



The
Quit Shisha
Guide

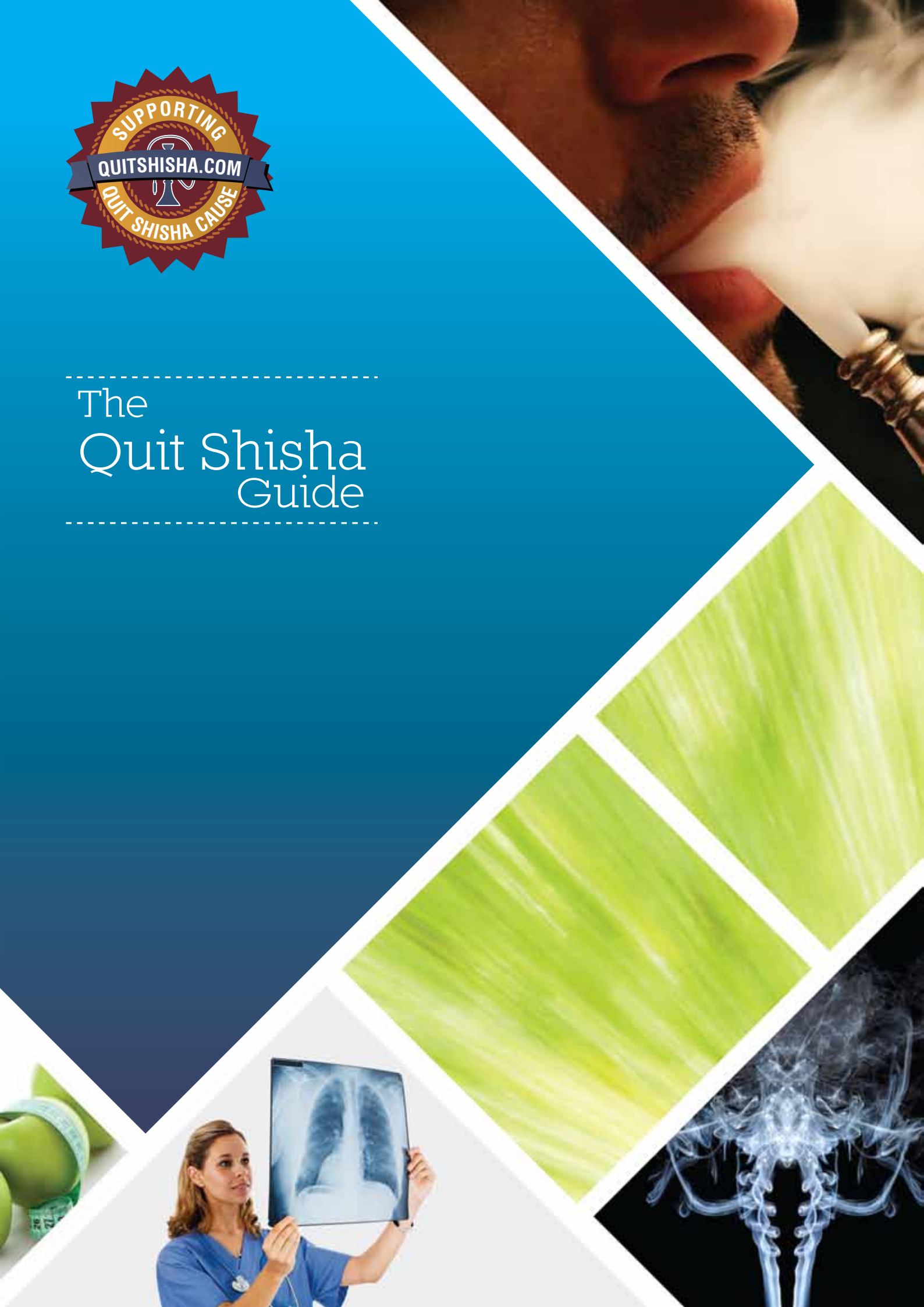




Table of Contents [↗]

Page No. [↗]

