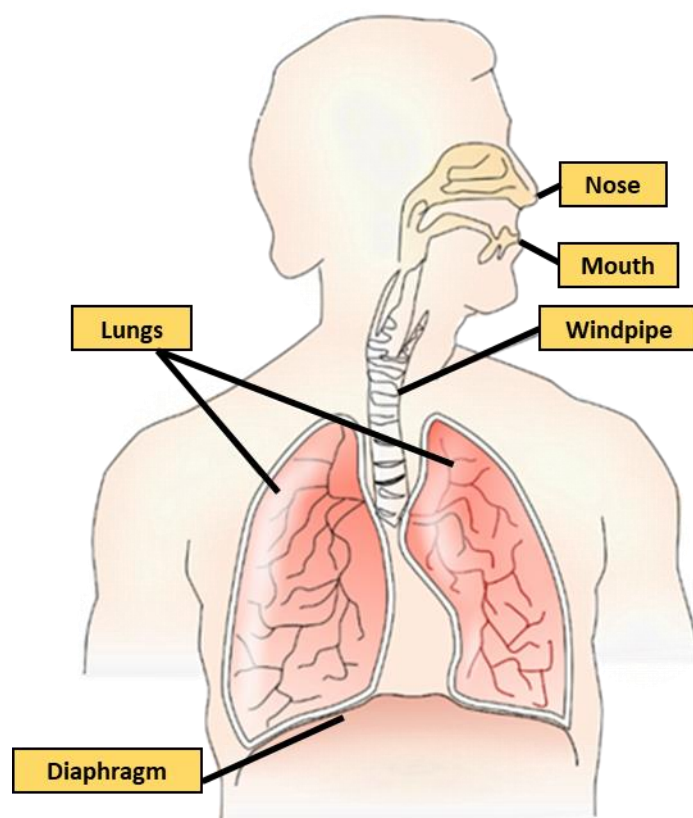
"*secondhand smoke*" in their homes and workplaces.⁵ That means more people are dying from breathing other people's smoke than are dying from the disease of AIDS.¹⁵ And the scientists don't know yet how many people are sick or dying from "*thirdhand smoke*." But it is certain to be many more people.

Smoking and the Lungs

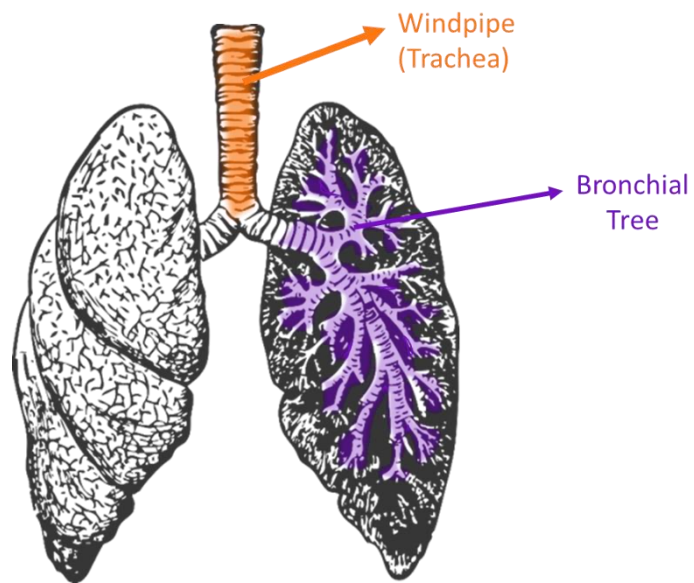
Because smoking poisons the air, it is no surprise that smoking damages the parts of the body that help us to breathe. Let us learn a little bit about what happens in your body when you breathe. This will help you to understand the damage cigarette smoke does to these parts of your body.

