



The E-Cigarette Health Report

Written by Dr. Jacob E. Miller

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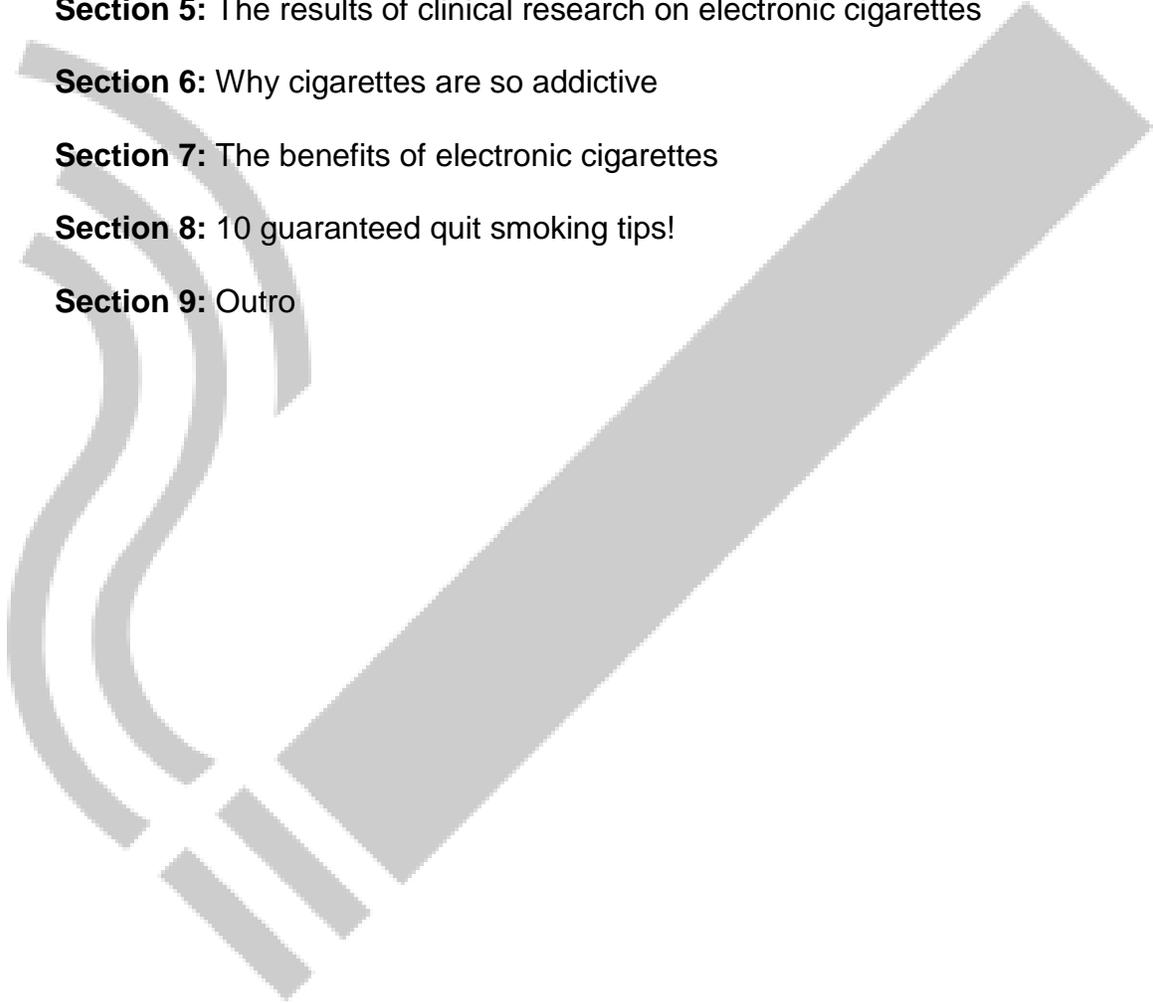
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Section 1: Introduction

