

NICOTINE ISN'T THE REAL PROBLEM

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How many times have you heard someone express a misconstrued belief about nicotine? Something along the lines of “so you replace smoking with vaping – it’s still not healthy, there’s nicotine in that too.” Since I’ve started vaping, I actually hear people’s false understanding a lot more often. Understandably, since we have a natural tendency to question what’s around us – especially when we believe that our understanding of any said situation is, in fact, correct.

You see, since you, me, and every other vaper are the focus of a national debate we’re the example society questions. Are we the example of the dangers that comes along with this “youth targeting, gateway activity” or are we the proof of possibilities that e-cigarettes bring for the future? Well, that answer entirely depends on what you know, or believe. Since we believe in vaping, we’re ultimately responsible for protecting e-cigarettes, and the vaping alternative, from falling victim to poor political practice.

So how do we do it? How do we prevent misconstrued beliefs from eliminating e-cigarettes? Proof. We provide “evidence or arguments establishing or helping to establish a fact or the truth of a statement” – that’s

how. Author Sally Satel, whose bio reads "I write about issues at the intersection of medicine and culture", chose to discuss a topic that supports our sentiment and belief as vapers, and in her recently posted article [Nicotine Itself Isn't The Real Villain](#) lies the perfect form of proof.

Take a minute to read her thoughts and to study her supporting arguments. By the end of the article, you'll definitely have a few more things to say in support of your reasons for vaping, your belief in the positives e-cigarettes bring, and ultimately additional references to support your understanding of what the real problem is.

SATEL'S ARTICLE | [NICOTINE ITSELF ISN'T THE REAL VILLAIN](#)

Interested in other resources? Check out [The 20 E-Cig Studies Every Vaper Should Know About](#)

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HOW IS VAPING DIFFERENT FROM CIGARETTE SMOKING?

No flame, no material is being burned, therefore zero combustion takes places.

Vaping addresses one component of smoking, nicotine, without having to combust 600 ingredients into over 4,000 chemicals, with over 50 of them known to be cancer-causing.

Unlike smoking cigarettes, vaping does not expose yourself and those around you to the dangers of secondhand smoke.

No unpleasant smell that sticks to your clothing, car interior, home or breath.

E-liquid satisfies your craving for nicotine without the negative byproducts that are associated with traditional tobacco products, including several toxic chemicals and tar.

E-liquids are available in varying nicotine strengths, standardly: 0 mg, 6 mg, 12 mg, 18 mg, and 24 mg. This allows you to choose a nicotine strength that meets your needs and satisfies your nicotine cravings, which will help you to successfully switch over from cigarettes for good!

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