

Managing Anxiety with the Electronic Cigarette

Habitual and social smokers alike can certainly attest to the addictive powers of a cigarette. However, putting aside the science and research on why and when we smoke, the impulse to smoke under high pressure or anxiety riddled circumstances is second nature. If you doubt me, just take a stroll around any college campus around finals time! This scenario is no mystery, of course, but the electronic cigarette does offer a much safer alternative.

Those who have kicked the smoking habit and find themselves being sucked in when faced with a tough situation can enjoy an e-cig instead of falling off the wagon. The e cigarette, with its lack of tar and carcinogens, can operate as an effective replacement to the conventional cigarette – especially in the early quitting stages in which an ex-smoker is much more likely to relapse when faced with pressure. Having the electronic cigarette around can act as a confidence booster which, in time, fortifies the will power of those that are ready to kick the smoking habit for good! Ex-smokers wishing to better manage all anxiety issues should also incorporate a proven program to eliminate future attacks.

Chemicals Contained In a Cigarette

Chemicals contained in a cigarette are often forgotten about as the comfort it brings to us at the end of a stressful day or when we are lonely, sadness and confusion tend to override the facts. But cigarette smoking should be considered seriously as with every puff we take it sends millions of poisonous chemicals through our blood streams that can shorten our life span and have dreadful illnesses fallen upon us. Also, contaminated air not only affects smokers but create a hazard for non smokers a well (famously known as second hand smoking and can be considered more harmful than smoking itself).

Carcinogens are one of the chemicals found in cigarettes and it is the substance that causes cancer. 60 chemicals in a single cigarette are known to cause cancer. Tobacco-specific N-nitrosamines (TSNAs) is one of the major carcinogens and is found in smokeless tobacco and tobacco smoke. Benzene found in gasoline, Pesticide and Formaldehyde which is used to preserve dead bodies are all chemicals found in a single cigarette.

Toxic metals such as Arsenic used in rat poison and Cadmiums found in batteries are all used in the process of a compiling a single cigarette and when inhaled has tedious effects on the health of smokers and non smokers. Although some of these chemicals can be used to support life, when excess is inhaled it creates a hazard to life.

It was discovered that there are approximately 200 poisonous gases in cigarette smoke. Some of these gases include Ammonia found in fertilizers, Carbon monoxide which is present in car exhaust, Hydrogen Cyanide which is a gas that was used to kill people in Germany during World War II, and the famous Nicotine are all used to give a complete cigarette.

Chemicals found in cigarettes are harmful and must at all time be put into consideration with the thought of another cigarette. Think about your life and the lives around you. Are you willing to let these chemicals in cigarettes affect your blood pressure, pulse rate and weaken your immune system that will make it susceptible to cancer and other illnesses? Chemicals that are used in fertilizers, pesticides, rat poison and batteries are what are inhaled with one puff of cigarette smoke and are very hazardous to life. Chemicals that are used to preserve the dead and take lives should not freely enter the body when it can be stopped.

What is e smoking?

Essentially, e-smoking is the act of smoking an electronic cigarette. The electronic cigarette is a device that enables the activity of smoking through various mechanical and sensory processes. These processes are programmed in such a way that the user can enjoy the smoking experience with an electronic cigarette as much as he/she would be able to if they were using a regular cigarette.

So e smoking can be seen as an alternative to normal smoking as we know it. There are multiple things that differentiate e-smoking from regular smoking and I will address these. Firstly, e smoking, as said before, takes place through multiple mechanical and sensory processes, which govern how the e-cigarette will react to the action of the user taking a puff.

Secondly, it is actually ironic that the action is called e-smoking there is really no smoke involved. When you e-smoke you are actually inhaling a vapor instead. But this is a good thing as the vapor does not affect your health or the health of others – there is no 'second-hand vapor' - which makes it more desirable than the smoke anyway, especially seeing as how the vapor does not contribute to any loss in smoking satisfaction. Also, the vapor does not give off any smell, so you do not have to worry about bad breath and you can therefore cancel any breath mint investments.

