

Forum:[Hack Forums](#)

Thread: [Smoking lungs](#)

Shelob - May 24, 2019, 10:36 pm

Hey since im a smoker, is there any way to clean my lungs every once and while or something?

Cooooool - May 24, 2019, 11:20 pm

How about... Not smoking?

Before I get twitter flamed I will let it be known that I am joking, but seriously Shelob go into therapy or something. There is no way to "Clean your lungs", try to recover what you still have, my father would cough up literally pieces of his lungs right before his death, it was due to lung cancer and blood clots (lung cancer caused by smoking and nicotine causes blood clots).

wrapper12 - May 24, 2019, 11:25 pm

If you smoke, there is a way to clean your lungs which is to drink lots of water.

Also, you should try to quit smoking asap, especially if you smoke cigs.

Shelob - May 25, 2019, 1:25 am

(May 24, 2019 11:20 PM)Cooooool Wrote: [\[CITE\]](#) How about... Not smoking?

Before I get twitter flamed I will let it be known that I am joking, but seriously Shelob go into therapy or something. There is no way to "Clean your lungs", try to recover what you still have, my father would cough up literally pieces of his lungs right before his death, it was due to lung cancer and blood clots (lung cancer caused by smoking and nicotine causes blood clots).

Im so sorry to hear about your father, and i wish that i could stop smoking

Adolf - May 25, 2019, 11:35 am

Have you ever tried vaping?

Shelob - May 25, 2019, 12:07 pm

(May 25, 2019 11:35 AM)Adolf Wrote: [\[CITE\]](#) Have you ever tried vaping?

No i have not, didnt have a plan to do it tbh

Traum - May 25, 2019, 12:34 pm

I'm afraid that the damage to your lungs is mostly irreparable. Your capacity can get better, and you will get healthier if you stop, but your lungs will never be 100% healthy again.

makemoneyx321 - May 26, 2019, 2:44 am

bro just vape what the hell lol. theres not much you can do i mean maybe just go smoke some cbd to kill the cravings or something and go camping out in nature. i think a camping trip is all you can do honestly i dont know what else it would be besides just spending 8 hours outside every day for a week in clean air.

i started vaping and will never go back i recently just stopped smoking completely a month ago and im happy. i got a juul and i just refill the pods costs me like 10 dollars a month and im going to start refilling them with cbd juice.

Pancake Boat - May 26, 2019, 2:47 am

How much do you smoke? I was smoking around 20-25 cigs/day and ended up quitting cold turkey. Now I haven't smoked a cig in 4 months.

Maybe I can help ya with some advice?

Shelob - May 26, 2019, 9:49 am

(May 26, 2019 02:47 AM)Caligio Wrote: [\[CITE\]](#) How much do you smoke? I was smoking around 20-25 cigs/day and ended up quitting cold turkey. Now I haven't smoked a cig in 4 months.

Maybe I can help ya with some advice?

Yeah pack a day or even 25 cigs aswell, whats ur advice?

Pancake Boat - May 26, 2019, 11:53 am

(May 26, 2019 09:49 AM)Shelob Wrote: [\[CITE\]](#) Yeah pack a day or even 25 cigs aswell, whats ur advice?

I'm considering making a thread. Quote me and I'll PM you once it's done.

Bossk - May 26, 2019, 1:47 pm

Shelob, i say to you my cousin. I can ship Snus to you, alternatively you can order Snus on your own. Snus is the only acceptable alternative to smoking, please brother, try it.