Ever Wondered Why Quitting Shisha is different to Quitting Normal Smoking?	Page 01
Why You Should Quit Shisha An Indepth View of Shisha	Page 02
Health Problems Associated with Smoking Shisha	Page 03
Start with the End in Mind How to Quit Shisha	Page 04
The Benefits of Quitting Shisha	Page 05
First 10 Days plan of quitting Shisha	Page 06
Second 10 Days Plan of Quitting Shisha	Page 07
The Third 10 Days Plan of Quitting Shisha	Page 08
Last 10 Days of Quitting Shsiha	Page 09
What You Need to know about Shisha	Page 10



Ever Wondered Why Quitting Shisha is different to Quitting Normal Smoking? ↗

One of the harder things in life is the process of quitting an addiction. Whether it's a health, financial or social addiction, the whole process can be quite strenuous to the victims and their families. The worst forms of addiction happen to be those related to one's health e.g. smoking, drinking and the likes because they cause damage to the body organs and this can bring about vital diseases like cancer e.g. lung cancer that is mostly associated with cigarette smoking. But in today's world, there has emerged something that is more prevalent than normal cigarette smoking and goes by the name of shisha. So for anyone who has ever wondered why quitting Shisha is different to quitting normal smoking, this happens to be the right article for them.



Before we answer the question as to why quitting Shisha is different to quitting normal smoking, let's first get to know what shisha is. Shisha is a form of tobacco that is smoked from a kind of a water pipe that is attached to a sort of larger stem pipe that is segmented. The shisha is heated by coals or any other heat source and the smoke is passed through water or

films of water which is said to purify the smoke arising from the tobacco. Shisha is also known as hookah.

Now we will look at why quitting Shisha is different to quitting normal smoking by comparing the hazards between smoking shisha and normal cigarettes. From the above explanation about what shisha is, we see that the tobacco itself (shisha) is heated and though it is said to be purified by the water or the water films, the recipient smokes a lot more than what a normal cigarette smoker takes in. One hour of smoking shisha is like smoking dozens of normal cigarette packs because the volume of smoke inhaled by the former is greater than that of the latter.

One of the reasons why quitting Shisha is different to quitting normal smoking is that shisha smoking is a social event. It is hard to come across someone smoking shisha alone. This is why it is found in bars, casinos, some hotels and others places of social gathering. Cigarette smoking is not a social event as much as shisha is. In fact most of the cigarette smokers prefer to smoke alone rather than in a group but with shisha it's vice versa, it's more entertaining to smoke it catching up or having a nice time among friends, it's a sort of a bonding tool during leisure time.

The fact that shisha smoking results mostly from social pressures makes it harder to stop smoking. For people who want to stop smoking shisha, this means they either skip their turn and pass the pipe to one of their friends or they avoid them completely. The rumored theory that the smoke is purified by the water does not hold since tobacco does not dissolve in water and it would be a good idea to stop smoking it. This is the main reason why quitting Shisha is different to quitting normal smoking.



Why You Should Quit Shisha [↗] An Indepth View of Shisha

Shisha is becoming more and more popular today; it is used in parties, bars and cafes. Many people, especially young adults, are eager to try smoking shisha because it is becoming really favoured. However, before smoking one, it is recommended to know all the risks involved.



What is Shisha?

There are a lot of speculations on where shisha has originated, some say it's from Persia, India, British Countries or the UAE. It is true that in other cultures, smoking of shisha as part of tradition. Shisha is also known as Hookah, hubble bubble, nargile and goza. Shisha is a fruit infused tobacco, which makes it enticing for most users, the flavours that are common are; apple, cappuccino, strawberry and mint.

How does shisha work?

Shisha is composed of a bowl, tray, stem, hose, vase and down stem. The vase or gasket is filled with water where the down stem is submerged. Charcoal is used to heat the bowl, the hose is used to further produce heat and smoke by sucking on the rubber hose tubes. It also uses tobacco leaves, herbs or fruits and nuts

Why You Should Quit Shisha Smoking?

Most individuals who smoke shisha think that it is safer to smoke shisha than regular cigarettes, but is this true?

