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Home > Guide To Vaping

The Electronic Cigarette

The eCig, short for Electronic Cigarette, is a device that is battery powered to produce inhaled doses of nicotine by way of a vaporized solution. It makes use of a rechargeable battery that powers a heating element (coil). The eLiquid comes in contact with the coil and is then vaporized.

An Electronic Cigarette is quite simple in design, but there are multiple parts that can make up or be used with the electronic cigarette. Below is the basic parts that make up a complete electronic cigarette. Some can be replaced with other style parts.

First Time Vapers

Your first time inhaling vapor is a lot different than what most people expect. Your lungs are used too tobacco smoke, which is completely different than eLiquid vapor. A traditional cigarette you will need to pull hard to get smoke, but with vaping – you’ll pull slow and steady. Remember, liquid is inside your atomizer/cartomizer, so you don’t want to pull hard enough to suck that liquid into your mouth.

When you inhale vapor, the longer you hold it in your mouth, the less vapor you’ll blow out. Remember, this is about you... so find your own style of vaping and what feels most comfortable to you.

What You Will Need

To get started with vaping, you’ll need the following:

The Battery

The Tank, Clearomizer, RDA, RBA

The e-Liquid



We offer starter kits that come with everything you need to start vaping. The best starter kit to buy is an eGo brand kit.

What To Expect

When you first make the switch from tobacco cigarettes to electronic cigarettes, you'll notice many changes that are good. You should also expect some error. You are probably gonna try things you like and try things you don't like. You can not get upset if you don't like a flavor of liquid as taste changes from person to person, don't get turned off.

Don't Get Tricked

Many vendors are in this market to help you, while others are out just to make a buck or trick you. Here's a few tips that will help you.

Don't Fall For Free Trials: You'll see many ads or receive emails that will offer you a free trial e-cig. Do not fall for this trick. To get the free trial, they'll ask you to give you a credit card number, but they won't charge you. After that, they'll bill you and charge you quite a bit for a horrible product.

Don't Buy From Gas Stations: Do not buy an electronic cigarette from a gas station. The e-cig you'll normally receive will be considered poorly made and probably the worst on the market. Most disposable e-cigs claim to last 24 hours, but they don't and for most smokers, it won't satisfy them.

Don't Be Fooled By Kiosk Pricing: Many kiosks are over-charging people for products. Don't be fooled by the nice products, because they come with a high price.

Don't be fooled by low quality electronic cigarettes. Just because it looks like a real cigarette doesn't mean it performs the best.

The vaping community has become one of the best support systems for smokers switching to electronic cigarettes. All of us more veteran vapers have been down the same road as you and there are many offering to be your crutch. You can share, discuss and be entertained by thousands upon thousands of vapers on electronic cigarette forums, chats, shows, blogs and the many social networks.

Make Sure To Join The Largest E-Cigarette Forum



E-Cigarettes

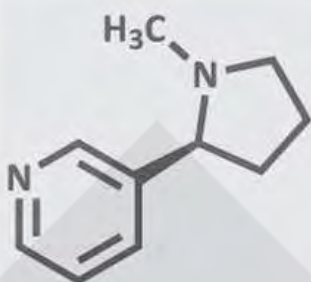
Devices designed to imitate regular cigarettes and deliver nicotine via inhalation without combusting tobacco.



E-cigarettes are designed to deliver nicotine in a toxin-free vapor



HOW HARMFUL IS NICOTINE?



Nicotine is a naturally occurring chemical that is found in many plants and vegetables.



A small baking potato (141g) contains around **1 microgram of nicotine.**



1 µg is the amount a passive smoker would absorb in **3 hours** of being next to a smoker.



Tobacco cigarettes contain between **0.4mg to 2.5mg** of nicotine.



A heavy smoker could survive up to **120mg of nicotine.**



30-60mg of nicotine might be a lethal dose for a non-smoker.



However, a person's genetics can greatly vary their response to nicotine.

Nicotine amounts in electronic cigarettes are set by the smoker, but according to research:

"The amount inhaled...is lower compared with smoking a conventional cigarette."



32x

60x

1x

Average amount of nicotine in an e-cigarette

Amount of nicotine required to harm a non-smoker

Amount of nicotine required to harm a regular smoker

Too much of anything can be a bad thing.

For example, 60x the average amount of caffeine found in a regular cup of coffee could kill you.

☺ + [60 e-cigarette icons] = ☠

HEALTH ADVANTAGES OF USING E-CIGARETTES



“People smoke for nicotine, but they die from the tar.”

