

Nicotine Dangers of Electronic Cigarettes

Electronic cigarettes are becoming an increasingly popular alternative to traditional tobacco cigarettes. Although they do not contain the numerous hazards that are found in regular Tobacco Cigarettes while delivering nicotine, nicotine base e cigs do not eliminate the risk associated with using nicotine. If you choose to make the shift to **vapor smoking**, it can be a healthier alternative but does not eliminate the inherent dangers of nicotine.

Why Is Nicotine Dangerous?

Nicotine has been found to be a large risk factor associated with heart attack. It will raise your blood pressure, speed up your heart, and is considered a vasoconstrictor (ie it makes it more difficult for your heart to pump blood through your arteries). Nicotine also is a catalyst for your body to release stores of fat into your blood and can result in gout by restricting blood flow to your extremities.

Nicotine Addiction is Hard to Beat

On the good hand, nicotine has not been proven to be a carcinogen. It is, however, one of the most addictive substances on earth. Trying to beat nicotine addiction has been likened to trying to quit hard drugs such as heroin and crack cocaine. Due to the addictive nature of nicotine, electronic cigarette companies market their products to people who are regular smokers and **not to**

non-smokers.

Nicotine Can Be Deadly

Nicotine is a poisonous substance. If your child or pet were to ingest your e liquid, it could prove to be fatal. If you already have high blood pressure or a heart condition, it can be harmful to your health potentially resulting in heart attack. Most companies will recommend that you keep your e liquid locked away so that your family can not access it when you're not around. If you are **making your own e liquid**, you will also need to pay special attention to wearing personal protective equipment to avoid splashing the liquefied nicotine on your body. **A lethal dose of nicotine for a child can be as little as 10mg** where for an adult it will normally be between 30 and 60 mg.

How is Nicotine Measured in E Liquid?

When you buy e liquid for your electronic cigarette, the e juice will come in bottles measured in ML with specific nicotine contents measured in MG. For example, 0mg, 12 mg, 18 mg, and 36 mg with some variation between manufacturers. When you buy a bottle of **e liquid**, if it is labeled 18 mg it will have 18 mg of nicotine per 1 ml of e juice by most manufacturers. As a comparison, a traditional tobacco cigarette contains approximately 1.2 mg of nicotine.

Contact your Doctor for the very best advise on quitting smoking and the dangers of liquefied Nicotine substances containing such additives as Propylene Glycol. We highly encourage long time, tobacco cigarette smokers to try Non-Nicotine eCigs (Personal Portable Vaporizers) while using certified, licensed nicotine replacement therapies if needed.

Using Non-Nicotine content eJuice & eCigs is considered

Aromatherapy. Orange Aromatherapy has been known to Curb Urges,
Control Appetite & help with Mood Enhancement.

Sugarless Food Flavorings (Lorann's, Clubhouse, Flavorart, Wilton)
are all Safe!

Oils & Diffusers (used in Candles & Baths) that are sold at Health
Stores, are Not Safe for Direct inhalation!