Stretching almost as far back as time itself, the desire for nicotine and its awe inspiring effects has plagued man kind with what seems to be no end in sight. In the early days of the America's, around 2,000 years ago or so, the Peruvians were experimenting with the use and effects of tobacco, smoking it, chewing it, and even using it in hallucinogenic enemas. Around 500 years later, the Mays began to migrate to the east, while the Toltecs, creators of the massive Aztec Empire, adopted the custom of smoking from the Mayas. Smokers in the Court of Montezuma mixed there dried tobacco leafs with other native plants and smoked this mixture usually in hookahs or pipes, in ceremonial traditions. The peasants among the bunch usually were left to roll there tobacco leafs together to form primitive cigars. Tobacco smoking became a religious sacrament to the Native Americans, who believed there God represented himself in the rising smoke. Columbus would later travel to the America's and return to Europe, introducing what he pronounced as the greatest natural resource and discovery of his voyage, Tobacco. The custom of smoking tobacco quickly spread throughout Europe, reaching Spain, France, England, and then Asia.

While the art of smoking tobacco became a quickly adapted habit for millions of people due to the positive effects of relaxation, mental stimulation, clarity, sharpness, and even a decreased appetite and increased metabolism, leading to weight loss, it would be over 1,000 more years before science could truly target the proposed miracle substance, which was not the tobacco itself, but the chemical derived from the tobacco which gets released into the blood stream, releasing these desired effects, Nicotine.

Nicotine is a natural occurring substance found in many fruits and vegetables such as tomatoes, potatoes, and eggplants, however these traditional plants contain only a minimal amount of nicotine, and nicotine can be much more easily abstracted from Tobacco leafs, which is why Tobacco leafs have been the chosen source of nicotine for over a millennia.

As nicotine is absorbed in the body, it can enter the blood stream and pass through the blood-brain barrier in as little as 7 seconds, giving a smoker that almost instantaneous, semi-high after smoking a cigarette or cigar. As stated above, the effects of nicotine can be almost miraculous. Nicotine has been shown to provide relaxation qualities, stimulation qualities, improved sharpness, improved mental clarity, and improved memory. At the same time, Nicotine is a drug, which has been shown to be addictive, and for this reason should only be used by responsible adults. While nicotine is a very serious drug and is addictive, and has been shown to directly link to some cancers, typically nicotine itself is not the most dangerous aspect for a smoker.

Cigarettes are by far the most common form of smoked tobacco found today, and a recent report shows that there are currently over 1.3 Billion

smokers throughout the world. That is over 20% of the population, which is an astonishing number. Cigarette smoking is found in over 15% of the United States, with a reported 48 million active smokers, and the United States has the lowest percentage of smokers of any country in the world. Cigarette smoking is much more common in the developing nations because it is cheap, it creates jobs, and it's dangers are less widely publicized. While nicotine within itself has been shown to be dangerous, the greatest danger involved in cigarette smoking is the additives used to form cigarettes, provided for greater effects and flavoring. Additives such as tar, pesticides, cadmium, benzene, formaldehyde, and others, these are the truly blatantly dangerous chemicals found in cigarettes, chemicals that have been directly linked to cancer, leukemia, lung infections, birth defects and other horrible illnesses. And even while the United States government forces the major tobacco companies to put labels directly on there cigarette packages stating these facts, and even while the cigarette companies themselves spend over a billion dollars every year telling people about the risks and dangers, and urging them not to smoke, none of this has an impact when one desires the craving of nicotine.

This informational material was not designed to aid people in the quitting of smoking traditional cigarettes, but simply to inform users of a remarkable breakthrough, and a new option they have for obtaining there desired nicotine, that while still not safe, has been found to be less harmful than a traditional cigarette because of a lower degree of additives and a cleaner way of vaporizing nicotine. Ladies and gentlemen, I introduce to you the Electronic Cigarette.

Section 2: Meet Dr. Miller

In the sunny summer of 1972 in Dobbs Ferry, NY, young Jacob Miller, only 12 years old at the time, encountered a life changing event, around which he would center the rest of his professional career, and really the rest of his life around. On July 5, 1972, a day after a night filled with bright skies lit up by fireworks, Jacob's mother, Kimberly, lit up her last cigarette an hour before a fatal brain hemorrhage suddenly ended her life.