Smoking shisha poses risks for communicable diseases. This happens since disposable mouthpieces are not common in most instances. The saliva collected in the hose, and the fact that it is passed to another user makes it easier to pass on viruses and bacteria. Herpes or cold sores are the most common type of disease that can be acquired from the hookah. Moreover in places such as Egypt and Syria, smoking of Shisha in cafes and bars are said to be the source of

the outbreak of another communicable disease; pulmonary tuberculosis.

Shisha increases the risk for Cancer. The fact that charcoal, fruits and other additives are included; it increases the risk of cancer because of ammonia, nicotine and tar. Ammonia that is present in additives triggers the release of nicotine in the tobacco. Pesticides that are used in fruits and other organic materials may also surface if not properly cleaned. Furthermore, the smoke in shisha is cooler than that of cigarettes. What this means is that its smoke is heavier thus sinking deeper into the lungs along with the tar. According to research conducted by the World Health Organization, a smoking session with a shisha that usually takes around 40-80 minutes or over an hour is equivalent to smoking around 200 sticks of regular cigarettes.

Shisha smoking increases the chances of organ failure. Though organ failure with the use of shisha is not aggressive, it does sure leave damage in the human body most especially in the vital organs such as the brain, liver, kidneys, heart and lungs. This is due to the massive amount of carbon monoxide present when a person smokes a hookah. The body needs oxygen to function properly, but as it is overshadowed by carbon, it makes this simple fact complex. The human's vital organs need more amounts of oxygen than other parts of the body, and as it is deprived of the proper amount of oxygen it also functions less than its capability, thus resulting to organ failure in the long run.

Shisha smoking is habit-forming. Though it is not as rampant as cigarette smoking, smoking hookah is proven addictive as well. Some smokers reveal that they smoke shisha at least six days a week, which is staggering if you compare it to cigarette smoking. It may be equivalent to finishing around 1200 sticks of regular cigarettes in 6 days.

To sum up, with all the risks that smoking shisha presents, it is undeniable that it is as potent as cigarette smoking. What is alarming is that it is becoming fairly common in parties and bars. It is suggested not to try smoking shisha since it is considered addictive, think of how much it can have a negative impact your health.



Health Problems Associated with Smoking Shisha ↗

There are various health problems that result from smoking shisha. It is assumed that smoking shisha is not so harmful when in reality it could result to more serious damages in our bodies as compared to cigarette. A shisha is made up of the base which is partly filled with water, the bowl where the tobacco is kept and a pipe which is used for inhaling. Shisha is dangerous as it allows the user to inhale a great volume of smoke as compared to smoking cigarettes. The smoke contains many hazardous toxins such as carbon monoxide, nicotine, tar and other chemicals similar to those in cigarettes.

Smoking shisha makes you a potential cancer candidate. It is associated with lung, mouth and throat cancer. It has also been linked with gum disease. The number of problems linked with smoking shisha is endless. Asthma and low sperm count are also included. There is also a decrease in the lung capacity of shisha smokers by up to 25%. This reduces their ability to absorb oxygen. Once you start smoking shisha, it becomes a habit and you could end up an addict. Sharing of the smoking pipes can lead to spreading of communicable diseases through saliva. Most people who share it do not wash the mouthpiece before use. The diseases are such as colds, hepatitis, flu and many others. The parents who smoke shisha expose their children to the effects such as asthma and other respiratory diseases and even crib death. Surprisingly in the eastern regions, children as young as seven years old have been seen smoking shisha!

With all the health problems stated above, every shisha smoker should really quit. I mean unless you are comfortable digging your own grave. The first step in quitting is to accept that you have a habit that you want

to break. Set a date which you want to quit and choose your game plan. Since you will need all the help and support, it is important to tell your friends and family about your plan. Be open and tell them you will need to feel their love during that period and just in case you have friends who still smoke shisha, ask them to respect your decision. It's never easy to give up a long time habit, that's why you need to stock up on substitutes such as sugar free gums, hard candy and carrot sticks. Having this in your mouth will help you to ignore the need to have the shisha pipe in your mouth. If you think it will be hard to give up without medical help, you should ask your doctor for help. He should be able to prescribe what is necessary for you. You should also attend a stop smoking class as hearing other people's stories will encourage you, especially when you listen to a story worse than yours. Everyone thinks that his is worse.



