A New Aid to Help Quit Smoking Cigarettes by Siddle John

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My spouse has been a heavy smoker for twenty five long years. Our family, close friends and kids have tried on many occasions to help her quit this disgusting habit. For a long time, absolutely nothing has helped her and she always went back to cigarettes. She understands there is certainly a problem and that she should quit but she cannot carry herself to do it. Until a few months ago! We have come across this new aid to help you quit, something called an Electric cigarette. It's completely changed our lives and probably saved the life of my wife.

We've tried so many things to help her, nicotine gum, nicotine patches, and many cold turkey attempts. All of these appear to be rather costly, not to mention ineffective so we welcomed the idea of a more affordable and much healthier alternative. These e cigarettes are not only more affordable they are much healthier too. Trust me; these things will be the fantastic! After extensive research of these electronic cigs we discovered they supply you with the nicotine that smokers crave without having all of the harmful chemical additives. They do not generate smoke they produce vapor so there is no issue of second hand smoke. This was something that concerned me about my health and the health of our children.

Electric cigarettes will also be acceptable in places where smoking regular cigarettes is prohibited. Honestly these things are coolest and most modern thing out there at the moment for a quit smoking aid. E cigs seem to be a growing market, and really economical in comparison to typical cigarettes. Our clothing and house no longer smell like thick cigarette smoke because the cigarette is 100% odor and smoke free. A lot of electronic cigarette companies provide distinctive nicotine strengths as well as different flavors. My wife is likes the menthol and traditional tobacco flavors. She says there is some variances in the flavor from the standard cigarette tobacco to the e-cigarette flavour, but says it's still enjoyable. I also observed a number of electronic cigs providers have zero nicotine cartridges to assist with quitting nicotine for good.

I truly feel folks need to consider cigarettes if they want to quit or swap to a healthier choice. I've invested many hours looking into e cigarettes and I've found nothing at all like them. I believe it saved my wife's life and could help many others.

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