

# Health facts on electronic cigarettes, tobacco and nicotine

presented by

**VAPOUR  
WAREHOUSE**  
THE NO-SMOKE STORE



Straightforward answers on the health and efficacy of electronic cigarettes as a tobacco substitute or nicotine replacement device.

## How E-cigarettes work

The electronic cigarette is a device designed specifically to simulate the process and sensation of smoking a traditional cigarette... However, the 'smoke' is actually a nicotine vapour, along with propyl glycol, water and flavoring. The only exhaled product is water vapour.

## Is it safe?

The only difference between electronic cigarettes and nicotine patches or nicotine gum is that the user regulates how much nicotine they dose with at a given time. Like all nicotine products, it is an addictive substance, but unlike tobacco, the e-cigarette contains none of the 4,000 chemicals found in tobacco, including 43 of these compounds that are known to be carcinogenic.

## Nicotine – the facts

Of the many components of cigarette smoke, nicotine has received special attention. Nicotine has some physiological effects on the human body. On the central nervous system, nicotine acts as a stimulant, causing a state of increased alertness. In addition, it has a calming effect by triggering the release of beta-endorphins, substances that dull the senses. Nicotine may cause such effects as an increase in the heartbeat rate, an elevation of blood pressure, and an increase in the demand for oxygen by the heart. Nicotine causes smokers to have a higher rate of metabolism than nonsmokers. When people quit smoking, their metabolic rate decreases and they require a smaller caloric intake to maintain weight; if they do not lower their caloric intake, they gain weight.

Nicotine can reduce fatigue and stress, relax muscles, increase alertness, improve concentration, and suppress the appetite for carbohydrates. Over time, smokers develop a tolerance to nicotine that eventually causes physical dependence. Persons who give up smoking often experience withdrawal symptoms caused by lack of nicotine; these include drowsiness, headaches, fatigue, irritability, and loss of concentration. These physical symptoms can be addressed with nicotine replacement devices such as the nicotine patch or gum, but not the behavioral and psychological issues. This is why, according to the National Cancer Society, only 10% of smokers trying to quit are successful.

## E-cigarettes as an alternative

The behavioral/psychological triggers associated with smoking are hard to break. This helps explain the relative weakness of nicotine gum, nicotine patches and nasal sprays in kicking the habit - they do not fulfill the behavioral and sensory triggers of smoking - which makes the electronic cigarette a logical substitute to other products. The user gets both the behavioral response to inhaling as well as the sensory "hit" of the vapour in the back of the throat.

Vapour Warehouse offers a variety of strengths of nicotine to choose from - heavy, medium, light and "clear" which has no nicotine at all, only water and flavorings.

Vapour Warehouse nicotine liquid has been FDA inspected and the mechanical devices hold CE & ROHS certifications.

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