

# Tabac : les raisons d'arrêter

- Les bienfaits pour la santé de l'arrêt de la cigarette

Au bout de :

20  
minutes

La pression sanguine et les pulsations du cœur redeviennent normales

8  
heures

L'oxygénation des cellules redevient normale

24  
heures

Le monoxyde de carbone est complètement éliminé de l'organisme

48  
heures

La nicotine n'est plus présente dans le corps

3 à 9  
mois

La capacité respiratoire augmente de 10%

1 an

Le risque d'accident vasculaire cérébral est le même que celui d'un non-fumeur

5 ans

Le risque de crise cardiaque est 2 fois moins élevé que celui d'un fumeur

10 ans

Le risque de cancer du poumon est 2 fois moins élevé que celui d'un fumeur

Source : Comité régional d'éducation pour la santé d'Ile-de-France

WaG - Reuters



# Pourquoi Fumer Art De Vivre T

**Guillaume Favre**



**Pourquoi Fumer Art De Vivre T:**

## Decoding **Pourquoi Fumer Art De Vivre T**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Pourquoi Fumer Art De Vivre T**," a mesmerizing literary creation penned by a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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