

Title:

Combining Cigarette Smoking and Nutrition

Word Count:

416

Summary:

The article talks about the effect of smoking in the body's ability to absorb essential vitamins.

Keywords:

cigarette smoking

Article Body:

Cigarette smoking is considered by many medical professionals as a dreaded habit because of the damage it causes to the body.

Vitamin C absorption is adversely affected by smoking. Vitamin C is one of the human body's most important antioxidants.

The only real solution to lessen the damage of cigarette smoking is to quit the habit. Individuals who want to quit smoking may find it difficult.

Rather than search for the perfect quit smoking drug, individuals who want to quit smoking may find it easier to quit on their own.

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