

Easy Way Stop Smoking

QUIT SMOKING WITHOUT STRESS OR CRAVINGS

Search

Subscribe to feed
Subscribe to comments

Oct
22
2011

Electronic Cigarettes

Posted by admin in
Add comment | Edit

Electronic Cigarettes



When I first heard about **electronic cigarettes** my first reaction was that this was a novelty item that wasn't to be taken seriously. But upon closer inspection I realized that this is an ingenious invention that has the potential to revolutionize the way people smoke forever. I also realized they have tremendous potential to help those wanting to quit smoking to do so more efficiently than using other common nicotine replacement aids.

What exactly are **electronic cigarettes**? Here is a description of what they are , how they work and how they can potentially benefit you or a loved one.

The e-cigarette is a battery powered device that looks, feels, tastes, and reacts like a cigarette... but it's not a real cigarette! It even delivers nicotine but without the harmful smoke, tar and chemicals associated with real tobacco smoke. The nicotine is inhaled via a clean odorless vapor.

Electronic cigarettes are typically made up of three parts:

1. Atomizer
2. Battery
3. Nicotine Cartridge

NOTE: Some of the newer models combine the atomizer and nicotine cartridges as one disposable unit. The advantage of this is that you always have a fresh atomizer instead of a single atomizer that can become clogged and less efficient over time. A fresh atomizer will insure that you get the highest volume of vapor on each puff, adding to a more satisfactory smoking experience.

Let's go over what each component does:

1. Atomizer. This heats up and vaporizes a mixture of liquid nicotine. The sensation of inhaling this vapor is very similar to real cigarette smoke but without the same health risks. It even has a warm feel to it which adds to a realistic experience. The vapor produces a cloud that looks like smoke but is actually just a mist that quickly disappears.
2. Battery. Nothing too complicated here, just a rechargeable battery that powers the atomizer. It is shaped to look like the body of a real cigarette. The lifespan of batteries varies from model to model. The lifespan depends on the number of mouth puffs. Typically you will get 150 – 400 puffs before having to recharge the battery.
3. Nicotine cartridge. These cartridges are made up of a water/nicotine solution. A single cartridge is typically the equivalent of 1 – 1.5 packs of tobacco cigarettes. Different nicotine strengths are available in high, low, or medium. Most manufacturers also offer a variety of flavors ranging from traditional tobacco flavor, menthol, vanilla, chocolate and fruit flavors.

Electronic cigarettes are surprisingly similar to the real thing but without the same health risks. There is no lingering offensive odor. It's also a lot less expensive than tobacco cigarettes. This combined with the fact that you can use it anywhere makes e-smoking a sensible and healthier alternative, one worth considering either for yourself or a loved one.



[Are electronic cigarettes safe?](#)

[Can you quit smoking with electronic cigarettes?](#)

Like

0

EASY WAY STOP SMOKING NAVIGATION MENU

About Easy Way Stop Smoking.org

Go

Can't Quit Smoking?
We Highly Recommend
The Non-Smoker's Edge
Medical Hypnosis Program



- ✓ Quit without weight gain or irritability
- ✓ 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
- ✓ Guaranteed to work or you get a complete refund

Click to stop smoking now!

ABOUT THIS SITE

[Contact Us](#)
[FTC Disclosure](#)
[Privacy Policy](#)
[Site Map](#)

META

[Site Admin](#)
[Log out](#)
[Entries RSS](#)
[Comments RSS](#)
[WordPress.org](#)

CONTENT PROTECTED USING BLOG PROTECTOR BY: PCDROME.

HOSTGATOR WEB SITE HOSTING

EASY WAY STOP SMOKING IS DIGG PROOF THANKS TO CACHING BY WP SUPER CACHE

COPYRIGHT 2008 EASY WAY STOP SMOKING
WORDPRESS THEME BY INSTALLEDDSIGN