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It is uncalled for to say that cigarettes are damaging to the health, everyone knows about the ills of smoking. Each year hundreds and thousands of people all over the world fall prey to ailments like cancer, lung infection and asthma just because of the hazards of smoking. But unmoving, there are those who just cannot seem to give up the habit of smoking. They can buy electronic cigarettes. As the name suggests, they are the electronic devices that imitate the act of the cigarette and the user gets the pleasure of smoking but does not have to bear the ill consequences. These who buy e cigarette can buy them in big departmental stores or they can be bought online.

They have a small cylinder, inside that contains a glycerin based liquid which turns keen on a kind of aerosol spray to produce the mist that comes out from the front just like the authentic cigarette. A number of them also have nicotine flavor so that it just feels like a real cigarette. They are also pretty and are old as admired gift items for men. And since they are battery operated, they can be used anytime, anywhere.

But according to the researchers, it is still bad for us because it does not do anything to reduce the addiction to smoking and hence any individual will just reach out for a real cigarette if he does not find his electronic cigarette before him when he wants to smoke. So, if you too find it hard to quit smoking can buy e cigarettes. It is an option that you can try out. It will definitely reduce the chances of the harmful diseases to

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