# Electronic Cigarette â€“ the Best Way to Quit Smoking

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Cigarette smoking is very bad habit as it severely affects lungs and leads to deterioration of health. Every person knows these facts. But the question is: How many takes the cautious approach of not smoking? How many give up on smoking? The number can be easily calculated.

Electronic cigarette is the latest smoking item launched in the market which is less injurious to health. In fact, these cigarettes are recommended by physicians to chain smokers as these do not contain any tobacco. Rather, there is a small cartridge filled with liquid nicotine. E-cigars are battery operated. It is the liquid nicotine that produces smoky effect. The cigarette tip does not burn. Rather, a LED orange light is present that glows, thus producing the fire burning effect. A single electronic cigarette price may be higher when compared to normal tobacco filled ones. But, tobacco filled paper cigarettes are disposable, e-cigars not; only the inner cartridge of e-cigars needs to be filled once in a while with liquid nicotine. Refilling charges are extremely low when compared to purchasing a pack of normal cigarette. One refill will last for 30-45 days.

Electronic cigarettes are less injurious to health. In fact, puffing this type of cigarette helps in quitting the smoking habit. A lot of chain smokers have given up on smoking after puffing such cigars for 3 to 4 months. When purchasing these electronic smoking products, a number of accessories will come along with the cigarette device. These include cartridges, battery, cell charger, and additional LED. Also, the box includes user manual which make you learn how to use that.

Premium brand E-cigars can cost around $150-$200. Anyone looking to purchase premium brand electronic cigarette at wholesale price can avail the online medium. Shopping through online medium has become easier. There are several online stores available that sell these items at wholesale/discounted rates.

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