Kimberly was only 36 when she passed away. An avid tennis player, Kimberly had always been a very active individual, with two obsessions in her life, her wonderful husband, Mark, and her beloved son, Jacob. Kimberly had been an active smoker since she was a teenager, heavily influenced by the cool image and peer pressure of smokers who flaunted through the popular movies and tabloids of the time. Kimberly grew up in the 40's and 50's, a time when research on the harmful effects of cigarette smoking was just beginning to come to light, and a time which would have been too late anyway for Kimberly anyway. When Kimberly was 31 years old, after smoking cigarettes every day for over 15 years, Kimberly was diagnosed with Lung Cancer. This news came as a shock to her and her husband. Kimberly was given only 1 to 2 years to live, but managed to survive for over 5 more years.

On July 6, 1972, a frustrated, depressed and distraught young Jacob Miller decided from then on he would dedicate his life to the fight for smokers and cancer research.

Dr. Jacob Miller graduated from the Brearly School, to go on to attend Columbia University, where he graduated Magna Cum Laude, and then Columbia Medical School, where he graduated in the 99th percentile of his class.

Dr. Jacob Miller went on to found the Dr. Jacob E. Miller Medical Institute of New York, where his studies to find cancer treatments and his nicotine and cigarette research continue.

Dr. Jacob Miller is a distinguished member of the National Cancer Society, the Royal Society of Medicine, the American Medical Association, the Alliance for Health Reform, the American Association of Blood Banks, the Disease Management Association of America, the eHealth Initiative, the National Health Council and many more, and has authored several books such as *The Nicotine Link*, and *Blood, Sweat and Tears, a story of Cancer*.

Dr. Miller has distinguished himself from his colleagues with his profound and ground breaking research in the study of nicotine and cancer, and continues his tireless efforts every day.

Dr. Miller is one of the first medical doctors in the United States to actively give his support to the electronic cigarette initiative, sighting that while it's true

effects and health hazards are still being studied, he is confident that his research shows the electronic cigarette is less dangerous than a traditional tobacco cigarette.



Section 3: What is an Electronic Cigarette?

An electronic cigarette, e-cigarette, e-cig, or vapor cigarette is a battery powered electronic device which contains an atomization chamber that vaporizes a contained nicotine or non-nicotine based solution for a user to inhale. The electronic cigarette is often thought of as an alternative to traditional means of nicotine delivery, such as the smoked tobacco in traditional cigarettes, cigars and pipes. The key benefit of an electronic cigarette is there are no tars, less additives, and a cleaner vaporization of the nicotine based liquid, reducing the risks for some illnesses and second hand smoke.

The electronic cigarette was originally developed by a Chinese pharmacist named Hon Lik in 2003. China has the worlds largest population of smokers, with over 30% of the country classifying themselves as active smokers. Dr. Lik saw an overwhelming population harming themselves, and with a country which currently already produces over 50% of the worlds smog due to its booming manufacturing industry, Dr. Lik knew it was his medical responsibility to provide a healthy alternative to an ailing nation.

Electronic cigarettes are currently being developed in two models, the rechargeable and replaceable model, and the disposable model. Each model has its own benefits, and generally work in the same manner.

Electronic cigarettes generally contain three components; 1. The nicotine cartridge; 2. The atomizer chamber, and 3. the battery. The following section will go into the operation and designs of each piece in detail.

The nicotine cartridge is typically a small, disposable component attached to the atomizer chamber and the battery. The nicotine cartridge is responsible for holding the nicotine based solution as well as the flavor component of the electronic cigarette. The nicotine cartridge is the user end of the electronic cigarette, designed to allow for the release of the vapor through the end of the cartridge when suction is provided by the user. The nicotine cartridge is typically replaceable and disposable. Most nicotine cartridges are made from a plastic composite, although some can be made from stainless steel. These stainless steel cartridges are typically more expensive and designed for user interested in the direct drip method of smoking.

Attached inside of the cigarette, connecting the battery to the nicotine cartridge is the atomizer chamber. The atomizer works heating the nicotine based solution into a vapor using a battery powered coil, once the solution reaches the vaporizing temperature, what is produced is a smoke like vapor which is then inhaled by the user.

The third piece of the electronic cigarette is the battery. The battery is typically the longest part of the cigarette, and is responsible for powering the

atomizer chamber, the microprocessor of the cigarette, and the LED light, which gives the electronic cigarette the appearance of a real smoking cigarette. These batteries are rechargeable, usually through USB connection to a computer, car cigarette lighter, or standard wall outlet.

