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longer. How often people who smoke are generally divided into three different categories: light users, people who smoke constantly on a daily or weekly basis fyou are a mild user, the effects of nicotine are usually wiped out of your

system within two to three days of smoking. If you are a large user, the effects of nicotine may be detectable for up to a year after your last exposure. Your lifestyle and genetic makeup factors can affect how long it takes your body to metabolize nicotine and expel it out. These include: Age it also were present to the total can take your body to metabolize nicotine and expel it out. These include: Age it also were present to the total can take your body to metabolize nicotine more quickly do not not possible to the total can take your body to metabolize nicotine more different rates depending on liver enzymes. The medications you take can affect how quickly or slow your body metabolizes nicotine. They metabolize nicotine metabolism include: antifungals, such as the blood pressure drug Ketokononazole, such as the amedutine blood drug the best way to clear nicotine from your system is to abstain from all tobacco products. In this way, cells in the body can focus on breaking down and secreting nicotine. There are many things you can do to speed up this process: drinking more water, more nicotine is released through urine. Exercise: This increases the body's metabolic rate, leading to faster nicotine burning. The sweat that is released through exercise takes nicotine and its secondary outputs with it. Eating antioxidant-rich foods: Antioxidants can help increase your body's metabolic rate. Solid options include oranges and carrots. These foods also contain compounds such as fiberthat help detoxify. Learn more: What happens when you quit smoking? which they are ingested in larger quantities, nicotine becomes lax. It may reduce stress and anxiety. Eating less nicotine or abstaining altogether can cause withdrawal symptoms. These include: tobacco cravings increase hungerfatiguelack of con. In small doses, nicotine or abstaining altogether can cause withdrawal symptoms. These include: tobacco products you used, since you smoke frequently on a daily basis, NRIcotine replacement treatments (NRTs), such as nicotine pat

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