When e-smoking, you will get a different tingling feeling at the back of your throat with each different brand of e-cigarette you consume. You will be also able to take long pulls as the e-cigarette is not as hot as the regular cigarette. You will be consuming nicotine but you will be able to adjust the levels you consume. For example, if you want to quit smoking altogether, you can lower your nicotine levels at different points in time until you feel that you have successfully weaned yourself of smoking and you can now stop. There is no tobacco in the electronic cigarette.

As I alluded to in the previous paragraph, e-smoking can be used as a route to quitting smoking altogether, or in other words, a bridge between regular smoking and quitting but it can also be used for recreation. You as the consumer are invited to share in the e-smoking experience and make your own judgment as to which alternative you want to take, but evidently it will be rewarding either way.

The Electronic Cigarette and Insane Fat Loss!

Is the above title a coincidence? I think not! We all know the great effects switching to the electronic cigarette yields such as improvement in amount of air (I was told a couple of years ago that I am essentially down to half a lung) one can breathe, heartburn cessation, no more coughing your brains out all the time, and saving much much more money each day!

However, many stuck to cigarettes since it acts as an appetite suppressant thus making extreme weight loss possible. However, many that have used the e-cigarette have found it to be just as effective as a regular cigarette; without the nasty side effects of course! Some of our friends and close associates have delighted in this fact and have been able to enjoy their e-cigarette while following programs that make them Lose 9 Pounds every 11 days guaranteed!

The more we look into the many benefits of the electronic cigarette, the more it amazes us. The fact smokers now have the ability to pursue a healthy lifestyle, which includes a hyperactive fitness program without feeling the worn out and shortness of breath effects of regular smoking, is a wonderful achievement in and of itself!

Will The E-Cigarette Make Me Gain Weight When I Quit Smoking?

The e-cigarette or electronic cigarette, an alternative to the widely used regular cigarette, has attracted a lot of buzz but also a lot of uncertainty and thus a lot of questions. It was invented by Chinese scientists at a company known as the Ruyan, which means 'like smoking'.

At the tip of the e-cigarette is a glowing amber which lights up. A battery, a microprocessor which controls heat and light, a sensor that detects when the smoker is taking a puff, a heater to vaporize the nicotine, and a cartridge that holds the nicotine in propylene glycol so it does not come out in the vapor, are included as components.

It helps the user to quit smoking on the whole because the user can set high, medium or low nicotine levels, adjusting the amount lower as one gets closer to quitting. They are also cheaper than the regular cigarette because they are not subject to taxation. It does not create smoke; rather, it creates a vapor, through the process of atomization, which acts as a smoke. This means that the threat of second-hand smoke is alleviated. Also, the e-cigarette does not emit the undesired regular cigarette smell but the feeling of pleasure that you get from smoking is not compromised. The regular cigarette is well known for causing cancer but the e-cigarette has no health risks. It has no carcinogens, no tobacco and no tar and reduces the risks associated with smoking by 95%.

Now for the real question! Does the e-cigarette make one gain weight when they quit smoking? The answer depends partially on how the product is used. If the user gradually decreases the nicotine level that he/she consumes while in the process of quitting, then one is properly preparing oneself for life after smoking, and is going a long way towards ensuring that the typical negative spill-off effects do not affect him/her in terms of weight gain.

This is so because nicotine is an appetite suppressant and so coming off of it suddenly can cause one to crave more food, which would obviously lead to weight gain. But coming off of it gradually allows the effects of the nicotine on the appetite to slowly dissipate until it comes to nothing. Also, increased appetite is a side effect of quitting tobacco. Since there is no tobacco in the e-cigarette, the user has no chance of gaining weight through this cause.

There is no real substitute for a healthy and totally smoke-free life but the e-cigarette seems to be a good alternative to the regular cigarette, especially for those who really struggle with an addiction to smoking.

Electronic Cigarette 1; Conventional Smoke 0...

