Tobacco plant mass production began in the 19th century and is processed to create products like cigarettes and chew.

When nicotine is first used it leads to feelings of pleasure but over time users begin to crave nicotine just to feel normal.

Smoking tobacco in the form of cigarettes, cigars, cigarillos, and/or hookah causes the smoker to inhale toxic chemicals. Two of the most harmful elements of smoke, carbon monoxide and tar, are created by any kind of burning leaves, and can’t be avoided.

The chemical, nicotine, which you get from smoking, is very addictive on its own and other chemicals in cigarettes make it even stronger.

Ammonia compounds are added to cigarettes to increase the speed at which nicotine reaches the brain. Bronchodilators are added chemicals that expand the lungs’ airways, making it easier for tobacco smoke to pass into the lungs.

Added sugars make tobacco smoke easier to inhale and form acetaldehyde, which enhances nicotine’s addictive effects.

Hookah devices use water to cool tobacco smoke, but the water cannot remove toxins from the smoke.

Hookah smokers still take in the addictive drug nicotine and many poisonous chemicals, which can cause certain forms of cancers, such as leukemia, and other negative health effects.

Users of smokeless tobacco take in nicotine and other toxic and cancer-causing chemicals through blood vessels in the gums and cheeks. And all of this is delivered to the brain.

Smokeless tobacco still contains nicotine, which causes users to develop strong cravings and experience withdrawal symptoms when their nicotine levels drop.