When you breathe, the air travels from your nose or mouth down a pipe in your throat called your

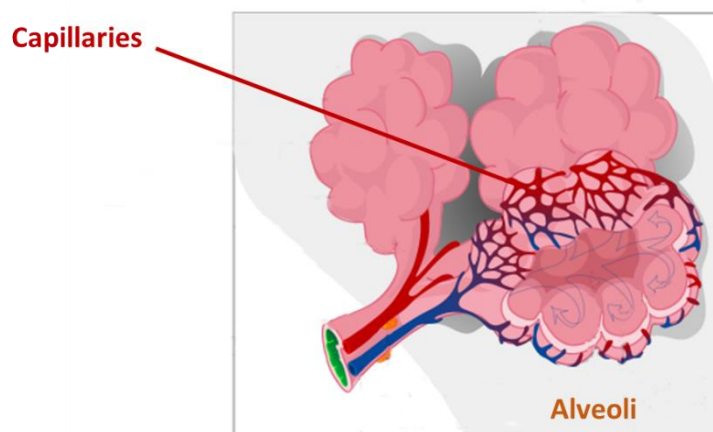
windpipe (also called the trachea). The windpipe splits into two parts called **bronchi**. Some of the air traveling down the windpipe will go into the left lung and some will go into the right lung through these two bronchi. In the lungs these bronchi



divide into more air passages that are smaller. It kind of looks like an upside down tree with lots of branches. In fact, it is called the **bronchial tree**. At the end of the smallest branches are many tiny air sacs



called **alveoli** that look like little clusters of grapes. Alveoli are covered with tiny blood vessels called **capillaries**. These capillaries have very thin walls. Because of this, the oxygen in the air you breathe can go through these thin walls into the blood. When the blood

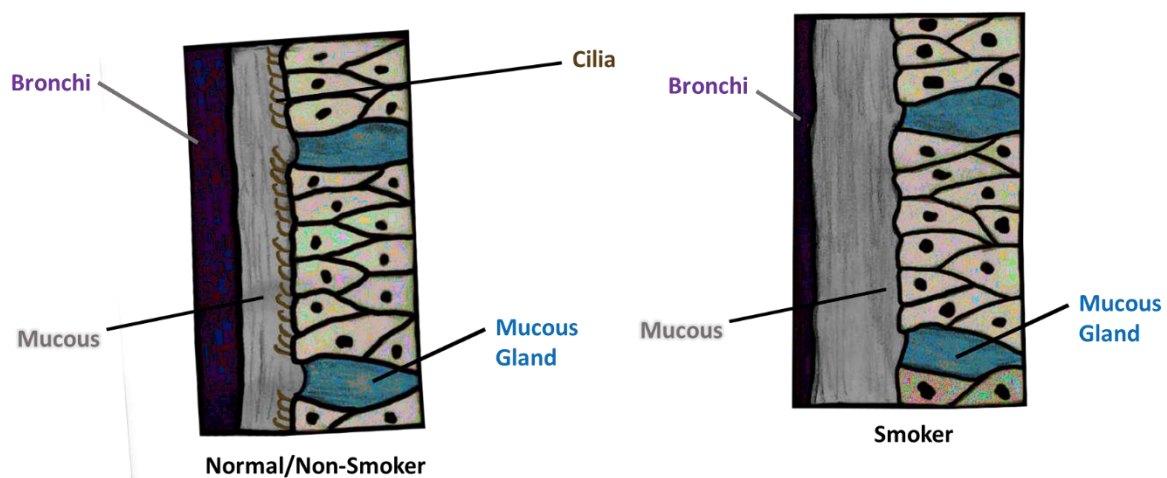


gets oxygen it changes from a blue/purple color to a bright red color. The blood will carry the oxygen to all the cells of the body because the cells need oxygen to