As the individual smokes, most parts of the body are affected by harmful chemicals in the cigarette, cigar, etc. Smoking kills about twelve hundred people each day. Unlike the using the electronic cigarette, many people know smoking can cause lung cancer, but this is just the tip of the iceberg, it also causes many other cancers as well as aneurisms and pneumonia.

Delving deeper, smoking causes cancer of the mouth, tooth decay, gum disease and bad breath. In addition, resulting narrowed blood vessels causes lack of oxygen to the brain, which in turn causes strokes.

Cigarette smoking also affects the eyes. Smoking increases the chances of a person developing cataracts two to three times that of a non-smoker. Globally, cataracts is the leading cause of blindness.

Next, hydrogen cyanide in the smoke attacks the lining of the bronchi in the chest, inflaming them, causing the "smoker's cough," common among smokers, as the name suggests. Infections are likely to follow, since the bronchi are weakened. Also, smokers are ten times as likely as non-smokers to get lung cancer and emphysema. For men, when they begin smoking, they increase their chances of lung cancer by twenty two percent, for women, it is lower at twelve percent.

In addition, the nicotine in cigarettes raises the blood pressure of smokers, causing blood clots. The carbon monoxide, which is not prevalent in electronic cigarettes, depletes oxygen from the blood, leading to a build up of cholesterol on the walls of the arteries. These two occurrences are a recipe for disaster, as they together increase the risk of a heart attack.

The digestive system is also affected. Cancer of the esophagus and throat can result. When you smoke a cigarette, stomach acid secretion increases, causing heartburn and ulcers and according to data, smokers have a higher rate of deadly pancreatic cancer. Also, the high blood pressure that smoking brings can damage the kidneys, which together form the body's filtration system and when damaged, usually results in death if they are not replaced soon. Also, cancerous cells can form in the bladder causing cancer of the bladder. In 2003, approximately 57,400 new cases of bladder cancer were diagnosed in the United States and an estimated 12,500 people died from the disease.

To conclude, the health effects of smoking are measurable. Forty percent of heavy smoking males will die before reaching retirement age, compare that to only eighteen percent of non-smokers. Women smokers gamble with the increased risk of cervical cancer and pregnant smokers risk the lives and health of their unborn.

Unfair Treatment of Smokers and How the Electronic Cigarette Can Help...

With the help of the electronic cigarette I've been able to quit smoking but can't help but notice the unfair treatment handed out from time to time to smokers nationwide. Recently, I was at the hospital and noticed an employee admonishing a smoker who had stepped outside to have a cigarette. They were told not to smoke anywhere on or around the premises. I have to admit that I do not agree with hospitals making their campuses smoke free. The reason I say this is because it's very unfair, and in some situations unsafe (in the case where a smoker has to go on the street in a bad neighborhood at night) to mandate that someone go through such lengths to have a smoke.

While at the hospital, I spoke to another employee who had this to say, "I don't know how many times I have seen patients wheeling themselves out to the street or pulling the IV pole around with them to have a smoke. Smoking is not illegal so I think all places should have designated smoking areas that aren't a mile away. We used to have a smoking patio that was right outside the door to the right. Not anymore. Now you have to smoke in the street or on the sidewalks since the city owns the sidewalks not the hospital. I will never understand this or agree with it. It is VERY dark out there by the bus stops and at night it's loaded with patients and/or employees because that's where they have to go to smoke. I just don't like it. It just always seemed like smokers were/are being punished for something that is their choice and not illegal. Just had to share because I see this every day and I just think it's wrong. Granted it's best not to smoke, especially when you are in the ER or an inpatient, but if that's your choice that's your choice."

Now, there are three possible solutions in this scenario – at least from my point of view. Firstly, individuals can accept those harsh demands imposed by the medical facilities and endure the hassle they must undergo to smoke. This is somewhat hypocritical because they're already in a high stress situation and will probably do anything for a smoke. Secondly, they can choose to "tough it out" and just not smoke at all. Or, the best alternative, they can use the electronic cigarette and smoke where ever they please. Since the e-cigarette produces no dangers with second hand smoke, as a conventional cigarette does, there is no issue with using it anywhere on or off the premises. Hopefully, those that monitor such situations are knowledgeable enough about the electronic cigarette to know that it poses no harmful effects in this way. Then again, this is exactly why we have our blog going right!

