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WHAT ARE THE DIFFERENCES BETWEEN NORMAL CIGARETTES AND ELECTRONIC CIGARETTES?

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E cigarettes are completely different. They use liquefied nicotine and produce less-harmful water vapor instead of harmful smoke. There are millions of people in the world who smoke cigarettes. There was a time when smoking is done only by tobacco cigarettes without mouthpieces. In order to omit health hazards related to smoking, new and innovative cigarettes are started to form. [Electronic Cigarettes](#) are the most revolutionary form of cigarette which can increase the fitness and health level of the consumer.

There are so many noticeable differences between e cigarettes and traditional cigarettes. The first point of difference is that their attitude or mechanism of smoking is completely different. In case of normal cigarettes, they use the process of ignition to convert solid nicotine or any other injurious chemical smoking products into smoke. The combusted smoke contains several cancer-causing elements and other harmful chemical compounds which are a serious threat to the smoker's body. On the other hand, the atomizer part of Electronic Cigarette provides necessary combustion to convert the liquid nicotine into water vapors. **The smoke generated by Electronic Cigarettes is nothing but harmless water vapor which does not cause any real effect to the consumer's health.**

There are lots of changes and modifications that have been introduced in the Electronic Cigarettes with respect to the tobacco cigarettes. The major consideration is the percentage of nicotine or harmful chemical products used. From numerous researches, it has been found that traditional cigarettes contain 4000 injurious chemical products amongst which 43 are cancer-causing elements. On the other part, Electronic Cigarette does not use tobacco for smoking and only two carcinogens namely diethyleglycol and TSNA are found. Another point is the nicotine heat. In case of Electronic Cigarettes there is no need of the nicotine heat. It is powered with the help of a battery unlike traditional cigarettes.

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Uses of tobacco and nicotine heat are some of the basic distinguishing features. There are some other marked differences between Electronic Cigarettes and traditional cigarettes regarding pollution issues. The smoke generated by e cigarettes is a form of heated e-liquid or water vapor which is less-harmful to the smoker and also for the environment. On the other hand smoke of tobacco cigarettes contains carcinogens and toxic carbon-di-oxide gas. It is not only harmful for the environment but also for the passive smokers in the surroundings. Electronic Cigarettes are smoke-free cigarettes unlike the traditional ones. In terms of cost, e cigarettes are 75% cheaper than the traditional cigars. In lots of countries normal cigarettes are banned whereas e cigarettes are gaining popularity day-by-day.

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Why Switch to E-Cigs?

Posted by [James Thompson](#) on September 23, 2014



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Smoking cigarettes puts thousands of chemicals into your body. If quitting cigarettes is too difficult for you, e-cigs can be your best solution. Here are some reasons why you need to switch from cigarettes to e-cigs.

1. No Ash

E-cigs leave no ash, just the vapor from the solution.

2. Less chemicals

E-cigs have a very few chemicals compared to thousands found in cigarettes.

3. Spend less money

- A single e-cig cartridge contains as many as 20 cigarettes.
- 5 packs of e-cig cartridges are the same price as 2 packs of cigarettes.

4. A lot of choice

E-cigs come in various:

- Shapes
- Flavors
- Brands

5. No risk of cancer

The only carcinogens found in e-cigs are nitrosamines, and are in a s

6. No risk of fire

No fire involved when you smoke e-cigs, so it is safer.

7. No complaint from people around you

E-cigs do not produce the second hand smoke that comes out of your mouth, so it will not disturb non-smokers around you.

8. You can enjoy it anywhere

E-cigs are not included in most smoking bans; feel free to smoke it anywhere you like.



MOUNT BAKER VAPOR

Why Switch to E-Cigs?

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Quit Smoking with e-Cigarette Atomizers

Posted by James Thompson on April 07, 2015



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E-cigarette atomizers, also known as vaporizers, are a popular cigarette alternative that might help tobacco smokers wean from their habit, while providing a flavored choice in a vaporizing nicotine solution that is inhaled through the use of a battery operated device.

Will E-Cig Atomizers Help Me Quit Smoking?

They may look like a cigarette and act like a cigarette, but an e-cig is a whole different concept for smokers.

Because e-cigarette atomizers still contain nicotine, most smokers use them as a gradual way to quit smoking tobacco without losing the oral fixation they find most enjoyable about smoking cigarettes.

The amount of nicotine can be varied in a vapor form so a former smoker might choose a higher nicotine concentration in the beginning of their use, and then slowly cut back the amount until they are ready to stop nicotine inhalation completely.

As with all smoking cessation aids and treatments, personal results and experiences will always vary. Even if e-cig atomizers are not used to provide assistance for quitting smoking, many people find the blended nicotine fluids to be favorable and enjoy experimenting with all of the different flavored varieties.

When smoking indoors poses a challenge or in social situations when you don't want to harm others with secondhand smoke, some people believe e-cig atomizers are more suitable and acceptable for their environment. Others just like the way they look when they emit a vapor in the air. Hot at parties and a new trend, vaporizers carry the image of being "cool." Although e-cigs offer a solution for smokers at bars, ni d in some office spaces, it's important to remember any form of nicotia.

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The International War on Vapor Products

📅 17 Jun, 2015 💬 no comments

If you look for international leadership for vaping in the news, you will probably come away as confused as the nations themselves seem to be. Last year, within the span of two days, the World Health Organization called for a ban on indoor vaping while the American Heart Association praised its benefits. Studies and surveys are being done in several nations, yet these conflicting views on vaping can be seen across the globe as an international war on vapor products.