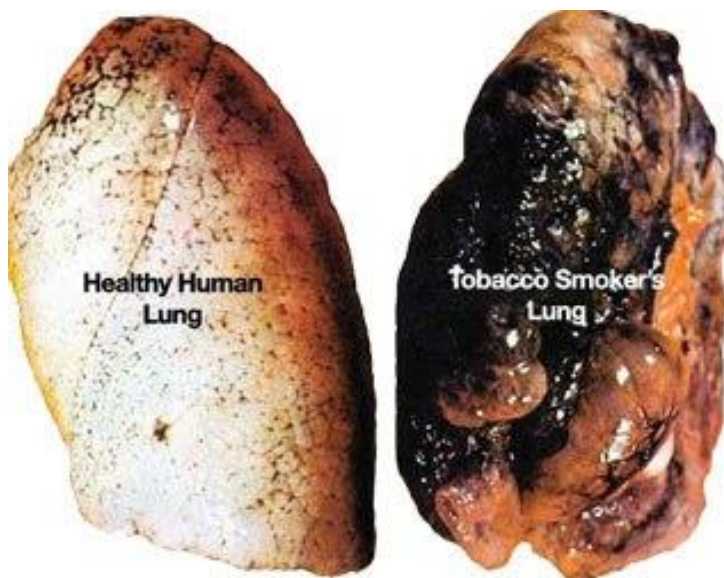
make energy so they can do their different jobs. When the cells use this energy, they make a waste product called carbon dioxide. This they need to get rid of and so they put the carbon dioxide into the blood. This blood with the carbon dioxide travels all the way back to the

lungs. There the carbon dioxide leaves the blood and will travel all the way back through the pipes of the bronchial tree and then back up the windpipe and you will breath it out of your nose or mouth.

Now the body needs clean air to breathe. But since there are things that dirty the air like dust or other harmful substances there are many things God has put in the air passages and lungs to protect them from the bad things in the air. The air passages in the lungs are lined with small hairs called **cilia**. These cilia are covered in a layer of **mucous**. Yes, mucous, the slippery, slimy stuff that comes out of your nose when you blow it. When you breath air in and there is dust or other bad things in it, that dirt gets trapped in the mucous. The cilia move the mucous up the passage ways into the throat where it is either coughed up or swallowed. This helps to clean the lungs. When the **cilia** in the lungs are working right, dirt and many other harmful things that shouldn't be in the lungs are trapped in the mucous and removed.



But smoking messes up this process. First, smoking causes the body to make more mucous (see picture on page 10) than a normal person, so this extra mucous clogs the air passages and makes breathing more difficult.¹⁶ And then the chemicals in cigarettes paralyze and destroy the cilia making them where they cannot move the mucous the way they should. So they cannot properly clean the lungs.¹⁷ As you can imagine if the lungs cannot get properly cleaned it is going to cause a lot of problems just like if you never clean your house it is going to get dirtier and dirtier. Because the cilia aren't working right this means when a smoker breathes in harmful things those harmful things are more likely to stay in the lungs and cause problems.



Now smoking not only makes the lungs not get properly clean but it also dirties the lungs with all kinds of harmful chemicals. Because smoking damages the lungs it makes a person more

likely to get lung problems. Someone who smokes or breathes "secondhand smoke" is more likely to get lung diseases like pneumonia, the flu or tuberculosis (TB).¹⁸ Even diseases like asthma or other allergies can either be caused or made worse by smoking. Secondhand and third

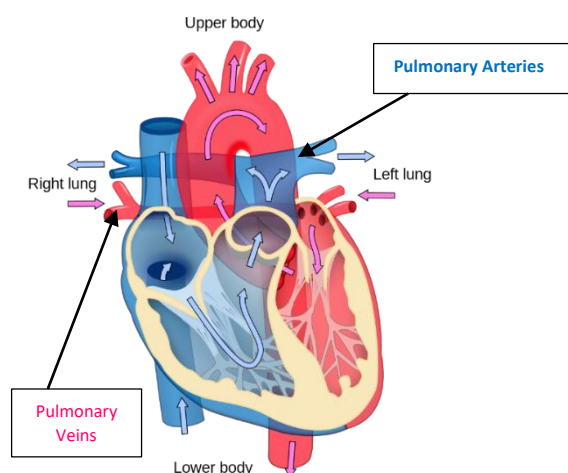
hand smoke also quickly cause lung problems.¹⁹ A scientific study done by the University of California discovered that the cells of the lungs of healthy, non-smoking people were damaged after only three hours of exposure to thirdhand smoke.²⁰

Smoking Hurts the Heart

Besides the lungs, smoking also greatly hurts the heart and blood. After the blood picks up oxygen in the lungs, the fresh red blood with oxygen travels to the heart. The heart pumps this fresh blood to the rest of the body through tubes called **arteries**. When the cells of the body take the oxygen from the blood for their work and send back carbon dioxide, this blood, filled with carbon dioxide, travels back to the

heart through other tubes called **veins** and the heart pumps this blood back into the lungs to get rid of the carbon dioxide and to get new oxygen.