The latest breakthrough designs of electronic cigarettes incorporate microprocessors which automatically allow for the vaporization of the nicotine based liquid just through the user inhaling on the cartridge. No more dorky buttons or switches to turn on!

The active ingredient in the electronic cigarette is the nicotine based liquid, often referred to as the e-liquid, or e-juice. There are several nicotine levels and hundreds of different flavors available in these nicotine based solutions, and are usually sold separately from electronic cigarette starter kits. These solutions contain various different levels of nicotine which is dissolved in propylene glycol (PG) and/or vegetable glycerin (VG), which are both common food additives. Propylene glycol is a water retaining additive, found commonly in asthma inhalers, and is the choice for most atomized delivered medications because of its ability to maintain the consistency of the vapor. Propylene Glycol is a an additive recognized by the United States Food and Drug Administration as a GRAS substance, which is Generally Recognized as Safe for use by humans.

The nicotine based solutions are designed with different nicotine levels in mind to help smokers gradually reduce their usage of nicotine, starting at the highest level of 16mg/ml for heavy smokers, and going all the way down to 0mg/ml for the smoker who is simply looking to maintain the physical habit of smoking, but no longer desires the nicotine within itself.

As stated earlier the electronic cigarette is not designed to aid people in the quitting of smoking nicotine, but simply providing a less harmful alternative than traditional smoking methods.

Section 4: The Legality of Electronic Cigarettes

Electronic cigarettes are seen by many as a remarkable breakthrough in providing a less harmful alternative than traditional smoking, and for just cause. Electronic cigarettes do not have all of harmful additives of traditional cigarettes. Electronic cigarettes do not produce the tar filled second hand smoke, which will not only harm the smoker, but anyone within range of inhaling there second hand smoke. Electronic cigarettes do not burn toxic chemicals into the atmosphere at the rates of traditional cigarettes. At the same time electronic cigarettes allow for nicotine delivery to a user, as well as the physical relaxing habit of vapor inhalation. All of these reasons create a no-brainer option for why the electronic cigarette should be viewed as a possible alternative for traditional forms of smoking, that is unless you are a company which stands to lose tens of billions of dollars each year if people convert there already standing habits.

There are currently over 1.3 billion active cigarette smokers in the world today. This accounts for over \$100,000,000,000 in annual revenue. Most of this is accredited to a few major manufacturers and tobacco growers. When you are facing the loss of billions of dollars each year, and you have the power and financial resources to do practically anything you desire, the natural reaction is to fight to try to kill your competition.

Much propaganda and speculation is currently circulating about the legality and safety of electronic cigarettes, all in an effort to destroy the electronic cigarette industry.

With the internet, there came huge change. This applies to almost every aspect of life and business as we know it. One major change the internet brought us was an immediate worldwide trade market, which of course included cigarette sales.

On April 1, 2010, President Barrack Hussein Obama signed into law the PACT Act, which stands for the Prevention of All Cigarette Trafficking. This was a law partially written by Philip Morris, one of the largest cigarette manufactures in the world. This law outlaws the United States Postal Service from being able to ship cigarettes, however doesn't affect cigars at all. Other major couriers already do not allow the shipment of cigarettes because of liability issues for fear they will be delivering to a minor, and with forcing the mandate to prevent the USPS from shipping cigarettes, it would be virtually impossible for the delivery of cigarettes sold over the internet, conclusively closing the online cigarette industry. This law states that its target is to prevent cigarettes from being sold on the internet without the cigarette tax being applied, so as to prevent tax evasion, and to prevent the sale of cigarettes to minors. In reality, on the internet many off brand cigarettes are sold at much lower rates than you would typically find the cigarettes at your local liquor store or grocery mart, which do not carry these off brand

cigarettes because of low demands and/or they are paid premiums to only carry certain brands. Some tax evasion may have occurred, but this is the same for almost every industry which conducts business online, although the online cigarette industry was the only industry targeted.

If you are a major manufacturer who is carried in virtually every liquor store, grocery store, and convenience store in the country, but you are losing billions of dollars in sales each year because users are switching to lower priced alternatives, what else would you do besides take your enormous financial resources to hire lobbyists who can push laws through Congress which would force smokers to stop shopping on the internet, and return to their local convenience store and purchase your brand at a higher price? At the same time, Congress is happy to pass the bill because they are receiving billions in tax revenue and probably under the table pay offs, while they can also appear as heroes for preventing tax evasion and helping to stop underage smoking. It is a devilishly clever plot which could only be concocted by some of the smartest and most powerful people in the country, big tobacco.

