

# Cigarette smoking essay sample

[Health & Medicine](#), [Addiction](#)



Smoking is the most common method of consuming tobacco, and tobacco is the most common substance smoked. The agricultural product is often mixed with additives[8] and then combusted. The resulting smoke is then inhaled and the active substances absorbed through the alveoli in the lungs. [9] Combustion was traditionally enhanced by addition of potassium or other nitrates. Elimination of these would result in a fire safe cigarette, This subject has never been addressed by the cigarette manufacturers. substances trigger chemical reactions in nerve endings, which heighten heart rate, alertness,[10] and reaction time.[11] Dopamine and endorphins are released, which are often associated with pleasure.[12] As of 2008 to 2010, tobacco is used by about 3 billion people (about 49% of men and 11% of women) with about 80% of this usage in the form of smoking.[13] The gender gap tends to be less pronounced in lower age groups.[14] [15]Smoking is the most common method of consuming tobacco, and tobacco is the most common substance smoked. The agricultural product is often mixed with additives[8] and then combusted. The resulting smoke is then inhaled and the active substances absorbed through the alveoli in the lungs.[9] Combustion was traditionally enhanced by addition of potassium or other nitrates.

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