You can think of the blood vessels this way. The arteries are like the pipes that bring fresh clean water into your house that goes to the sinks and shower taps. The



veins are like the drain pipes that take away the dirty water from the drains.

Cigarette smoke causes problems in different ways to all these different parts. First, when the red blood cells come to the lungs to get oxygen, carbon monoxide which is one of the chemicals in cigarette smoke is there. Now when carbon monoxide is around, the red blood cells will take carbon monoxide instead of taking oxygen. So instead of oxygen, the blood cells will leave with carbon monoxide which will poison the cells of the body instead of being used to make energy like the oxygen.

The nicotine in cigarettes irritates the heart and causes problems with the heartbeat. **It is the nicotine that makes it more likely a smoker will die from a heart attack than a non-smoker.**²¹

In the blood, besides the red blood cells, there are also pieces of cells that are called platelets. If you get a cut, it is platelets that form a blood clot and seal off the wound so it stops bleeding. If you didn't have any platelets you would keep bleeding until you died. But cigarette smoke also causes problems with the platelets. Smoking makes the platelets stickier and they begin to form clots inside the blood vessels.²² This can stop the flow of blood through that blood vessel. If this happens in important blood vessels it can cause heart attacks or strokes.

This is a major reason why the more years a person smokes, and the more cigarettes a day they smoke, the

more likely they are to get heart disease and heart attacks. In fact, scientists looked at a group of people who had had heart attacks and found that between 41% to 45% of the heart attacks had been caused by smoking.²³ That was almost half of the heart attacks. But the effects on the heart are not just for people who smoke lots of cigarettes. Even people who only smoke less than 5 cigarettes a day can show signs of heart disease.²⁴

Secondhand smoke also starts damaging the heart and blood vessels very quickly, within only 5 minutes. After 5 minutes of breathing secondhand smoke the arteries start to harden and after 20-30 minutes the blood starts clotting and fat deposits begin building in the arteries. These fat deposits are what clog the arteries (so not enough blood can travel through them) and can lead to heart disease and heart attacks. In as little as 2 hours of being around secondhand smoke the heart can start beating irregularly which could lead to serious heart problems including heart attacks.²⁴ The bad effects of secondhand smoke on the heart and blood lead to thousands of people dying from heart disease or strokes every year, just because they were around other people who were smoking.²⁵

And it seems the bad effects on the heart and blood don't stop at secondhand smoke. In one study, mice were given bedding that had thirdhand smoke on it. The scientists found that the mice developed blood clots, high blood sugar (a risk factor for diabetes), high bad

cholesterol (a risk factor for heart disease), and their wounds also healed slower.¹⁹

Smoking Causes Cancers

When a part of the body is damaged by toxins or inflammation over and over, that damage can cause bigger problems. One of those big problems is cancer.

Millions of people are dying all around the world from cancer. ²⁶ Every year more and more people are getting cancer and dying from it than ever before. Nowadays it is said that one out of every two people will get cancer in their lifetime ²⁷. While there are many different causes of cancer including alcohol, unhealthy foods, toxic chemicals, radiation, and many other things, **tobacco is the biggest cause of cancer in the world.** ²⁸ One out

Deaths From Cancer



of every three people who die from cancer got their cancer from tobacco smoke. ²⁹