Clive Bates of Counterfactual Consulting and Advocacy drafted [A Summary for Policy-Makers](#), in which he stated:

From the smoker's perspective, e-cigarettes create a new 'value proposition'. They offer many of the experiences of smoking, with few of the harms, and at a lower cost. Expert views suggest a health risk of at least 95 percent, or 20 times lower, than smoking. Smoking kills! Electronic cigarettes, and other nicotine devices, therefore offer vast potential health benefits. If regulations don't stifle innovation, we continue to believe e-vapor consumption could surpass combustible cigarette consumption in the next decade. If vaping came close to overtaking cigarette use, it would be one of the most remarkable disruptive public health technologies of modern times.

The Summit of Northwest Vaping



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Recently, at the [2015 Global Forum on Nicotine](#), [Dr. Attila Danko](#) made a compelling argument against Australia's ban on e-liquid containing nicotine:

Australia is the land of e-cigarette prohibition. They often try and make e-cigarettes synonymous with Big Tobacco. Australia has made nicotine illegal unless it is in tobacco or a pharmaceutical product. The possession of e-liquid for the purpose of use in e-cigarettes is punishable with a penalty similar to the possession of heroine. In every other field of drug use, we accept the ideas of harm minimization and harm reduction. But somehow in Australia nicotine and tobacco are seen as different. I understand their feelings and their concerns, but policy needs to be based on scientific evidence, not feelings. In essence what Australia is saying is if you want to enjoy recreational nicotine, it's the death penalty for you because you can only use the most dangerous delivery device. Public health and vapers – Together we can, we must, and we will make smoking obsolete.

Dr. Danko attributed the success of several of his patients quitting smoking with vapor products. Currently, Australian law states importation of e-liquid with nicotine is legal, but possession of that e-liquid is illegal.

The television show [BBC's "Trust Me, I'm a Doctor"](#) discussed vaping and conducted an interview with Professor Peter Hayek, Director of the Tobacco Dependence Research Unit at the Queens University of London. In the interview, Professor Hayek explained, "There are dangers associated with nicotine, nicotine is an addictive substance. The proportion of people who use nicotine will become hooked. A lot of people drink coffee, a lot of people are hooked on coffee, and nicotine use would be roughly in the same category if there are no other toxic chemicals that accompany it. I think e-cigarettes could be a revolutionary change. I think they have the potential to basically eradicate smoking related disease and death." Currently, the British Medical Association is calling for a ban on e-cigarettes in public places.

Scotland is now getting more verbal about their stance on vaping as well. The Herald Scotland Newspaper article [Study Backs Vaping for Smokers](#) announced, "A study has found that vaping can help traditional cigarette smokers kick the habit, or at least cut down their cigarette consumption. Deborah Arnott, Chief Executive of Action on Smoking and Health [said] 'It should stimulate more research, which is just what is needed in this important area of public health which has the potential to save so many lives.'"

CanTech Letter's news article [E-Cig Battle – Canada's Showdown with Vaping is About to Reach High Noon](#) describes Canada's current stance on vaping: "Ben Lobb, Chair of the House of Commons Standing Committee on Health stated 'Most of the experts concluded that e-cigarettes are better for your health than tobacco cigarettes. If we're looking at reducing harm to Canadians, that's a good starting point.' The

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conclusion of the report suggested that regulating e-cigarettes as tobacco products would be the most straightforward path.”

Here in the U.S. the war wages on in each state as the Food and Drug Administration (FDA) has yet to place regulations on e-cigarettes or vaping. Many of the states currently have or are working to ban vaping in public places. Many of these states are also trying to pass legislation that would make the online sale of vapor products illegal. In [Who Needs Protection From E-Cigs?](#) Greg Gutfeld and his team discuss e-cigs and legislation:

Senate Democrats brought forth a bill that would ban marketing of e-cigs to teens. These idiots did this to protect the children, but perhaps they're actually trying to protect the billions of tax dollars they get from real cigarettes. They stand in the way of the first real progress in ending smoking for good. I get protecting the kids but this is not a gateway drug it's a quitting device. This is all phony concern. Critics don't care that it's not smoking, only that it looks like smoking. When congress introduces a bill and it's all partisan like that, you have to follow the money. Where does it lead too? Who is actually giving them contributions? If you get something that's going to help people stop smoking, what more could you ask for?

Public health officials who have been working for years to eradicate smoking are fighting to eliminate the very innovation that is most likely to make smoking obsolete.

Don't be discouraged by this news Vape Fans. The longer this battle wages, the more scientific evidence found in favor of e-cigarettes. In addition to the studies, more doctors are becoming believers as they see so many of their patients finally succeed in quitting. We are in the middle of what I believe will be the most heated part of the battle. As time passes, and more studies show vaping to be an acceptable alternative to smoking the battles will dwindle. However, that doesn't mean we have the luxury of sitting back, watching and waiting. Only by remaining strong and speaking out as a community against unjust legislation that would restrict access of vapor products to smokers. If we give up and stop fighting, we will lose this war. Remember, when contacting legislators, be polite and respectful. For many legislators, they know nothing about vaping or only know what they've seen in the news. Share a bit of your story with them, educate them about e-cigarettes and vaping, and ask that they oppose anti-vape legislation.

Something to Think About:

What do you see happening in the future with vaping in your area?

Written by: Michelle Harnden



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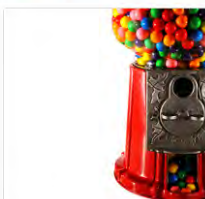


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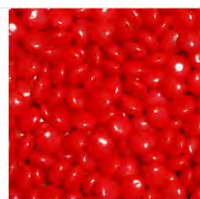


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