



## Smoke Free Society Encourages Parents To Quit And Save Their Children From Dangerous Second-Hand Smoke

*There is no safe level of second-hand smoke. This National Parentsâ€™™ Day, Smoke Free Society asks parents who smoke to quit for the sake of their children.*

For Immediate Release

PALM BEACH GARDENS, Fla./EWORLDWIRE/July 18, 2006 --- Sunday, July 23 is National Parentsâ€™™ Day and Smoke Free Society is asking parents who smoke to quit and is providing several free ways to help them do so. The national, nonprofit organization is offering free e-cards for children and loved ones to send to their parents to pledge their love, support and involvement in helping them quit.

Smoke Free Society also offers a free online download of its "Proven Stop Smoking Technique" to help smokers correctly and effectively quit in just 17 days without any substance or drug.

The recent Surgeon General report states that even a few minutes of inhaling someone else's smoke harms nonsmokers. And nonsmoking sections, even the best ventilated ones, don't protect enough. Over 125 million nonsmoking Americans are regularly exposed to someone else's tobacco smoke, and tens of thousands die each year as a result, including more than 35,000 from heart disease. The study cites "overwhelming scientific evidence" that secondhand smoke causes death from heart disease, lung cancer and a host of many other illnesses.

Parents are the most important role models in their childrenâ€™s lives and if they engage in self-destructive behaviors, such as smoking, chances are their children will too. Research indicates that children whose parents smoke are twice as likely to become smokers as children of nonsmoking parents. Every day in the United States,, nearly 4,400 children as young as 8 years old start smoking. More than 6.4 million children living today will die prematurely because of a decision they will make as adolescents "the decision to smoke cigarettes.

"It was a joy to see my father smoke-free after smoking for 50 years. The support he received from his family enabled him to quit. His nasty cough and constant throat-clearing were gone, he had more money in his pocket and he looked much younger in just a year after quitting," said Rez Seyedin, founder of Smoke Free Society. "A few months into his nonsmoking days, he had taken control of his habit and it was his proudest moment to announce it to others, while sporting a big, confident smile."

Smoke Free Society is a national, not-for-profit organization solely dedicated to providing information and techniques to help smokers quit smoking, educating children to prevent them from starting to smoke, and uniting the community to promote a healthy, tobacco-free lifestyle. Smoke Free Society offers a variety of quit smoking seminars, plans and programs to help smokers quit before itâ€™s too late and free e-cards for all occasions.

The free e-cards, download and other lifesaving information are available at <http://www.SmokeFreeSociety.org>.

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