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Nobody has paid me a nickel to write this, yet because it is my avid desire to let you all understand whatâ€™s right, in that case, write I must! Please give up the grimy and greasy real tobacco cigarette and try an electronic one at that. It is not only healthy, however it will save lives. It has mine. Yes, it has truly saved me and assisted me survive a severe infection and a brutal lung illness. It has assisted me give up a severe heart-rending illness. E-cigarettes are a life-saving mechanism. I had gotten hooked to e-cigarettes as a result of a catastrophic end to an eight year long live-in relationship. This led me to try everything brutal and huge on my mind as well as my body and tobacco habit was one of them.

Tobacco gave me and immediate kick and nicotine in the e-liquid set me on an sudden sort of a high! This high led to me to become a slave to the habit. The more I smoked, the fonder I came to be of smoking. It was:

Unsafe

Unhealthy

Unclean

Stinking

Absence of any wholesome alternatives like electric cigarettes and so forth. led me to smoke unrestrained. As well as the disadvantages soon started to flow in. The cigarettes created me lose my appetite, my body weight, my physical stamina and inertia. I used to feel san energy as well as depleted really fast. The exhaustion also made me instantly run out of my patience, and obtain boiled up awfully fast. This didnâ€™t help either. The depression had thus, made way for frustration as well as dissatisfaction and ineffective addiction. My friend who was watching these symptoms as a forewarning to something massive advised which I rather stick to healthier choices such as nicotine gums and patches or even e-cigarettes, but I paid no heed.

I also overlooked all these types of symptoms, and my friends who were gradually departing me. I has been thus full of negativity that I did not notice my growing unpopularity; I also dismissed those people who utilized to shrink in the corners because of the hiding scent and garments. All this while I was refusing any aid, folks, friends, and family and electronic cigarettes, I was actually refusing myself that possibility of happiness, growth & success. It soon started showing on my weary and tired face, as well as my body began to display the after-effects of massive smoking. The final straw busted when I had blood coming out of my mouth when I coughed.

Panicked I searched for a doctor, who advised me certain medical procedure and prohibited tobacco and its by-products. I now started living in guilt of not hearing to my friend and departing electronic cigarettes. Life kept complicated itself with my normal and constant tussle with the banned tobacco cigarettes. As I progressively improved, I started smoking electric cigarettes. These e-cigarettes changed my urge and reduced my craving for nicotine or tobacco. These e-cigarettes saved my life. Electronic cigarettes have assisted me grow and re-discover life.

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