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Cigarettes are mainly made from tobacco, from which nicotine and tar are the main by-products produced when it is smoked. Nicotine and tar has been documented as being one of the main causes for a number of diseases, including heart attacks, strokes, bronchitis, emphysema, cancers of the lung, larynx, mouth, etc. They have still not identified all the toxins that are produced when smoking cigarettes, but they number in their hundreds.

Dangers Of Smoking Are Not Exaggerated

Smoking cessation usually leads to nicotine withdrawal symptoms such as irritability, increased appetite, and anxiety. There have been many methods used over the past years to help smokers quit tobacco addiction. These have included, quitting cold turkey, nicotine patches, hypnotism, electronic cigarettes, etc. Clinics have sprung up touting different professional smoking cessation methods that addresses addiction to nicotine and its withdrawal symptoms. Many of these methods have failed, but still there are programs emerging regularly that are specially made to help smokers quit their addiction. Documented studies have shown that on average, it can take between eight to fourteen weeks after quitting smoking that the brain receptors return to normal.

New Fangled Devices To Quit Smoking

One of the newer methods developed to help people quit smoking is the electronic cigarette. This is basically an electrical device that duplicates the act of tobacco smoking by producing a vapor that is inhaled which bears the look, feel, and flavor of inhaled tobacco smoke of your choice. A key plus point is that these smokeless electronic cigarettes do not have the smell of tobacco and does not pose any health risks to the smoker. The composition of an E-Cig, as it is usually called, is a small reservoir containing the E-Liquid, which can be purchased with different strengths and flavors, a heating element, and a rechargeable battery, with the whole product made to look like a normal cigarette. The E-Cig can be used many times and the reservoir cartridge also lasts long. A single cartridge can simulate the smoking effect of around 30 real cigarettes at a time, and the smoke produced by the E-Cig is safe on inhalation. With this type of cigarette, the dangerous side effect of second hand smoke is completely gone.

Electronic Help For Smokers To Cut Down

The E-Cig can be reused with refills of E-Liquid of different flavors and nicotine strengths. There are also disposable electronic cigarette models, which can be discarded after a single use. If the different programs and products available in the market have not helped you to quit smoking, then the electronic cigarettes could offer you an easy solution. They have gone after the smoker who would like to quit, but could still experience the sensation of smoking without the risk of any harm to the body. With the electronic cigarette you are getting a brand new product that could change the way people smoke, a device that does not produce any "real" smoke, but uses an odorless, nicotine vapor free from the dangerous toxins found in traditional cigarettes.

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