The most well-known of the cancers that smoking causes is lung cancer. **Smoking is the cause of cancer for 9 out of every 10 people who die from lung cancer.** ³⁰ And it is not just smokers who get lung cancer from cigarette smoke. Secondhand smoke also causes cancer. Many thousands of people die every year from lung cancer from breathing other people's smoke. ³¹ And even thirdhand

smoke has also been shown by science to cause lung cancer in studies done to mice. In fact, baby mice that were exposed to thirdhand smoke were more likely to develop lung cancer when they became adults than baby mice who were not exposed to thirdhand smoke. If this is also true for humans it would mean small children exposed to thirdhand smoke may be more likely to get lung cancer later in life.³²

But it is not just lung cancer that is caused by cigarette smoking. **Science has shown that smoking can cause cancers of the mouth, throat, liver, pancreas, bladder, blood, stomach, kidney and many other parts of the body.**³³ Children who are around secondhand smoke are also more likely to get lung cancer or leukemia [blood cancer] than children not around smoke. And even if the children don't get cancer as children, they are more likely to get cancer when they are adults.³⁴ Thirdhand smoke also causes other types of cancer. For example, in one study scientists learned that the women who were around thirdhand smoke were much more likely to get cervical cancer than those who were not exposed to thirdhand smoke.³⁵

As we already said there are at least 69 cancer causing chemicals in cigarette smoke. Some of the cancer causing chemicals in cigarettes come from the nicotine. **So as long as cigarettes or e-cigarettes have nicotine in them they can cause cancer.**³⁶

Smoking and the Brain

Another part of the body that smoking causes damage to is the brain. Smoking has been shown to shrink the brain. This can cause memory loss and other mental problems. For example, a smoker is 2 times more likely to get Alzheimer's Disease.¹⁸

If a person uses nicotine (meaning they smoke) while they are a teenager or young adult, it can cause long-lasting damage to their memory and learning abilities. Nicotine also makes it easier for someone to begin using and become addicted to illegal drugs like cocaine or heroin.³⁷



Secondhand smoke, even in small amounts, also hurts children's brains and causes behavior and learning problems. The scientists who have studied the effects of secondhand smoke on children say that more than 21.9 million children have trouble reading and understanding what they read because they have been exposed to secondhand smoke. Many children also struggle with learning math or with other learning problems because of people smoking around them.³⁸

Smoking and Mouth Health

Another part of the body that both smoking and secondhand smoke affects is the mouth. Smokers are

more likely to get gum disease or lose teeth than non-smokers. They also have bad breath, tooth staining, tooth loss, and bone loss in the jawbone and can develop white patches in the mouth.¹⁸

People who are around secondhand smoke are also more likely to have bad teeth and gum diseases. Children of parents who smoke are more likely to develop cavities in their teeth. And one scientific study even found that only 30 days of exposure to secondhand smoke leads to a higher loss of the bone around the teeth.³⁹ The bad effects of smoke on the teeth has led some dentists to tell people if they want their teeth to be healthy, they need to quit smoking, and if they already don't smoke, they should stay away from areas where other people are smoking.⁴⁰

Smoking Effect on Babies, and Children

Smoking can damage both the men's sperm cells and the woman's egg cells. This can make it harder for a couple to become pregnant and if they do become pregnant it can cause birth defects or the death of the baby.⁴¹

If a woman smokes while she is pregnant, it can cause the baby to be born too early, or dead, or with too low of a birth weight. It can also cause birth defects like cleft lip (*see picture*) and can also cause dangerous

pregnancy and birth problems. Sometimes the mother or baby can die because of problems caused by smoking while pregnant.⁴¹ Often the damage to the baby is already done before the woman even finds out she is pregnant.⁴² But even if she smoked during the first part of pregnancy it is always better for the woman to stop smoking for the last part than to continue smoking.



