

# Make a fresh start with...

## A healthier body

You don't have to wait long for the benefits to start once you stop:

### After...

<b>20 minutes:</b>	▶ your blood pressure and pulse return to normal
<b>8 hours:</b>	▶ nicotine and carbon monoxide levels in your blood are halved
<b>24 hours:</b>	▶ carbon monoxide will be eliminated from your body and your lungs will have started to clear out the tar that's been clogging them up
<b>48 hours:</b>	▶ no nicotine left in your body. Your senses of taste and smell are greatly improved
<b>72 hours:</b>	▶ your breathing becomes easier and your energy levels increase
<b>2-12 weeks:</b>	▶ your circulation improves and exercise can be easier
<b>3-9 months:</b>	▶ any coughs, wheezing and breathing problems improve