You should practice saying 'no thank you' to shisha offers. This will build your confidence in the future as you will always get these invitations. If friends pressure you, remember it is better you lose them than have any of the above health problems drag you to your death bed!



Start with the End in Mind How to Quit Shisha

An individual's success in quitting shisha depends on his desire to quit smoking. If at this point you have already decided to **quit shisha**, you are on your way to fulfilling your game plan to quit for good.

There is no one particular way to quitting smoking shisha. Some Shisha smokers, chose to end it altogether without accompanied medicines or nicotine alternative. Others may lessen their use of shisha gradually before they quit completely. Another option would be to curb each Shisha smoking sessions a little each day. While it makes perfect sense to eliminate it so that you can bring down your withdrawal symptoms but in application, this can be a daunting task.

The sooner you can prevent your body from the unhealthy effects of smoking Shisha, the sooner you will recuperate from those years of addiction and abuse. The body has amazing powers to heal. The moment you stop smoking, your body will directly show signs of improvement as it adjusts itself from doing away with the smoke and its harmful effects. Of course, the longer you have already smoked Shisha, the longer it will take for your body to return to its healthier state. It's not too late to quit smoking Shisha. Have you ever considered the positive changes that can happen and the benefits you can get once you stop smoking Shisha? If not, then you should think very hard about it as quitting Shisha will bring tremendous relief and benefits to your health and your peace of mind. Before you smoke another Hookah pipe, just stop and

remember that every time you smoke Shisha, it causes 100x more damage than when you're smoking cigarettes and there may be instances wherein it's illegal to smoke Shisha in enclosed public spaces. Smoking, whether from a cigarette or Shisha, may increase your chances of having heart diseases, respiratory problems and even cancer.



A study conducted by World Health Organization (WHO) said that during a Shisha session (which lasts around 20 to 80 minutes) a person may inhale the same quantity of smoke as a regular cigarette smoker who consumes 100 or more cigarettes. Shisha smoke also consists of nicotine, a cancer-generating chemical; and carbon monoxide which is a type of toxic gas which is actually 30x more difficult to dissolve in water than in oxygen. A great number of Tuberculosis in the Middle

East was reportedly associated to using Shisha. Also, since you are sharing the hookah mouthpieces with other smokers, you are also increasing your risk of contracting bacterial infection.

Don't wait for your doctors to tell you to quit smoking because the capacity of your body to recuperate after much abuse has its limits. Once you've completely given up smoking Shisha, you will soon experience a healthier body and you can lessen your dependence on them later on. Believe and have confidence in yourself that you have the power to change and fight this bad habit as long as you act immediately.



The Benefits of Quitting Shisha ↗

Many people have taken up the habit of Shisha in the belief that it is less harmful than regular smoking. The variety of exotic flavours available for Shisha attracts many people who want to do something pleasurable while socialising or relaxing. The many cafes that offer Shisha may advertise that since hookah smoke passes through water, the water soaks up most of the nicotine and tars. What they fail to realise is that nicotine is insoluble in water and hence, will not be absorbed by water. In fact, the amount of nicotine, carbon monoxide and tars inhaled by Shisha smokers is upto 200 times more than regular smokers.

So what harm does Shisha do the body? The primary risk is that of cancer. Shisha can be the cause of an oral cancer or cancer anywhere along the respiratory tract. This risk is actually greater for hookah smokers because unlike other smoking, Shisha smoking is carried out for longer periods. The other health risks are gum diseases, heart problems, respiratory problems and being more prone to infections. Pregnant women who smoke Shisha run a risk of delivering low birth weight babies who may also have a predisposition to respiratory disorders. Shisha smoking has also been seen to cause wrinkly skin and impotency. People should also try to avoid second-hand smoke as much as possible.

