

Cigarette Facts

Tobacco smoke contains over 4,000 different chemicals. At least 50 are known carcinogens (cause cancer in humans) and many are poisonous.

Tobacco kills up to half of its regular users.

Tobacco caused 100 million deaths in the 20th century.

Cigarettes are one of few products which can be sold legally which can harm and even kill you over time if used as intended.

Scientists claim the average smoker will lose 14 years of their life due to smoking.

Europe has a slightly larger gap (46% of men smoke, 26% of women smoke), while most other regions have few women smokers. The stats: Africa (29% of men smoke, 4% of women smoke); Southeast Asia (44% of men, 4% of women), Western Pacific (60% of men, 8% of women).

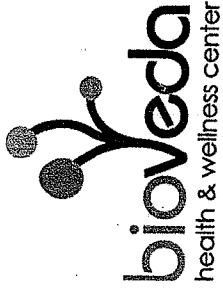
Nicotine reaches the brain within 10 seconds after smoke is inhaled. It has been found in every part of the body and in breast milk.

Sugar approximates to roughly 20% of a cigarette, and many diabetics are unaware of this secret sugar intake. Also, the effect of burning sugar is unknown.

'Lite' cigarettes are produced by infusing tobacco with CO2 and superheating it until the tobacco 'puffs up' like expanding foam. The expanded tobacco then fills the same paper tube as 'regular' tobacco.

Smokers draw on 'lite' and menthol cigarettes harder (on average) than regular cigarettes; causing the same overall levels of tar and nicotine to be consumed.

Several active ingredients and special methods of production are involved in making sure the nicotine in a cigarette is many times more potent than that of a tobacco plant.



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BioVedaWellness.com

STOP SMOKING REGISTRATION FORM

To assist us with the preview of your personal information and expedite the consultation, please complete this registration form.

Your success is our #1 priority. Assist us in helping you to attain that success by filling out this questionnaire as completely as possible. This information will be kept **strictly confidential**.

Last Name: _____ First Name _____

Address: _____

Phone Number: Home _____ Cell _____

Where did you hear about us? (*Circle all that apply*)

Newspaper TV Yellow Pages Radio

How were you referred to our office? _____

Who is your physician and what is their specialty? _____

Physician's office location (*City/State*) _____

Do you object to us contacting him or her about your success? _____

Do you spend more than \$100 a month on smoking? (See chart below) _____

Do you feel that smoking controls or interferes in your life? _____

Which of these fears do you have of stopping smoking? (*Please circle all that apply*):

Weight Gain Withdrawal Giving Up Best Friend/Crutch None

Do other members of your family smoke? _____

If Yes who? _____



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Do you have a smoking related illness? _____

If Yes Please Explain: _____

How many cigarettes per day do you smoke? _____

Number Years Smoking? _____

Circle the strongest desire to stop smoking, with 10 equaling the strongest.

1 2 3 4 5 6 7 8 9 10

What methods have you used to stop smoking before? _____

Did you stop? _____

For how long? _____

Cigarettes Smoked Per Day	Smoking Cost Per					
	Day	Week	Month	Year	5 Years	10 Years
5	\$1.50	\$10.50	\$45.61	\$547	\$2735	\$5470
10	\$3.00	\$21.00	\$91.22	\$1094	\$5470	\$10,940
20	\$6.00	\$42.00	\$182	\$2188	\$10,940	\$21,880
30	\$5.82	\$63.00	\$273	\$3282	\$16,410	\$32,820
40	\$7.76	\$84.00	\$364	\$4376	\$21,880	\$43,760
60	\$11.64	\$126.00	\$547	\$6564	\$32,820	\$65,640

Based on a cost of \$6.00 per pack of cigarettes.