The FDA's New Regulatory Role and the Electronic Cigarette!

Yesterday, June 21st 2009, President Obama signed the Congressional Tobacco Bill into law. This effectively gives the Food and Drug Administration (FDA) power to regulate the marketing and sale of any tobacco product in the US. Though a majority of surveyed Americans were opposed to the legislation, its passage was unanimous – even in the face of big tobacco company support by key Senators. But what exactly does this mean for the impressive surge of the electronic cigarette?

The answer to this question depends on several factors. The essential factor though, is whether or not the courts consider the e-cigarette to be a tobacco product to begin with. Many supporters of the e-cig claim that though it's an alternative to smoking, the device does not contain nor use any tobacco at all. In fact, the device's only connection with tobacco is in the optional tobacco flavor that is offered.

However, the FDA's argument focuses on the product's appeal to those who use it as a quit smoking device. Such use brings the electronic cigarette squarely under the regulation of the FDA. This advancement is further bolstered by the fact that many e-cig users order the nicotine filled cartridges and the new law gives the FDA plenary power to regulate the actual level of nicotine in smoking products.

I think that the outcome of this ensuing battle will eventually favor the e-cig. At the heart of the device, as opposed to mostly all other tobacco products, is the fact that there are no flammable/combustible mechanisms employed for its use. From the atomizer to the vapor that is produced, no tar or carcinogenic cancer causing toxins are to be found. This not only bodes well for the continued longevity of the electronic cigarette, but also for its user!

The Smoker's Image and the Electronic Cigarette – A Testimonial!

I am a pretty active person. I move around a lot at work, I have a lot of energy in general, etc. etc. In fact, I have rationalized my smoking by saying I balance it out with eating healthy and staying active. However, last night, I happened to step on the scale and see a number that was way higher than expected. Normally what I would do is light a cigarette and think about what to do next. But since that wasn't an option, I decided to go for a recently purchased electronic cigarette. I just felt the need to have some type of nicotine intake and fast!

Now, I hadn't tried the electronic cigarette before and because I was a heavy smoker, I always assumed that I was not capable of liking anything which tried to mimic a real cigarette – especially something that wasn't lit! Boy was I wrong! Though I could certainly differentiate a distinction in potency and flavor, it was very minuscule and the best part – I used the e cigarette without feeling like my lungs were just going to give out right then and there! Until recently, when I smoked a cigarette, my chest was so tight and I could hardly breathe! It suddenly occurred to me just how badly I needed to make a change and fast! I once believed cigarettes made me free. But now my lungs are so polluted that I can't make it 15 seconds of jogging without feeling like I'm going to die! The much safer alternative offered by the electronic cigarette is truly a blessing.

Electronic Cigarette – An Incredible Investment!

We all know that smoking is one of the worst things for your health. But what about your wallet? The average pack of cigarettes costs about \$7/pack, depending on your location, and in some cases even as much as \$10/pack. So, if someone smokes even one pack a day then that works out to about \$210/month ($\$7\text{pack/day} * 30\text{ days}$) = \$210. However, at the electronic cigarette tavern, a start kit costs about \$46 and comes with replaceable cartridges. One cartridge is equivalent to 2 packs of cigarettes. The math here is very simple to illustrate the savings which the e-cigarette produces. Since one cartridge lasts 2x as long as a pack of cigarettes, it would cost at least half as much per month (\$105) to purchase; as opposed to the \$210 on regular cigarettes.

The biggest investment with the electronic cigarette however, is realized in the area of one's health. One e-cig user noted, "While you are quitting, look at it as an investment. Once you have quit for one hour, you have invested this hour in becoming a healthier person. Now, invest one more hour. Continue to add to your investment hour by hour. It will grow and become more valuable as the hours go by. You will begin to see and feel the rewards from this investment more and more. Protect and guard it just as you would a treasure." And, as we all know, there's no bigger investment than life.