A baby born with cleft lip

Smoking during pregnancy also affects the growth of the baby's brain. When a mother smokes while she is pregnant, it decreases the number of brain cells in the growing baby.⁴³ Children who are born to smoking mothers generally get lower points on intelligence tests than children born to non-smoking mothers. Children of smoking mothers are also more likely to have behavior and learning problems.³⁶

But it is not just the mother who should not smoke while she is pregnant. If a father smokes around the pregnant mother, it can also cause problems. For example, if the father smokes, the baby is more likely to be born with heart problems.⁴⁴

Smoking and secondhand smoke also cause SIDS (**S**udden **I**nfant **D**eath **S**yndrome). SIDS happens when the baby just dies for no obvious reason, often while it is sleeping. According to one study, mothers who smoke

while they are pregnant increased the risk of their baby dying from SIDS by 55% for every 5 cigarettes they smoke a day. Fathers who smoke after the baby is born also increase the risk of the baby dying.⁴⁵

And it is not just cigarette smoke that can cause SIDS. Fathers who smoke marijuana around their babies or around the pregnant mother also increase the baby's chance of dying from SIDS.⁴⁶

Children who have parents or grandparents who smoke around them are especially likely to have bad health effects from the smoke they are around. This is because children's bodies are still growing and they also breathe faster than adults so they will breathe in more of the smoke.⁴⁷ The scientific studies show that children who live with people who smoke, are more likely to get sick and go to the hospital, than children who live with people who do not smoke.⁴⁸

Children who are around secondhand smoke get more ear infections, lung infections, and have worse asthma attacks that happen more often.⁴⁷ The ear infections caused by cigarette smoke can sometimes even lead to bad effects like hearing loss.⁴⁹

Damage to children from secondhand smoke will not just hurt them in childhood but it can continue to cause problems for them when they grow up to be adults. If a child is around tobacco smoke it can cause the child's lungs to not grow right. This can lead to the child getting

lung diseases and other problems when they become an adult.⁵⁰

One scientific study also found that girls who were exposed to 6 or more hours of secondhand smoke a day when they were children, have more chances of having trouble getting pregnant or of having a miscarriage (baby dies in the womb) when they are adults.³⁶ And the effect on pregnancy goes even further. If a woman smokes while she is pregnant and she gives birth to a baby girl, when that baby girl grows up and gets pregnant, she is more likely to have a miscarriage because her mother smoked.⁵¹ This is why it is important that everyone quit smoking. Not only will they be healthier but also their children and grandchildren will be healthier.

But thirdhand smoke hurts even those who don't smoke and are not around other people smoking. Even hospitals are not safe from thirdhand smoke. Scientists tested babies and the furniture in a **NICU** (***N**eonatal **I**ntensive **C**are **U**nit*) in the hospital and found that almost all of the furniture in the NICU had nicotine on it. They also found from urine tests of the babies in the NICU that more than 9 out of every 10 babies had nicotine in their bodies.⁵²

Babies and young children can more easily be hurt by thirdhand smoke than adults. This is because they can absorb more of the poison through their soft skin. And also because they put their hands and other things in their mouths more often than adults.

A Few Other Health Problems Caused By Smoking

There are many, many other health problems caused or made worse by smoking including rheumatoid arthritis, diabetes, osteoporosis (thin bones), cataracts, other eye problems like blindness, back pain, hormonal problems, heartburn, stomach ulcers, sleeping problems, thyroid problems, early baldness, and many others. It can also cause skin problems and make your skin wrinkle and look older. Only smoking one cigarette causes less blood to flow to your skin for more than an entire hour, so of course your skin will not be healthy.⁵³



Secondhand and third hand smoke also cause these as well as many other problems some of which are permanent. For example, a scientific study done on mice showed exposure to thirdhand smoke caused damage to the liver, including increasing the fat in the liver. This can be a sign of fatty liver disease. The scary thing this study found is that some of this damage to the liver was not able to be reversed.⁵⁴

Smoking and Pets

Secondhand smoke, and thirdhand smoke doesn't just affect the people around a smoker. It can also affect the animals like pets that are around smokers. Animals exposed to tobacco smoke are more likely to get sick, especially with lung problems. For example, cats that are around tobacco smoke are more than 2 ½ times more



likely to get lymphoma, a type of cancer, than ones who are not around smoke.⁵⁵ Dogs also have been shown to develop scars or cancers in their lungs as a result of being around smokers.⁵⁶

And since animals generally don't get baths as often as people do, the harmful chemicals in the smoke build up on their skin and fur. So a smoker's pets are also a source of thirdhand smoke exposure to other people who touch them.

