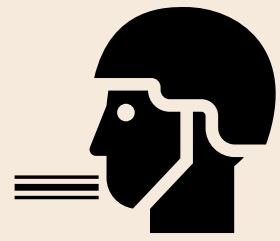


QUIT VAPING START HEALING

THE BENEFITS OF QUITTING VAPING



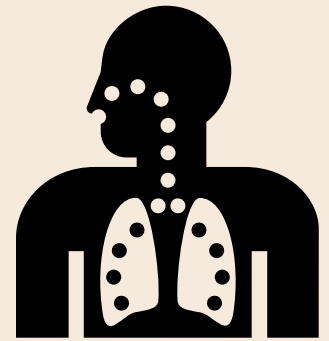
Better cardiovascular health by improving heart function and increasing blood flow



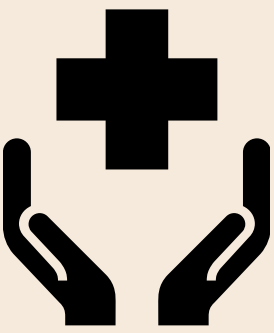
Less coughing and shortness of breath after quitting, as well as less inflammation in the lungs



Food smells and tastes better, and appetite and hunger return



The risk for lung infections is reduced after quitting and the body can fight off diseases much better



The risk for heart disease, stroke, and various forms of cancer are reduced



Overall health is better and improved circulation allows for better performance in physical activities

