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For those who plan to quit smoking knowing its harmful effect on health but are unable to do so, being so addicted, there is a succor in the form of electronic cigarettes. These are smokeless and not only serve your purpose of shielding your organs against smoking harms, but it also protect the non-smokers, who otherwise would be effected by the smoke of the cigarettes.

The biggest highlight of this e-cig is that it is just like a normal cigarette and gives you the â€˜realâ€™ effec It has no tar or any tobacco and hence, does not harm your health. This could be boon for chain smokers, who puff down dozens of cigarettes a day. Now with no tar-cigarettes, you can puff and be assured that your health will not be affected.

Even though arguments are galore on if or not smoking e-cig are safe for health, but they have certainly caught the imagination of the public eye. Now, for a smoker, to buy electronic cigarettes, you have a plethora of shops available to buy your own set of e-cig. However, here too arguments are in large numbers over which is the best brand to buy electronic cigarettes. In terms of choosing cigarettes, the best thing to do for a smoker is taste each one and finalize one. But with the variety of brands on offer, it is near impossible for you to try out each product and find the best. An excellent thing to do in such a scenario will be to buy electronic cigarettes online. By searching on the web, you have varieties of brands to choose form and more importantly reviews and user feedback. Reading a few notes and going through the ratings of most of them, you can easily get an idea as to which is the best e-cig for you.

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