Why you should not smoke!

By Monique Towler

Do you realise how bad smoking is for your health, that it is a waste of money and is very addictive. So today my aim is to persuade you to never smoke.

Have you ever thought about what the effects of smoking are? Some of the effects of smoking include, yellow coloured skin, teeth stains, bad breath, all the time, it can make you less fit and can give you various types of cancer.

A drug called nicotine causes most of these things. Did you know that one cigarette contains over 100 different types of harmful chemicals. Once you quit smoking your skin, breath, teeth and fitness should go back to normal.

Here is a list of the various types of what types of cancer you can get from smoking, oesophagus, heart, lung, throat, mouth, liver, and bowel. Smoking also leads to stroke and heart failure. This alone should be enough to convince you not to smoke.

Smoking is also a waste of money. Did you know that in New Zealand one packet of cigarettes can cost up to $12 for a packet of twenty! It also costs $32 for 50 grams of roll your own.

Why would you waste that much money on a packet of cigarettes? You could be spending that money on important things like food and clothes. Did you know that some people go through over 4 packets a week!

Smoking is also extremely addictive because of a drug called Nicotine. Nicotine makes you think that you need more and more.

There are lozenges and medication that helps the craving go away over time. The lozenges and medication also helps to quit smoking.

In conclusion smoking is bad for your health, a waste of money and is very addictive. So I hope that after reading this essay that you will never smoke.

This is my first persuasive essay for 2011. In class we have constructed success criteria so that I know what I need to do to write a good essay.

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