

## **E-Cigarettes - Personal Vaporizers Nicotine Harm Reduction?**

These links are live at [www.VoiceOfChoices.com/personalvaporizers.html](http://www.VoiceOfChoices.com/personalvaporizers.html)

**There is a revolution going on and it's offering a new and  
less toxic alternative for cigarette smokers.**

You may have heard recent reports from the FDA which document their findings when researching the contents of cartridges on a relatively 'new' technology popularly called 'E-Cigarettes'. The 'Electronic-Cigarette' is also called a Personal Vaporizer and consists of a battery, an atomizer heated by the battery and a cartridge/mouthpiece which contains liquid that may or may not contain nicotine depending on the user's preference.

As a smoker for 30 years - I feel it's important to share truthful information on this subject.

My choice to try 'vaporizing' a liquid which contains nicotine ('vaping' as we call it) has virtually eliminated my desire to inhale the fumes of over 4,000 toxic chemicals, additives and carcinogens known to be present in tobacco cigarettes. [Click here for a list of the ingredients in a tobacco cigarette.](#) While results of testing done by the FDA showed a trace of nicotine related ingredients in e-cig cartridges - the level of those is the approximately the same as that in the Nicotine Inhaler and the Nicotine Gum. The amount of toxins approximately 1-2% of those created by smoking tobacco. The major health hazard of smoking is the smoke. Burning material, whether it be tobacco or lettuce - contains a phenomenal level of health compromising elements.

I will happily share my personal experience with anyone interested. Most important is to allow experts in the field of tobacco harm reduction to share their views. Videos and links to articles, research, forums dedicated to 'vaping', plus the TRUTH of what the FDA found (and did not find) in the e-cig cartridges they tested will allow you access to important information you can choose to apply in whatever manner you feel best suits you.

<http://tobaccoanalysis.blogspot.com/2009/07/comparison.html>

A Comparison between the Carcinogen Levels in Electronic and Conventional Conventional Cigarettes.

["Don't Write Off Current Smokers" A letter to the Incoming Director of the FDA from The American Association of Public Health Physicians](#)

The Voice of Public Health Physicians, Guardians of the Public's Health

[Tobacco Harm Reduction website by the University of Alberta School of Public Health in collaboration with other academic researchers \[www.tobaccoharmreduction.org\]\(http://www.tobaccoharmreduction.org\)](#)

[www.voiceofchoices.com/whatchasmokin.pdf](http://www.voiceofchoices.com/whatchasmokin.pdf) What's in your cigarette?

<http://tobaccoanalysis.blogspot.com/>

Ongoing commentary from Dr. Michael Siegel. Reading through his articles gives factual information on e-cigs, their contents and current events, articles and rebuttals to mainstreams' slanted reporting.

Public forums for personal communication with thousands of smokers who are choosing 'Vaping' as an alternative.

[www.e-cigarette-forum.com](http://www.e-cigarette-forum.com)

[www.vapersforum.com](http://www.vapersforum.com)

Information on symptoms you may experience when withdrawing from cigarette smoking. Keep in mind no one has separated out 'withdrawal' associated with all the poisons in tobacco from those associated specifically with nicotine.

[http://whyquit.com/whyquit/A\\_Symptoms.html](http://whyquit.com/whyquit/A_Symptoms.html)

'Researchers Light Up for Nicotine' Information on the possible positive medical usage of nicotine. <http://www.wired.com/science/discoveries/news/2007/06/nicotine>

<http://www.prlog.org/10293275-public-health-physicians-expose-double-standard-in-the-fdas-study-of-electronic-cigarettes.html>

Double Standards in the FDA's study of electronic cigarettes.

Three Professors of Medicine dispute claims by 'ASH' (Action on Smoking and Health)

<http://www.prlog.org/10317905-three-professors-of-medicine-attack-ash-health-claims.html>

There are a variety of 'e-cigs' available online. An understanding of what each is capable of as far as consistency and dependability has been an important part of my success in stopping smoking. Anyone considering Vaping should expect to spend time researching the products available and what type of personal vaporizer/electronic cigarette will best fulfill their expectations and fit their personal smoking pattern.

In no way does Voice of Choices, it's advertisers, affiliates, owner or publisher make any claim that E-cigarettes are healthy or harmless.

Personal Vaporizers are an option smokers 18 years or older should have the right to choose to investigate and make an informed decision for themselves.

Personal vaporizers are not marketed towards non-smokers or young people under the age of 18.

They are not intended nor marketed to be a stop smoking device.

Please use the links above to begin learning more about electronic cigarettes.