Vaping - Does it Help People Give Up Smoking

Natasha Henson June 29, 2017

Vaping has offered an alternative to the harmful effects of smoking but does it really help people quit smoking for good?

(Newswire.net -- June 29, 2017) -- Since their rise in popularity, e-cigarettes and vaping pipes have become a talking point, not only as a rising trend over the past few years but their potential benefits in helping people quit smoking for good. Vaping has offered an alternative to smoking, creating a similar experience to normal cigarettes yet without most of the harmful effects of smoking.

Is vaping better for you than smoking?

We know that conventional cigarettes contain thousands of harmful chemicals, with some cancer causing compounds. It’s estimated that vaping is around 95% safer than smoking traditional cigarettes as they do not create the same by-products when inhaling the product. Of course, quitting smoking altogether is the ideal solution but for those that find it difficult, vaping gives an alternative to traditional smoking or helps people stop for good.

So is vaping actually helping people quit smoking?

Evidence has indicated that vaping can help people quit smoking and has sometimes had a similar or better result in aiding people in the process than nicotine replacement therapies or chewing gum. It is becoming one of the most common aids in the process of quitting smoking.

One of the reasons vaporizers are a popular method in quitting is due the same sensory experience you get with smoking traditional cigarettes. This is one of the harder habits to break as the familiarity with your hand action means you’re less likely to have cravings and withdrawal symptoms. Vaping also gives people the option to reduce nicotine intake so gradually weans the user off smoking altogether.

Why are non-smokers experimenting with vaping?

As with many new products and trends that come onto the market, people will always want to try them out. It has been a highly controversial subject, as speculation about people taking up vaping has since risen due to its popularity but there are some common reasons that non-smokers may take up vaping:

Lower risk of health issues

Although we don’t fully know the extent of the future health implications of vaping, we do know that vaping has far less chemicals and by-products that are harmful to our health. So choosing to take up vaping instead of traditional smoking is seen to be a healthier option as there are also nicotine free e-liquids available.

The tasty flavors

The traditional smell of cigarettes is becoming less in everyday situations. With vaping, the e-juice or vape liquid that is used in vaporizers comes in mouth-watering flavors such as chocolate, berry and cinnamon. This is a popular reason for choosing vaping over smoking traditional cigarettes as the taste and smell offers a better sensory experience.

It’s trendy

As with smoking in the sixties, people did it because it was cool, and this is sometimes the reason that people start vaping.

There have been a number of success stories with people sharing their experiences and many that have smoked for...
several years and found it hard to kick the habit have changed their mindset on smoking. The numbers of people giving up smoking due to vaping is rising and this trend is set to continue.

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