The 40 Day Quitting Plan of Shisha is an efficient way of losing the Shisha habit and returning to a healthier lifestyle. The benefits of this plan can be realised within a few days and also (more effectively) in the long run. Within just one day of having quit Shisha, one will feel some of the long term benefits of the 40 Day Quitting Plan of Shisha. The carbon monoxide concentration in the lungs will greatly reduce and allow more oxygen intake. The person will feel much more energetic as the body will start functioning more efficiently. The chances of suffering from a heart-attack are drastically reduced within just one day of quitting.

The main challenge that people will face is to stick to the plan for the first few days. To stay on the track of the 40 Day Quitting Plan of Shisha one should try to form a strong support group and practice refusing



Shisha when offered by others. Maintaining a healthy lifestyle and diet and staying occupied at all times will also help keeping the mind off Shisha and reducing one's dependency on it.

Usually, people do not really quit smoking even if they would have thought of doing so. Only on the doctor's orders would they actually make the effort to really give up smoking. In some cases this action taken comes too late and the individual would have already developed some smoking related problem. If Shisha addiction can be recognised and tackled early on it will bring the individual's health condition to that of a lifelong non-smoker. So if anybody has realised that he/she or any friend has developed a Shisha addiction, the 40 Day Quitting Plan of Shisha must be immediately implemented to quit Shisha for good.



First 10 Days plan of quitting Shisha ↗

If you have decided that you would quit smoking Shisha then you would need a well strategized plan that would support you and ensure your victory. It is said that a winner gets his success based on how important the reward is to him. A winner will always need a plan, a goal. And that goal needs to be properly understood & prepared. Now, starting off with your first 10 days plan of quitting shisha, follow the below steps for the next 10 days.

Now Step One, Set a QUITTING date.

You need to choose a date which is comfortable to you, a date when you are free from stress and any work deadline.

In the First 10 Days plan of quitting Shisha, you need to keep your schedule hectic but not tensed out. Hence it's very important to choose the right date for yourself.

Step Two, Ask for help & support.

First go see a doctor for advice. In this 40 day plan of quitting Shisha, it is essential that you refer to a doctor if health problems such as weight gain troubles you. And in the case of pregnant mothers, who are trying to quit Shisha it is important that they harmonize with their consultant for the monitoring of the health of the baby as well as the mother while in the process of quitting shisha.

One very reliable trick for help in this quitting process is, a quitting partner. Searching for a quitting partner is not a difficult task, we always happen to find a friend or a relative at Shisha sessions or lounges. Now you can find a friend or a relative or a work colleague who is a shisha smoker and is willing to quit. You can set a common quit date and help each other out for support.

Step 3, Withdrawal.

The withdrawal from quitting shisha is certainly the toughest part in the process of our 40 day plan but it's nothing that you can't achieve. In First 10 day's plan of quitting shisha, the struggle is customarily very

difficult and it's right to say it takes around 12 weeks before the individual could feel at ease in his or her new way of life as a non-smoker.

Step 4, Rewards.

It's very essential that you set your objectives when you have decided to quit smoking. In setting your objectives the most fun part could be preparing rewards which you will give to yourself if you are successful and able to complete some certain goals. For Example, a new car, a signature guitar you've always wanted, a fun night out with a special friend or loved one, an extended vacation or cruise. Just let these goals and their rewards fill you up. Think about a reason to get them and make a strong will about it. You should remember that you will have a lot of time and money saved up from not going to a shisha lounge.

Step 5, Temptation.

You should avoid the temptation to smoke shisha again. Understand the reasons to why you are quitting Shisha. Try to avoid triggers such as drinking in a bar, hanging out with friends at Shisha lounges. You must decide how to handle these triggers.





Second 10 Days Plan of Quitting Shisha ↗

Many people have taken up the habit of Shisha in the belief that it is less harmful than regular smoking. The variety of exotic flavours available for Shisha attracts many people who want to do something pleasurable while socialising or relaxing. The many cafes that offer Shisha may advertise that since hookah smoke passes through water, the water soaks up most of the nicotine and tars. What they fail to realise is that nicotine is insoluble in water and hence, will not be absorbed by water. In fact, the amount of nicotine, carbon monoxide and tars inhaled by Shisha smokers is upto 200 times more than regular smokers.

