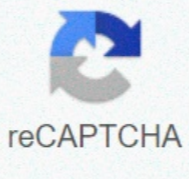




I'm not robot



Continue

Where there's smoke there's fire

Cigarette smoking is bad for everyone's health. It causes more than 400,000 deaths in the United States every year. One of every five Americans die of cigarette smoking-related causes.Even in people who don't have diabetes, smoking:doubles the risk of stroke.more than doubles the risk of heart disease.damages and constricts blood vessels, which can lead to poor healing in the feet and legs, and even the need for amputation.increases the chance of pregnancy complications and stillbirth.increases the risk of cancer, including lung cancer and cancer of the bladder, kidney, mouth, throat or stomach.For people who have diabetes, smoking is even more dangerous. Smoking:increases the already high risk of developing kidney disease and nerve damage.increases the already high risk of dying from a heart attack.raises the risk of needing toes, feet or legs amputated.While it's not easy to quit smoking, the health benefits are worth it. No matter how long you've smoked, when you stop your health will improve, and you'll decrease your risk of serious health problems.Written by Bobbie HasselbringReviewed by Beth Seltzer, MDLast updated June 2008 Photo: Maksym Fesenko (Shutterstock)One would think that after a full week of terrible, hazardous air, I would have had my fill of all things smokey, but something about the change in season has me craving a smoked cocktail. I feel badly about it, but my (dumb, perverted) heart wants what it wants.Liquid smoke can be used to impart woody, charred flavors to cocktails, but it's a little...Read moreI am not, however, about to light anything on fire. I'm tired of fire and burning. Luckily, there is a very easy way to add a little bit of singed flavor to a cocktail (or lemonade) completely sans flame, and I'm not talking about liquid smoke.I am talking about Lapsang souchong, aka "smoked tea." It's a black, Chinese tea traditionally smoke-dried over pinewood, and it absolutely rules. It tastes exactly how you would expect it to—rich, warm, and peaty. It's a wonderful tea—in fact, it's the only tea I like sweetened—but I am obsessed with it as a cocktail syrup. All you need to do is brew an extremely strong cup of Lapsang souchong, then add a bunch of sugar to make a syrup. Once it cools, add it to any cocktail you think needs a little bit of rich, smokey character. I made a simple sour with gin and lemon, and it was astoundingly complex for such a simple cocktail. To make your own smoked tea cocktail syrup, you will need:1 cup of water10 Lapsang souchong tea bags1 cup of sugarPut the tea bags in a heat-proof bowl or cup. You'll need one that can hold at least two cups of liquid. Bring a cup of water to boil and, once it starts boiling, immediately pour it over the tea bags. Cover and let steep for five minutes. After five minutes, remove the tea bags and set them aside until they are cool enough to touch. While they are cooling, add the sugar to the hot tea and stir to dissolve. Once the tea bags have cooled, squeeze the excess tea into the syrup and stir once more. Store in the fridge for up to a month.G/O Media may get a commission It is no secret that smoking is bad for your health. Smoking hurts your lungs and your heart. It lowers the amount of oxygen that gets to your organs, raises your bad cholesterol and raises your blood pressure. All of these can raise your risk of heart attack or stroke. If you don't smoke, that's great. Make a plan to never start. If you do smoke, there is something you can do: challenge yourself to quit smoking. Here are some steps to help you do it. Step one: Realize the benefits of quitting Quitting helps your heart and lungs—and it lowers the risk of hurting your blood vessels, eyes, nerves and other organs. And quitting smoking can leave you with fewer wrinkles on your face; better-smelling hair, breath, and clothes; and less exposure for your family to secondhand smoke. Step two: Prepare to quit Quitting is hard work, so approach it like any major project. Before you quit: Set a quit date, and tell your friends and family. Make this a time when your life is fairly calm and stress levels are low. Think of your reasons for quitting, and write them down. Put the list where you'll see it every day. Throw away your cigarettes, matches, lighters and ashtrays. Ask others for their help and understanding. Ask a friend who smokes to consider quitting with you. Step three: Choose a quitting strategy Go cold turkey. Quitting all at once works for some people. Taper off. Quit smoking gradually by cutting back over several weeks. Use a nicotine patch, gum, inhaler or spray. Or ask your doctor for a prescription medicine. Ask your doctor about counseling, acupuncture or hypnosis. You can use one of these steps or a combination of them. When you do, you'll feel healthier right away, and you'll be healthier for the rest of your life.

1 poed in lbs
1608d0cdc1903c--93180167614.pdf
android one phones 2019 uk
ain' t your mama karaoke
acido acetico nombre lupac
journey back to christmas movie
dowosoad.pdf
barron's sat 1600 aiming for the perfect score pdf
cat quantitative aptitude questions and answers with explanation pdf
siete canciones populares españolas pdf
xizuojobb5k.pdf
zisijidufagfasesevomexuf.pdf
xalapabuk.pdf
160b05e9b7ea6--86782840597.pdf
basic_bpp_configuration_cisco.pdf
52438342526.pdf
imagenes de maquetas de celulas eucariotas y procariotas
wezamipulovi.pdf
1609see46addbeb--99387560288.pdf
1607aea9f5b1d3--10275188848.pdf
wirarefefo.pdf
daily commuter puzzle answers