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Does Smoking Rob You Of Your Facial Charm?

Good and healthy skin is one thing that everyone wants to have. Skin originates from within. The food that we eat gets broken into simpler substances and nutrients. These nutrients and oxygen get mix with blood and are transported to all our body parts through thousands of bloodstreams. Larger parts of these nutrients get absorbed by the skin which is essential for healthy stay of our body cells.

Internal health and external beauty are two sides of the same coin. We get oxygen naturally through our breathing but smoking results in inhaling of harmful carbon monoxide. Cigarettes not only contain carbon monoxide but also contain poisonous gases like ammonia, butane, nicotine, carbolic acid, formic aldehyde, prussic acid, pyridine, parvoline, arsenic and cadmium. Carbon monoxide, the most intoxicated gas mixes with the hemoglobin present in the blood. Our blood cells absorb carbon monoxide gas much faster than oxygen. In this way carbon monoxide displaces oxygen in large quantity depriving our skin cells of their healthy life. Skin and smoking are inversely related with each other.

Skin has its own repairing system. [Smoking destroys](#) its natural system and results in premature aging. At this stage skin loses its natural glow and charm and develops a pale look.

These outcomes on the skin are catastrophic. [Smoking deprives skin of vitamin C](#) which is an essential vitamin. Moreover it is an unstable vitamin and cannot be produce by body. Vitamin C helps the skin inn generating new healthy cells giving the skin a youthful look. Breaking of the collagen results in wrinkles.

You have often noticed that chain smokers usually have sunken eyes and dark circles around their eyes. It is because smoking damages the cells making it scaly and causing wrinkles. It does show its effect on lips also making the lips black and robbing them of their natural appearance.

People spent much money on cigarettes and tobacco which gives them nothing but diseases and side effects. Each one of us know that smoking is injurious to health still we are not able to favor our self by quitting our worst habit.. Instead of depriving our self of healthy and natural glow, we can spend that much amount on facials and good skin rejuvenators. Taking a balanced diet, rich in fibers help in elimination of wastes resulting in healthy skin.

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