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It is widely known smoking is injurious to health, yet millions of people all over the world smoke. It is million dollar question when everybody knows its nasty habit then why do people smoke? There are number of reasons for this. Teens of today always want to try something adventurous in life. They always try to experience something different and exciting and smoking gives them pleasure in the beginning. There are certain youth who follow their seniors and for them cigarette in hand gives them a sense of maturity and internal satisfaction to feel that they have done something extraordinary in life.

For some smoking is stress buster. There are various occasions when people feel depressed and also when the things do not go in their life the way they want. Smoking helps them to cover up the negative approach. There is no doubt that there are a few who quit smoking after sometime. However most of the people are unable to quit even after realizing the bad effects of smoking. For such people it has become necessity like food. Some people smoke due to their social environment they move. If you are a part of society where everyone smoke and you do not then you feel awkward and looked down upon by society.

People smoke due to psychological reasons. Smoke kill smokers lonely time and smoke in a lonely moment is a great way to counteract the feeling of being alone. Most of the smokers would love to smoke will find out the way to less toxic way to smoke. Electric cigarette has come in their rescue. It is probably one of the latest discoveries by men to fight the battle against ill-effects of smoking.

The electric cigarette is device that looks exactly like cigarette and let smokers enjoy the experience of smoking. Electric cigarette is not at harmful as it is free from harmful tar, carcinogenic substances and combustion gases present in tobacco cigarettes. It gives them same feeling of smoking cigarette, however it does not produce any negative aspects of traditional cigarette that often lead to many dreaded diseases such as respiratory and cardiac system diseases

The next question would be how the electronic cigarette is made up of. It is made up of three components such as a battery, an atomizer, and a nicotine cartridge. The atomizer and the light on the tip are powered on by the battery. When the smoker puffs the cigarette the atomizer heats the air drawn into the electronic device to a high enough temperature that it vaporizes the liquid nicotine solution in the replaceable nicotine cartridge. The vapor is then inhaled into the mouth and lungs fully simulating the smoking experience so the smoker gets all the good things he would get from a traditional cigarette. The smoke that is emitted from electronic cigarette is just water vapor that evaporates in a few seconds and leaves no lasting odor.

As compare to 4000 chemicals of traditional tobacco cigarette, the electric cigarette contains 20 food safe compounds which are not considered poisonous or carcinogenic. It is available in various colors and flavors such as fruit flavors, mint flavors. It is environment friendly and can be used in non-smoking areas. Electronic cigarettes are inexpensive and cost less as compare with traditional cigarettes.

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