

PASS UP THE PUFF

Strike up one more reason to butt out this summer. A survey of 30,000 people has found smoking is more damaging to women than men. The Chinese research found women smokers increase their risk of developing chronic obstructive pulmonary disease (COPD): a blanket term for a range of serious lung disorders. If you're still trying to quit, consider the method that worked for Ashton Kutcher, Ellen Degeneres, and Anthony Hopkins. Allen Carr's Easyway method removes the desire to smoke by focusing on why smokers continue their habit and releases them from their motivation, making it easier to put the packet down for good.