Article published on May 17th 2012 | Business

Society looks at smoking cigarettes as a vice. For one, it is said to be addictive. Another reason why smoking cigarettes is so viewed is its ill effects on health and the environment. Luckily, there are new alternatives to smoking cigarettes such as smoking electronic cigarettes.

Electronic cigarettes or e-cigarettes are a relatively novel invention which was introduced by the Chinese pharmacist Hon Lik back in 2003. The device involves inhaling vaporized nicotine; the nicotine gets vaporized once air flow from the mouth piece is detected. It is believed by some as a more effective method of weaning smokers compared with nicotine patches as it provides the same sensation of actually smoking a cigarette. There are also several advantages when using e-cigarettes.

The prices of cigarettes have gone up, which means it actually makes more sense to use electronic ones because of economical reasons. There is 30 ml of e-liquid in e-cigarettes, about 600 drops. Three drops of this liquid is roughly the equivalent of 2 sticks of cigarettes, so 600 drops would be like smoking 20 packs of cigarettes. You save a lot of money because a 30 ml bottle of e-liquid costs only $18.

Aside from the savings when you buy e cigarette, there are the obvious health benefits. In a way, smoking an e-cigarette is environment-friendly because the cigarette does not emit carcinogens. Additionally, you donâ€™t have to deal with cigarette butts nor does it emit that smell that sticks to your clothing, furniture, and fixtures. You no longer have to look for a corner away from other people just so you could catch a smoke because there are smokeless e-cigarettes.

With an electronic cigarette you wonâ€™t have to worry about the usual problems many smokers face, which includes yellowing of fingers or teeth. Itâ€™s also not as harmful as smoking regular cigarettes. A study conducted by scientists at the University of California, Berkeley declared that e-cigarette had great potential in reducing the more harmful effects of smoking.

Smoking e-cigarettes is considered as an excellent alternative to smoking cigarettes because it provides you with the same sensation without affecting your family and friends as well as the environment and, of course, yourself. If want to buy electronic cigarettes, you can check online because there are plenty of sites featuring these. If you want to learn more regarding the matter, you can check out the following websites: ecigaddict.com, and healthguidance.org/entry/11595/1/Electronic-Cigarette-and-Its-Advantages.html.

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