So Is Vaping Better?

All forms of tobacco are deadly no matter whether it is pipes, cigars, or chewing tobacco. Nowadays many people have switched from smoking cigarettes to smoking e-cigarettes or vaping. There are not as many

studies on e-cigarettes as regular cigarettes, but what is known is ***they are not safer***. E-cigarettes or vapes contain 2,000 chemicals many of which are still known to cause cancer. And some e-cigarettes contain more than 5 times the amount of nicotine as a regular cigarette. E-cigarettes have also been linked to causing lung cancer and heart disease.³⁰ In 2019, several people died from a deadly lung disease outbreak caused by e-cigarettes. The disease was called EVALI (**e**lectronic-cigarette or **v**aping product use-**a**ssociated **l**ung **i**njury).⁵⁷ Another study found that 75% of flavored e-cigarettes contain a chemical which has been known to cause an incurable and sometimes deadly lung problem called “popcorn lung.”⁵⁸

Smoking, A Good Way To Waste Money

Smoking is one of the best ways to waste your



money. If all the money spent on cigarettes was put to good causes, this world would be a much better place. Many people who

struggle to put food on their table to feed their children will still spend their hard-earned money on cigarettes. Let's do a little example of how much money is wasted,

just by smoking. This example is done with Namibian dollars, but if you are in another country you can do it with your money.

While many cigarettes are more expensive, let's say you get a cheap pack of 20 cigarettes for N\$40 which is also what you are paying if you buy one cigarette at a time for N\$2.00. And let's say you only smoke 15 cigarettes a day as a general rule. With that price and only 15 cigarettes a day,

- Each day you spend N\$30 on cigarettes. You could buy at least 2 loaves of bread with that money.
- Each week you spend N\$210 on cigarettes. You could buy a lot of carefully chosen food with that amount of money.
- Each month you spend N\$900 only on cigarettes. That would buy you a lot of food or clothing or something else you need. For some people that is more than half of their monthly salary that they just spent on cigarettes.
- Every year you spend N\$10,950 just on cigarettes. With that amount of money, you could buy a stove or a refrigerator or even a computer.

And what are you paying more than N\$10,000 every year for? Killing yourself. Yes, cigarette smoking is a very expensive way to kill yourself.

Now imagine instead of spending that money on cigarettes you instead saved it. That's more than \$10,900 money you can save every year. In 10 years' time if you keep saving it you will have saved more than N\$100,000. You could buy a cheap secondhand car with that amount of money, just what you spent on cigarettes. And remember that is what you will save if you quit smoking 15 cigarettes a day of the very cheapest cigarettes. If you quit smoking more cigarettes than that, or if you quit smoking more expensive cigarettes then you will save even more money. Plus, you will also save money if you are healthier. Medical costs are also expensive.

Should Christians Smoke?

Through the years, there have been many Christians who have strictly followed the Bible and have escaped the harmful effects of smoking because they did not smoke. They studied the Bible and realized that smoking is not a part of God's way for our lives.

Here are four reasons from the Bible why true Christians who are following the Bible will never smoke. There are other reasons but we will just look at these four.

1. Christians know their bodies are not their own. Jesus bought them with His blood on the cross. Now they belong to God. They are to glorify God in everything they do.

"What? know ye [you] not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's." (1 Corinthians 6:19, 20)

2. Smoking is a very dirty habit. It pollutes the smoker's body and the environment around them. God says we are not to defile our body temples. The Greek word translated *"defile"* also means to *"corrupt, or destroy."* The Bible says that those who destroy their body temple, God will destroy them.

