

# *Chewing adds up to bad breath, weakened bodies*

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ST. MICHAEL — Chewing smokeless tobacco is very harmful and unhealthy for our bodies.

For one thing, it causes people to have bad breath. Their teeth also get yellow or brown. Another thing that it does is weaken your body so that it isn't strong enough to fight your diseases and sickness.

But the most harm that is done if you have dipped snuff for a long time is cause cancer, which may lead to death.

Usually the ones who dip snuff are from 12 to 20 years of age or older. Some people take it just for the fun of it or just to be like their friends. They want to be one of the popular people, just to get attention and have friends. But, one thing that they may not realize is that even if they didn't dip it, they could have other friends to stick around with.

I think the most well known reason why they dip smokeless tobacco is because they started at an early age without their parents knowing, and by the time they got old enough, their parents would think they were old enough. That well known reason is addiction.

I've heard people say they were going to quit, but they always end up starting again. They must have not thought about it long enough.

Not all people or young adults break their promise. Those people or young adults are smart.

Some ways to quit are: chewing gum, eating candy, having a snack, writing letters, taking a walk or even listening to music. All these are suggestions that you can use to not dip if you have the urge to do it.

As you can see, smokeless tobacco is very harmful and addicting, so many people don't have the courage to quit.