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The Third 10 Days Plan of Quitting Shisha ↗

Shisha is a molasses based tobacco mixture that is smoked in a water pipe. The mixture has contents of narcotics and thus can be addictive to many of its users. New research shows that there is a far-flung ignorance on the harm caused by shisha based on the dramatic increase in the number of people smoking shisha.

Many people try to quit shisha based on the fact that it causes serious life threatening illnesses just like smoking a cigarette and to be precise; it is more dangerous than smoking cigarettes.

The 10 day plan of quitting Shisha acts as a roadmap to individuals who want to quit smoking shisha based on the negative implications brought on by smoking it. Some of the side effects of smoking shisha include cancer, heart disease, problems in pregnancy and respiratory disease.

It is therefore crucial for the 10 days plan on quitting shisha to work. An effective plan by an individual who wants to quit smoking shisha should be as follows:

Making a decision to quit.

The decision to quit smoking Shisha is one that can only be made by the individual wanting to quit smoking and is based on the individual's commitment. People may ask you to quit, but the actual desire must come from you.

Interact with people suffering from the effects of shisha.

By interacting with people having health problems because of smoking Shisha, one gets discouraged and sets the cause on quitting shisha more effectively.

Setting a date for quitting shisha.

The third 10 Days plan of quitting Shisha starts with setting a date for quitting. One should choose a date which will not be stressful. The day should be when an individual is at his best and one should not be in a rush to set a deadline.

Preparing for obstacles to encounter as a result of quitting.

In planning to quite shisha, one should prepare for future obstacles that will arise as a result of quitting shisha, for instance, the withdrawal syndromes. The journey is demanding and one should be prepared psychologically.

Asking for help.

One should get a doctor's advice. It is significant to consult a doctor if one has health problems or concerns or issues like weight gain.

Finding a quitting collaborator.

Working with colleagues and partners also with the decision to quit shisha is vital as the encouragement and moral support of others give one the strength and ability to push on until one is really able to quit.

Dealing with withdrawals.

The first few weeks after quitting shisha are the most difficult as coping with a new lifestyle as a result of quitting is characterized by symptoms like anxiety, nausea and cravings for tobacco. One should be strong enough not to fall to the temptations of going back and smoking shisha after quitting.

Rewarding one self.

Setting goals and rewarding oneself based on the goals achieved is a good motivation to see an individual through the shisha quitting process.

Staying Firm to quit shisha smoking.

One should at all times avoid temptations of falling back by keeping in mind the reasons that led him to quit shisha in the first place. By doing this the quitting process will almost be complete.

In conclusion when an individual is positive and confident, one would be able to quit. It is advisable therefore that one should spend his time and energy planning on dealing with the task ahead of quitting shisha and this can only be achieved if one perseveres.





Last 10 Days of Quitting Shsiha ↗

Today the world is becoming more health conscious. With so many information channels available people have realised the importance of their health. The most common health hazard around us is smoking. Today society and government is helping people to quit smoking. Another dreadful habit, which is common, is Shisha smoking. Shisha started with a trend and now it has deteriorated many lives.

Shisha Tobacco

Often people think that Shisha does not contain tobacco. They feel that they only inhale flavoured vapours, which is a form of water vapour. This is a big myth; tobacco in shisha is the fresh form of tobacco, which has not been cured. Therefore, it is equally detrimental for health just like cigarettes. It contains all the tar and nicotine that is dreadful for your health.

Ten stages of quitting shisha

To quit a habit is very difficult. However if you have a strong will power nothing is impossible. There are some easy guidelines formulated for people who want to quit shisha smoking:

1. Try to talk to people about quitting shisha smoking. Discuss the harmful effects of shisha. Read health magazines and find out health hazards caused by shisha smoking. This is the most important phase of your quitting which makes you mentally strong.
2. Talk to ex-smokers about their quitting ways and experience. Whenever you feel the urge of shisha, deviate your mind. Look for other alternatives than smoking.
3. Indulge your mind in some activities like swimming or running. This way your mind will concentrate more on the new activity. Record how many times you are actually smoking shisha. The record in itself will motivate you to quit shisha smoking.
4. Whenever you get an urge of shisha, brush your teeth. This will subside the urge of nicotine.
5. Avoid places and restaurants which have shisha. Discard all your shishas and remove the ashtrays from your house. You may have an urge of cigarette smoking.
6. You will feel very stressed out during your quitting stage. Try to do meditation or yoga. These are excellent stress busters.

