

# Easy Way Stop Smoking

QUIT SMOKING WITHOUT STRESS OR CRAVINGS

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## Can Electronic Cigarettes Help You Quit Smoking

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### Can electronic cigarettes help you quit smoking?

You've obviously been wondering [can electronic cigarettes help you quit smoking](#), since you landed on this page, and the answer is...

#### Probably.

But the companies who sell these devices are not allowed to tell you that because the FDA has not approved electronic cigarettes. Consequently, they are not being sold as smoking cessation devices, but rather as a healthier "smoking alternative" for people who want smoke in public places.

Regardless of the FDA's reluctance to approve them (for political reasons), electronic cigarettes are an alternative nicotine delivery system, differing from patches, pills, gums, lozenges, inhalers and various other nicotine replacement products only in the manner in which the nicotine is delivered.

Common sense would dictate that if the other commonly accepted nicotine replacement products are considered effective by the FDA, then electronic cigarettes should be just as effective when used as part of an overall smoking cessation program as any of the FDA accepted products are. Especially since, a major part of a smoking addiction is the emotional need to stick a cigarette in your mouth and inhale smoke.

Now, if you've read any of my articles on how to quit smoking, you'll already know that I highly recommend quitting smoking by first eliminating nicotine from your body immediately, and then using a proven NLP hypnotherapy program to assist you in eliminating cravings.

### Can Electronic Cigarettes Help You Quit Smoking?

However, by using the electronic cigarette along with a proven NLP quit smoking hypnotherapy program you'll be able to quit smoking faster and easier than you ever thought possible if you've ever tried and failed in the past. Does that mean electronic cigarettes are necessary to quit smoking? Absolutely not! However, if used in conjunction with NLP there is no reason why they can't be as successful a quit smoking cessation device as any other NRP on the market.

And here is an interesting fact about electronic cigarette nicotine cartridges: They come in several different nicotine levels - high, medium, low, and zero nicotine. Conceivably a person could slowly wean themselves from their nicotine addiction by progressively lowering their intake levels. It's important to note that even a cartridge with a "high" nicotine level still delivers considerably less nicotine per inhale than a traditional cigarette.

So how many smokers successfully quit using the electronic cigarette? It's too soon to say for sure and no organized studies have been performed to date. However, if one were to go to the numerous "vaping" forums they would see many testimonials of people who have kicked the habit for good using these devices. Some of these success stories are from people who have smoked over a pack a day for decades.

Until in-depth clinical studies are done, we are going to have to rely on anecdotal testimonials and our own reasonable judgement. Do your research and educate yourself on the facts. Then you will be well equipped to make an intelligent adult decision if this is something that can help you quit smoking.

Here's the bottom line: No device, even one as promising as the e-cigarette, is going to be a "silver bullet" that can make a smoker quit overnight. Successfully quitting forever starts with a strong conviction to quit. If a person truly wants to quit then the electronic cigarette may prove to be a very helpful tool in realizing that goal, especially when combined with NLP.

But let's face it... many smokers DON'T want to quit! They just enjoy smoking too much. For this group, electronic smoking can be a much healthier alternative... hopefully one that will keep them alive a lot longer.



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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
- ✓ Give up the excuses and start living your life today
- ✓ Best quit rate of any hypnosis program
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