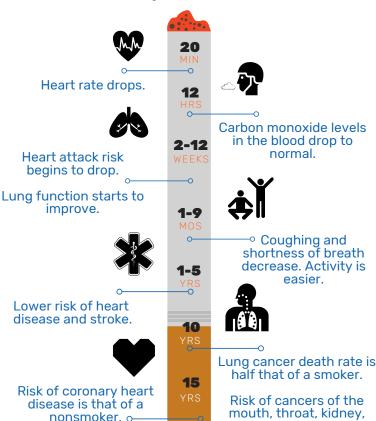
## QUIT SMOKING BEGIN HEALING



...within 20 minutes of your last cigarette you begin a series of changes that can last a lifetime.



and pancreas decrease.