

Forum:[Hack Forums](#)

Thread: [How to fix lungs after smoking?](#)

.Reef - January 31, 2016, 5:56 pm

So I've been vaping for awhile now and i can tell its affecting my lungs. When i do any running or swimming my throat gets filled with mucus and its harder to breath. Before smoking this never happened. Im quitting smoking and would like to get my lungs back in shape. How could I do this?

Ratt - January 31, 2016, 5:57 pm

Did you ever smoke cigs before the vape? In the vape how much nicotine would you get?

.Reef - January 31, 2016, 5:58 pm

(Jan 31, 2016 06:57 PM)Accent Wrote: [\[CITE\]](#) Did you ever smoke cigs before the vape? In the vape how much nicotine would you get?

Yes but not like regularly . Every time i was drunk i smoked cigs and hookah all the time even when sober. Im giving all smoking up.

In the vape i would get 6

The OG FurFag ? - January 31, 2016, 6:00 pm

Vaping isn't going to cause mucus build up. If you have smoke ciggs before vaping, it could still have an effect.

The only adverse effect I've noticed from vaping is in the mornings (if I vape any before bed) I wake up with a bad sinus feeling. It feels as if I am sick. but it goes away after a few hours. EDIT (Dried out feeling)

DARPA - January 31, 2016, 6:00 pm

Light swimming and zinc, green vegetables. Blood cleansing products I guess, lungs take about a day per cigarette to heal apparently..

minimalist - January 31, 2016, 6:01 pm

I'm not an expert on the human body, but I'd imagine that doing lower-intensity cardio would help you greatly. It's comparable to asthma, but if you take it slow and progressively push yourself then that should restore your lung capacity after some months.

.Reef - January 31, 2016, 6:01 pm

(Jan 31, 2016 07:00 PM)IlluminaughtyNUL Wrote: [\[CITE\]](#) Vaping isn't going to cause mucus build up. If you have smoke ciggs before vaping, it could still have an effect.

The only adverse effect I've noticed from vaping is in the mornings (if I vape any before bed) I wake up with a bad sinus feeling. It feels as if I am sick. but it goes away after a few hours. EDIT (Dried out feeling)

Well I quit smoking for two weeks before and the mucus went away. Now since i started again everyday it gets a little worse.

(Jan 31, 2016 07:01 PM)Minimalist Wrote: [\[CITE\]](#) I'm not an expert on the human body, but I'd imagine that doing lower-intensity cardio would help you greatly. It's comparable to asthma, but if you take it slow and progressively push yourself then that should restore your lung capacity after

some months.

Hmm. Awesome advice. Ill start swimming a lot. I used to surf everyday but now can't because of my lack of breath capacity.

shreder - January 31, 2016, 11:16 pm

"When i do any running or swimming my throat gets filled with mucus and its harder to breath."- Lots of people don't know but your trachea has a lot of cilia that beat up wards and the mucus is pushed up either you swallow it or spit it.For you a smoker you completely destroyed all the cilia.Not sure if it's possible to regrow I would assume so.

.Reef - February 1, 2016, 1:54 pm

(Feb 1, 2016 12:16 AM)shreder Wrote: [\[CITE\]](#) "When i do any running or swimming my throat gets filled with mucus and its harder to breath."- Lots of people don't know but your trachea has a lot of cilia that beat up wards and the mucus is pushed up either you swallow it or spit it.For you a smoker you completely destroyed all the cilia.Not sure if it's possible to regrow I would assume so.

"Remarkably though, stopping smoking can undo the damage to cilia rather quickly. In fact, they begin to repair themselves and regenerate in number within only three days after quitting. It should be noted that coughing is a common side effect to this process and may last from a few days to several weeks. This is because the restored cilia are working overtime to remove impurities and mucous from the lungs. If cough persists for more than eight weeks, however, a medical professional should be consulted."

So looks like if i continue quitting they will grow back