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If you are a chain smoker and want the best alternative to quit smoking, electronic cigarettes or e-cigarettes are the best way. Electronic cigarettes are much better than real cigarettes and minimise the harmful effects of smoking as they deliver only pure nicotine hit every time when a smoker inhales. You can choose from the variety of flavours those are designed to add more pleasure of smoking. A real cigarette contains almost 4000 harmful chemicals which include carbon mono oxide, tar, arsenic, cyanide etc, which usually enters your lungs and damage them and even causes cancer.

An electronic cigarette is operated with a battery which means you can use them for a long time. These cigarettes are very cost efficient and save thousands of pounds every year. A single cartridge ends equivalent to 30 real cigarettes. These cigarettes are safe and can be used in public places without any restriction as there are no side effects for second hand smokers. Therefore, you can use them in malls, hotels, parks, hospitals etc.

Parts of an e-cigarette

An e-cigarette is formed when we combine a battery, a cartridge and an atomizer together. All of them have their own functions and usage. A battery is used to send charge to a coil. Battery is rechargeable and is made up of lithium with an inbuilt sensor which automatically starts working as soon as a smoker inhales. An atomizer contains a coils and a coil is given, to vapourise e-liquid to produce vapours. A cartridge is a mouthpiece and contains the soaked wadding of e-liquid. An e-liquid is used to produce vapours during smoking. Smoke produced by e-liquid is the same smoke used in movies to produce fog.

Why to choose e-cigarette over real one?

These cigarettes last long as a single cartridge can last for around 300 puffs which is equal to almost 30 cigarettes. Also, an e-liquid contains only pure nicotine and no other harmful chemicals. You might have tried nicotine gum to quit smoking. It is just the same but in a different way. You are not going to leave cigarette but you will be preventing yourself from inhaling harmful chemicals. Research is still going on the harmful effects of smoking but it is not yet proved about the side effects of e-cigarettes. But, it is for sure that these cigarettes are far better than the real cigarettes.

If you want to quit smoking and tried your best but still failed, you should try electronic cigarettes now. We assure that you will love to use it. If you are an existing user of electronic cigarettes, you can find your refills at www.electroniccigaretteinfo.co.uk and if you are a new one, you can find out starter kits at an unbeatable price range. We have variety of flavours to add more pleasure during smoking.

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Find it hard to quit smoking? Start smoking a electronic cigarettes. Enjoy the fun of smoking, but in a health way. Want to know how? Hereâ€™s where you should go www.electroniccigaretteinfo.co.uk

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