"[you] are the temple of God... If any man defile the temple of God, him shall God destroy; for the temple of God is holy..." (1 Corinthians 3:16, 17)

3. Smoking is a waste of money. Everything we have, including our money belongs to God (Deuteronomy 8:18). Christians should use their money to glorify God, to help other people, and to spread the gospel. *"whatsoever ye do, do all to the glory of God."* (1 Corinthians 10:31)
4. Smoking is a slow suicide. God said *"Thou shalt [you shall] not kill."* (Exodus 20:13) God didn't say it was okay to kill if you do it slowly. Smoking is slowly killing you and the people around you. So a true Christian will not smoke because he obeys God's law and doesn't kill himself or other people.

What are the Benefits if I Stop?

Although some of the damage from smoking is not reversible, stopping smoking still has some immediate health benefits for the heart. When you stop smoking:

- After 20 minutes your heart rate and blood pressure will return to normal.
- After 12 hours all the carbon monoxide will be gone from your body.
- And in the first month the cilia in your lungs begin to recover and to clean your lungs better.
- Within 1 year after you stop your risk of heart disease is cut in half.
- After 15 years of not smoking, a previous smoker is not any more likely to get a heart attack than someone who never smoked.⁵⁹



And the longer you go without smoking your risk of cancers and other problems caused by smoking will also decrease.

There are two other important benefits you will get right away when you stop smoking.

1. You immediately start to save your cigarette money.
2. And you are not guilty of poisoning other people or the environment with your smoke.

No matter how long you have been smoking you will always do better and be healthier to quit smoking.

How to Stop Smoking.

We have looked at many of the ways smoking hurts the body of the smoker as well as how it hurts the people and animals around him. We have seen that it is a big waste of money. And we have also seen why Christians should not smoke. But maybe you are a smoker. You now want to stop. You want to be healthy and to follow God. But how can you quit smoking?

In his book, *Proof Positive*, Dr. Neil Nedley gives some advice that will help you to stop smoking. Here is a small list of some of his points.⁶⁰

Number One: You must ***choose*** not to smoke.



Everything is based on your choice. Other people cannot choose for you. You must choose for yourself.

Number Two: **Don't have any hidden cigarettes.** Many people fail to quit smoking because they keep some cigarettes around, "just in case." Throw all of your cigarettes away where you can't get to them. If you plan to fail, then you most

definitely will fail.

Number Three: It is better to **avoid places and situations where smoking will be a temptation to you** (places where other people are smoking). BUT sometimes you can't do this because the other people might live in your house or you might have to go work

with them. So you can't always avoid temptations. But any unnecessary exposure to the temptation to smoke should be avoided.

Number Four: **Change your lifestyle.** Some other lifestyle practices Dr. Nedley talks about that have helped other smokers stop smoking and will help you to stop smoking are:

- Breathing deeply
- Getting more sleep (At least 7-8 hours a night).
- Exercising every day
- Drinking plenty of water (at least 8 glasses a day),
- Showering or bathing at least 2 or more times a day.
- Avoid caffeine which is found mostly in coffee, black and green tea, and energy drinks but also in smaller amounts in some other cool-drinks and chocolate. Caffeine is also a drug and for many smokers caffeine can make it hard to break the addiction to nicotine. For some people also certain spices seem to make it difficult to stop smoking, so it is best to avoid very spicy foods while you are trying to give up smoking.
- Eat plain and simple food with lots of fruits and vegetables. This is the best diet to help you to stop smoking.

All these things are good ideas and they can help you give up smoking, but they are not enough by themselves. Many smokers around the world have realized they

cannot quit on their own. They need more power. By themselves they are too weak.

The only one who can give you the power to break from this health destroying habit is Jesus. The Bible tells us,

"I can do all things through Christ which strengtheneth me." (Philippians 4:13)

With Jesus' help you can overcome this addiction. So go on your knees. Tell Jesus you want to stop. Tell Him that you give up this bad habit and ask Him to give you the victory over it. Then believe He has given you the victory because He promised. He promises He has the power *"to keep you from falling"* (Jude 24). Now believe that He will keep you from falling. Thank Him for the victory He has given. When you get up from your knees throw away your cigarettes unless you already threw them away. You don't need them anymore.



"thanks be to God, which giveth us the victory through our Lord Jesus Christ." 1 Corinthians 15:57

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