SMOKING HOOKAH FOR 1 HOUR IS EQUIVALENT TO SMOKING 100 CIGARETTES.

Hookah smoking is NOT safe—

- The water does not filter out the harmful chemicals.
- Herbal or not, hookah smoke leads to cancer and heart disease.
- Many communicable diseases can be spread using hookah – tuberculosis, herpes, meningitis and hepatitis, to name just a few.

The way you live your life matters - don't smoke.