**12 Things That Happen to Your Body When You Stop Vaping!**

Evidence is stacking up that vaping, once thought to be less harmful than smoking cigarettes, causes lung damage—and can be deadly. It's also addictive, making it hard for anyone who has started to now stop. Just know that the minute you kick the habit, your body will feel the difference, and the benefits start almost immediately.

Quitting vaping can be difficult, just like trying to stop smoking. And while quitting can be hard on the body, you’ll mostly start to benefit as soon as you make the decision to kick the habit. Read on to learn exactly what happens in your body the minute you stop vaping.

1. **20 minutes later - Cardiovascular improvements:** Your heart rate returns to normal, your blood pressure drops, and your circulation starts to normalize.

Your breathing may improve, too. “When you quit vaping, you should find that your breathing becomes less labored and your airflow is clearer.

1. **A few hours later – Nicotine withdrawals:** Nicotine is addictive, and you may experience some minor and temporary symptoms. The psychological symptoms

can include cravings for nicotine, mood swings, trouble concentrating, irritability, and anxiety. Physical symptoms include headaches, sweating, tremors, insomnia, increased appetite, abdominal cramps, and constipation. These are the first

effects you’re likely to feel, often within four to 24 hours after quitting and will peak around day three.

1. **One day later – Heart attack risk falls:** After just one day, your heart attack risk starts to decrease thanks to the lowering of blood pressure, rising blood oxygen levels, and reducing the negative influence on cholesterol levels and the formation of blood clots.
2. **Two days later – Senses begin to improve:** After just 48 hours without a puff, you may notice your ability to taste and smell food has improved.
3. **Three days later – Nicotine is out of the body**: Nicotine leaves your body on day three, which is why withdrawal symptoms peak then.
4. **One month later – Lungs begin to show how much healthier they are:** Smoking e-cigarettes can badly impair your lung health and make fighting off infections difficult. After one month, your lungs capacity improves; there’s noticeably less shortness of breath and coughing.
5. **After three months – Blood circulation has improved:** After you quit, your blood circulation will begin to improve, as blood vessels return to their normal diameter.
6. **After nine months – Your lungs can fight infections again.** Lung health improves significantly due to the renewal of microscopic hairlike structures inside the lungs that help push out mucus and fight infections. This could significantly reduce your

likelihood of some infections and complications from illnesses like the flu and pneumonia.

1. **After one year – Your risk of a heart attack is cut in half:** Your blood vessels are returning to normal size, your heart rate is back to a safe pace, and your blood pressure is lowered, your risk for a heart attack is lower than while you were still vaping. After one-year, cardiovascular risk reduces by 50 percent.
2. **After five years – Stroke risk is significantly lower:** Compared to nonsmokers, e-cigarette users have a 71% higher risk of stroke. Quitting can lower that risk almost immediately, but the risks continue to fall with each passing calendar month.
3. **A decade (10 years) later – Lower cancer risks:**  After 10 years, lung cancer is reduced by 50%, as well as the risk of pancreatic, mouth and throat cancer. After 15 years, your risk of developing coronary heart disease becomes the same as a nonsmoker’s. The same goes for the risk of developing pancreatic cancer.
4. **20 years later – It’s like you never vaped:** Your risk factors will be similar to those who have never smoked or vaped.

Source: [www.thehealthy.com](http://www.thehealthy.com)