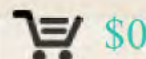


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HOW ELECTRONIC CIGARETTES BENEFIT YOUR LIFE

Vaporizers and electronic cigarettes were invented as an alternative to smoking. They are a suitable alternative for many because of the benefits they have over smoking. Chances are you searching for an alternative but wanting to understand the benefits of switching from your current brand to electronic cigarettes or vaporizers.

THE START OF HEALTHY DECISIONS

- **No Tar, No Carbon Monoxide**

Electronic cigarettes do not contain any tar or carbon monoxide, like the ones that are found in tobacco cigarettes. Normal tobacco cigarettes have over 4,000 harmful poisons that are not found in electronic cigarettes. If this is your only reason to try the **e-cigarette**, it's a great one!

- **De-Toxify your body**

Many e-cigarette users feel better because their body is not getting the toxins, tar and other poisons traditional cigarettes contain. Your body will notice the relief of cutting out all of those added poisons.

- **No second-hand smoke**

No more worrying about second-hand smoke that bothers the non-smokers around you. The e-cigarette gives off **NO second-hand smoke**. Second-hand smoke has been reported to be worse than smoking. The vapor released only looks like smoke and disappears in a few seconds.

LIVE
CHAT

SAVE MONEY

Electronic cigarettes are a lot less expensive than smoking tobacco cigarettes. The traditional pack of tobacco cigarettes costs around \$7-\$19, depending where you live. One electronic cigarette cartridge is equal to nearly a full pack and only costs \$2. That is about a \$4-\$9 savings on every pack! Save even more money by using E-Liquid and filling the cartridges yourself. This equates to about \$1 per pack!

- **You may actually smoke less**

When you smoke a tobacco cigarette you feel obligated to smoke the entire cigarette. The e-cigarette allows you to take a few puffs and put it away for another time. You may naturally smoke less because of this. Also, the electronic cigarette does not sit in an ashtray burning your money when not in use.

- **Lower Your Insurance Rates**

What a bonus! You will get cheaper insurance rates since you can no longer be considered a tobacco user. Once your order arrives make sure to call your insurance companies and let them know you no longer smoke tobacco and watch your monthly insurance rates drop!

CLEANER AND SAFER ENVIRONMENT

- **No Smoke smell**

No more smoke making your hair, clothes, breath, and fingers smell. Use the electronic cigarette in your car and house without that smokey odor. When you use an electronic cigarette you breathe vapor which contains no odor or tar. Customers have used theirs in the homes of non-smokers with no complaints.

- **Non-flammable – No burns**

Electronic cigarettes do not have an extremely hot end, therefore the possibility of burn is minimal. No more burn holes in your carpet, clothes, furniture, and car interior! Since electronic



It makes perfect sense why you should quit smoking and we're all the first to nod, agree, and sing Hallelujah when someone brings up the idea.

Of course, actually quitting and losing the desire to smoke is a much harder struggle. Because it's not merely a physical addiction, which in case you haven't heard, is hard enough to kick—but it's a mental addiction.

You spend so many years puffing your anxiety away and you're not going to just quit cold turkey without going slightly bonkers.

Here's what you need:

A four-point strategy on how to quit and how to react to the jitters that are sure to come when you throw away your last pack of cigarettes.

1. Address the body's physical needs

You cannot just quit smoking cold turkey without your body bitching about it.

Quitting on your own willpower, while physically possible, is going to be a miserable experience for you. You want to feel as comfortable as possible and not keep stacking obstacle after obstacle on yourself. The reason most smokers fail is because they have no plan on how to address the body's dependency on nicotine. The first step is understanding the chemical dependency.

Nicotine is not the same thing as tobacco. Nicotine is an alkaloid, which is the active principle of the tobacco plant. Prepared tobacco in cigarettes has the most harmful irritants, whereas nicotine has only minimal health risks. One of the first things a doctor will tell you when you explain your resolve to kick the habit is to try nicotine gum or a nicotine patch. This may seem like a good idea, until you realize the desire to smoke is still strong inside you, regardless of nicotine.

2. Use an E-Cigarette or Personal Vaporizer



This new age invention simulates the taste, feeling and presence of smoking—so much, that many smokers have successfully stopped smoking and taken up vaporizers as a better lifestyle alternative.

Before you assume that candy cigarettes do the same thing, remember that personal vaporizers are nicotine-based products without the carcinogens and toxins of cigarettes. That means it will feel like you're really smoking and will address the chemical dependency.

You then have a choice.

You can either continue smoking e-cigarettes, using them as permanent replacement for tobacco products, or you can gradually wean yourself off of nicotine altogether, by reducing the amount of nicotine in the vaporizer week by week. You get total control over this product rather than letting the tobacco urge control you.

3. Create a system of recording

So often in life we coast. We don't think about what we're doing nor do we see the value in keeping a system of measuring and recording.

However, when you are trying to change your behavior, it is vital to create a system of recording and measuring. This will help you to see clearly your patterns of behavior, how much you smoke, how often you have a relapse, and how much the habit costs you. Once you switch over to e-cigars or personal vaporizers you may even want to keep track of cost. You will see a dramatic drop in expenses.

You may even notice patterns of behavior that lead to relapses or the temptation to relapse.

For example, certain social situations can draw you into the smoking lifestyle. Do you avoid the moments that cause anxiety and the urge to smoke for a calm and centered feeling? Find these "triggers" and learn to avoid them completely. Keeping a journal of your mission to stop smoking will be an excellent motivational tool.