Professor Michael Russell

Tobacco cigarette smoke
contains over 4000 identified chemicals, and probably many more known chemicals - including a number of known carcinogens and poisons



Cyanide
poison



Carbon Monoxide
gas by-product of burning, causes blood-oxygen depletion



Methanol
toxic wood alcohol



Acetylene
the fuel used in welding torches

Ammonia poison	Nitrosamines cancer causing burned proteins	Polycyclic aromatic hydrocarbons cancer causing tar	Radioactive carcinogens such as lead-210 and polonium-210

E-cigarettes
typically contain 3 base chemicals, plus food-grade flavorings
(more complex flavourings add additional compounds)

Propylene Glycol (food preservative)	Nicotine	Glycerin (sweetener)	Vanillin (vanilla extract)



“ Regular tobacco products produce **more than 1,000 toxic substances**, many of them tar – related whereas, **electronic cigarettes do not** ”

Dr. Klaus Lessnau, Pulmonary & Critical Care Specialist, Lenox Hill Hospital, New York City

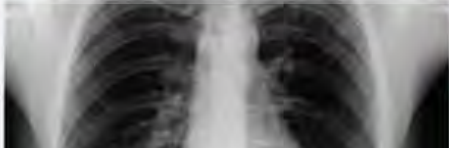
PROVEN RISKS OF TOBACCO SMOKING

UP TO x4
GREATER RISK OF
CORONARY HEART DISEASE

UP TO x13
GREATER RISK OF DYING FROM
CHRONIC OBSTRUCTIVE LUNG DISEASE

UP TO x4
GREATER RISK
OF STROKE

x23



x13

X20
GREATER RISK OF DEVELOPING
LUNG CANCER IN MEN



X20
GREATER RISK OF DEVELOPING
LUNG CANCER IN WOMEN

5.4 MILLION
PEOPLE DIE FROM TOBACCO USE
EVERY YEAR

1 IN 10
ADULT DEATHS CAN BE
ATTRIBUTED TO SMOKING TOBACCO



There are currently no proven risks from using E-cigarettes.



“The product is safe, efficacious, and possibly effective in stopping smoking... It is a product that potentially just might assist smokers to quit and therefore cut the 1 in 2 cumulative death rate in smokers”

Dr Murray Laugesen, New Zealand's most experienced researcher on smoking policy and cigarettes



IN 2010 THE AMERICAN CENTER FOR DISEASE CONTROL AND PREVENTION CONDUCTED A STUDY AND FOUND THAT

68.8%
OF TOBACCO SMOKERS WANT TO QUIT

52.4%
OF TOBACCO SMOKERS HAVE TRIED TO QUIT

6.2% OF TOBACCO SMOKERS HAVE SUCCESSFULLY QUIT



THIS MEANS LESS THAN 1 IN 10 SMOKERS WHO WANT TO QUIT ACTUALLY DO.



96%

of e-cigarette users surveyed said that, **“the e-cigarette helped them quit smoking or reduce their smoking”**



“ If all the smokers in Britain stopped smoking cigarettes and **started smoking e-cigarettes** we would **save 5 million deaths** in people who are alive today. **”**

Professor John Britton, Royal College of Physicians



LEGAL CHANGES TO E-CIGARETTES



Revision of the Tobacco Products Directive by the European Commission



Electronic cigarettes containing nicotine over a certain threshold will only be allowed if they have been authorised as pharmaceuticals.

Member States shall **prohibit the use of flavourings** in the components of tobacco products such as filters, papers, packages, capsules or any technical features allowing modification of **flavour or smoke intensity**.

“ For the EU to treat e-cigarettes as tobacco products muddies the waters and causes confusion. **It would be far better to treat them on a par with nicotine replacement products** which are available over the counter through pharmacies and newsagents. **”**

Amanda Sandford, ASH UK (Anti-Smoking Charity) Spokesperson



Excerpt from European Parliament Library Briefing

Obtaining a marketing authorisation for a medicinal product is **costly and slow**. An e-cigarette company estimates that the total cost exceeds

£2,288,000



“ To gain authorisation under the new regime, e-cigarettes would have to undergo expensive clinical trials – **rendering them commercially non-viable and effectively banning them.** ”

Jeremy Laurance, Journalist, The Independent

70% of vapers use non-tobacco flavours, including fruits and candy.

“ ... flavourings are integral to the viability of e-cigarettes and their **success in switching smokers.** There is no evidence whatsoever to justify banning flavours and a strong counter-case can be made that it would reduce the harm-reduction potential of e-cigarettes. ”

Clive Bates, former director of ASH UK (Anti-Smoking Charity)



79% of e-cigarette users, in a study, feared they might relapse to smoking if they stopped using the e-cigarette



“ Prohibiting the safest form of nicotine delivery will increase, not stem, the calamity of cigarette-related death. Truly informing smokers about reduced-risk nicotine products, such as e-cigarettes and smokeless tobacco, and **increasing access to these products is the best way we have to save millions of lives.** ”

Gilbert Ross, M.D., Executive and Medical Director of the American Council on Science and Health.

“ The advent of e-cigarettes... might be... perhaps the **single most important public health breakthrough this century...** I think this is too good an opportunity to miss. Of course regulation should ensure minimum manufacturing and labelling standards, but it should also be used to nurture their development as an alternative to smoking and an **opportunity to legislate cigarettes out of existence.** ”

Robert West, Professor of Health Psychology, University College London



THE DARK TRUTH BEHIND

E-CIGARETTES

A potentially life-saving product could be regulated out of existence, leaving many nicotine addicts with no other viable option than to return to smoking tobacco

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