7. Talk to your family or friends. Whenever you feel the urge, your family will try to deviate your mind. Family and friends are the biggest support during the quitting phase.

8. Go see a doctor for advice if you feel the need to. This is important especially when some health problems or weight issues are troubling you.

9. You have to be very positive. Self-motivation and determination is the key for success. You have to remind yourself about the harmful effects of shisha smoking.

10. Give yourself some time. Whenever you feel the urge let that urge pass away. Stop yourself from thinking about shisha smoking. Count 100 in your mind and take a deep breath in every count.

Conclusion

Shisha smoking today is a social activity. However, we have to highlight the harmful effects of shisha smoking. Many people today think that shisha smoking does not cause harm. It is the duty of conscious citizens to educate the masses. Nowadays we find statutory warnings on cigarette packets, similarly the shisha bars should mention the health hazards of smoking shisha.

Society is responsible for the safety of its individual. We form society and we should take initiatives to find the root cause of such problems.

Links:

<http://www.quitshisha.com/effects-of-shisha/shisha-addiction.html>

<http://www.quitsmoking.com/content/the-10-stages-of-quitting>





What You Need to know about Shisha ↗

Hookah joints and hot spots are slowly but surely becoming ever more popular in the new world. This trend has been observed mostly in college towns whereby the number of places that offer this so called recreational drug to an unsuspecting public has been on an upward rise for the last couple of years. The unsuspecting public is oblivious of new research studies and findings that have now established that shisha smoking is more harmful and disastrous to one’s health in the long run. According to an article that was published sometime back in the UK’s leading newspaper the Guardian, a single shisha smoking session which was shown to last an average of 2 hours was the equivalent of smoking in excess of 100 cigarettes. This startling revelation has continued to cause a public outcry from mostly the health activists prompting them to call into to question the governments role in curtailing the adverse social and political risks and costs attached to this habit.

Looking back once more at the article we find that it was implicit in its identification of the root cause of the endemic spread of this previously Arabic culture tendency and they pointed out the fact that is information and false information about the health impact of smoking shisha. Many of the young people who are drawn to and eventually hooked on to this habit are under the false assumption that it is a better option when compared to smoking cigarettes. They clearly are under the facade that shisha in either of the many different flavors available is way milder and because the Hookah passes through cool water the smoke is somehow purified and made safer as the heavy particles which are mostly filled with carcinogens are removed.

However, new research shows that this is not the case, quite on the contrary Shisha sessions are labeled as unhealthy practices because the duration of time one spends inhaling the flavored tobacco is enough reason to cause your lungs and your general health and well-being to come down drastically in a short-duration of time. And as if this is not reason enough to convince folks that there are better means and ways to enable you to kick-back and relax after

work or studies, shisha smoking also has the risk of infecting you with many more other communicable diseases like herpes and tuberculosis which come from the unhygienic act of sharing a common mouth piece to inhale the toxic stuff.

The other identified harmful effects include the exposure to high levels of carbon monoxide which comes from the burning of the charcoal in mostly confined spaces for extended durations of time. All in all, this practice which dates its origins back to the years of the fifteen hundreds when an Indian physician came up with a means to make the newly introduced tobacco from the British a little less toxic to the health of the nobles who took up this habit in his native country is on the verge of being put under strict legislation by many governments, following this information about its potential health risks to the population more so in the younger generations. To be able to keep this habit at low levels it is advocating for more awareness and campaign drives by interested stake holders to educate and enlighten the masses on the risks associated with shisha smoking.

On a more personal level, we recommend all our readers to always be aware of their health choices and decisions to ensure that they avoid company or associations that encourages unbecoming health habits like smoking and only relate to with those folks who will be a force for advocating for the better things in life which add value and happiness not haziness to one’s life.





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