

Easy Way Stop Smoking

QUIT SMOKING WITHOUT STRESS OR CRAVINGS

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What Is An Electronic Cigarette?

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What Is An Electronic Cigarette?



Lot's of people have been talking about electronic cigarettes for a couple of years now, but many people are still not clear on exactly **what is an electronic cigarette**, and whether it has any real value as a quit smoking device or not. As to what the electronic cigarette is, I've borrowed an article written by a very talented author "Jules Price" who did some serious research on the subject of what an electronic cigarette is and what the benefits of choosing them over real cigarettes are. Jules sums it up very nicely below.

Now, whether it has any value as a quit smoking device or not is concerned, I'll explore that subject over the next couple of weeks in a series of articles on the subject of electronic cigarettes. However, as a healthier and far less expensive alternative to real cigarettes, there can be no argument whatsoever, in spite of various local, state, and federal government attempts to ban them...(funny thing how governments don't like to lose tobacco taxes no matter how much lip service they pay to caring about public health)...electronic cigarettes have 4,000 less toxins and carcinogens than real cigarettes, they also have no dangerous second hand smoke, which makes them beyond question, much healthier for those who happen to be around smokers.

Since it is my goal to help as many people as I can reach, through this website and in person, learn how to stop smoking, I'm presenting viable alternatives that will make quitting much easier for those who've tried and failed in the past as well as for those who may not be ready to quit just yet but want a healthier and less expensive alternative to smoking real cigarettes.

One such alternative, while not as powerful of a quit smoking device as it is being touted to be, is the electronic cigarette. As I said, it may not be quite as powerful of a quit smoking aid as it is being touted, rest assured, it is far superior to any other nicotine replacement product on the market!!!

Once you've read the enclosed article, [click the flashing pics to Blu-Cigs](#) or [click here](#) , to learn more about [the best electronic cigarette](#) manufactured in the United States.

What Is An Electronic Cigarette?

I think you'll find the following article will answer that question.

"Electronic Cigarette – Smoke Without Fire"

By [Jules Price](#)

Asked recently to write about electronic cigarettes, I have to confess that I had never heard of such a thing. Some internet research later and I discovered that electronic cigarettes are very much a quickly growing concern. A Google search revealed there is no smoke without fire as almost six million results just for the phrase "electronic cigarette" were returned.

What is an electronic cigarette?

The electronic cigarette has been in existence for almost three years and is a clever device aimed at providing smokers with a healthier option. Apparently also useful in helping to reduce and indeed quit smoking altogether.

Now in a fourth generation, electronic cigarettes have become much more user friendly than earlier versions which perhaps were a little too large to encourage a mass market appeal. The "mini" is the most realistic e cigarette to date with its length of 100mm being the same as a conventional cigarette.

An electronic cigarette contains a taste of tobacco but none of the harmful substances found in normal cigarettes allowing smokers cravings to be satisfied without inhaling the many dangerous toxins. Is it all smoke and mirrors? Or can this item really be the saviour it wants to be?

A battery, an atomiser and a renewable nicotine chamber allows the smoker to hold and smoke the electronic cigarette just as they would any other cigarette, even creating a "smoke" like vapour and glow at the end as they draw. The nicotine chamber proves very useful as cartridges are available in different strengths, permitting the user to reduce the amount of nicotine they intake until if they wish, can quit completely.

A nicotine cartridge typically lasts the same time as 15 to 20 cigarettes, thus creating a huge saving to normal costs. Standard, medium, low and no nicotine at all are the various cartridge strengths.

A healthier option altogether it seems, though the benefits don't end there. Due to the electronic cigarette not emitting any dangerous substances, toxins or real smoke for that matter, they are perfectly legal to smoke in public. In winter in particular, normal cigarette smokers have to brave the freezing cold and the rain just for a quick smoking break but this alternative will allow them to stay in their offices, restaurants and pubs.

Non smokers also will benefit, as their worries about passive smoking are rendered null and void by the electronic cigarette. A much more sociable environment then!

Upon reflection the electronic cigarette is a healthier, cheaper and environmentally friendly alternative to smoking and as the awareness and the market grows they have great

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- ✓ Drug-free
- ✓ Best quit rate available today, with or without a prescription
- ✓ Seven audio CD program
- ✓ Quit in the privacy of your own home
- ✓ Comprehensive program developed by a licensed psychologist
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potential to successfully replace the harmful cigarettes we have all come to know and many of us have come to dread and fear.

The [electronic cigarette](#) really does seem to be a good idea.

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Hopefully, the question of "[what is an electronic cigarette](#)" has been satisfactorily answered. And hopefully, if you are wanting to quit smoking, you'll take a look at the [Blu-Cig](#) as one option with real potential to help you on your way to quitting.

However, I hope you'll also read another article I've posted here on this website titled "[Best Way to Stop Smoking](#)," before you make any decisions.

If quitting is truly your goal, you should get a little more information before you settle on any one particular quit smoking aid, but if just finding a healthier alternative to smoking real cigarettes is what you wish to accomplish, then [click here](#) and get started saving money and saving your life!

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