In the United States, the Food and Drug Administration has classified the electronic cigarette as a drug delivery device, and is subject to regulation under the FDCA, the Food, Drug, and Cosmetic Act, which would require authorization to market and import such a product. This classification was however overturned in 2009 by Judge Richard J. Leon, who cited the product should be classified as a tobacco product, rather than a medical device. The FDA had argued that the electronic cigarette was similar to nicotine based gums and patches, which they currently regulate as drug delivery devices. On December 7, 2010, the appeals court ruled unanimously 3 – 0 against the FDA.

The Alcohol and Tobacco Tax and Trade Board, the TTB, which is a division of the Alcohol, Tobacco and Firearms agency, the Federal Agency in charge of regulating tobacco products currently does not classify electronic cigarettes as tobacco products, under the definition, nor does the California Board of Equalization, which would be the California state agency in charge of regulating the sale of tobacco products.

As of today, the sale, distribution and use of electronic cigarettes is 100% legal within the United States, providing they are sold only to adults over the age of 18 years old, or 21 years old in some jurisdictions!

The tobacco industry already lost billions of dollars with the introduction of such products as the nicotine patch and nicotine gum, which were introduced by a major pharmaceutical company, possibly the only company with more money and power than the tobacco industry, which is how those two products remain in the market today, however it is unlikely they will allow another competitor to take their customers without a huge fight. The tobacco industry is a very large, rich and powerful opponent for anyone trying to compete against them, and the electronic cigarette industry will need all the help it can

get to survive. Don't let the tobacco industry kill a revolutionary breakthrough such as the electronic cigarette. You are urged to contact your mayor, your governor and congressman and show your support for the electronic cigarette, and all of the benefits which come with it.



Section 5: The Results of Clinical Research on Electronic Cigarettes

Warning: The following information is provided for informational purposes only and it is not intended to be a diagnosis, treatment, cure or mitigation for any illness, disease or habit and is not intended for being a cessation for smoking. The following was conducted independently and is still under medical review. The following statements were not approved by the FDA or any medical review board, and are the sole findings of independent research and based heavily on opinion.

2010 Electronic Cigarette Clinical Studies

In the 2010 Electronic Cigarette Clinical studies, one of the areas of focus the effectiveness of nicotine delivery and the provision of satisfying nicotine and smoking cravings using electronic cigarettes as opposed to traditional cigarettes, nicotine patches, and nicotine gums.

The purpose of this clinical study was not to see if electronic cigarettes can aid people from smoking, but to see if electronic cigarettes could be considered as a less harmful alternative than other methods.

The Addiction to Cigarettes

A double blind study was conducted on 400 volunteers at the Dr. Jacob E. Miller Medical Institute of New York, in which 400 volunteers were asked over 100 questions in relation to there use of tobacco and nicotine, below is a sample of the questions asked.

1. What is your preferred method of nicotine absorption?
 - A. Cigarettes
 - B. Cigars
 - C. Chewing Tobacco
 - D. Hookah

2. How many times per day do you relieve nicotine cravings?
 - A. 0 – 5
 - B. 6 – 10
 - C. 11 – 15
 - D. 16 +

3. How long have you been actively using nicotine?
 - A. 0 – 2 Years
 - B. 3 – 5 Years
 - C. 5 – 10 Years
 - D. 10 + Years

4. At what age did you begin nicotine use?
 - A. Under 18 Years of Age
 - B. 18 – 21 Years of Age
 - C. 22 – 30 Years of Age

D. 30 + Years of Age

5. What is the longest you are able to comfortably go without nicotine use?
 - A. 0 – 1 Hours
 - B. 1 – 6 Hours
 - C. 6 – 24 Hours
 - D. 24 + Hours

6. What is the longest you have been able to successfully stop the use of nicotine before returning?
 - A. 1 – 7 Days
 - B. 1 – 4 Weeks
 - C. 1 – 6 Months
 - D. 1 Year +

7. Have you ever tried mediation to reduce the urge for nicotine?
 - A. Yes
 - B. No

8. Have you ever tried a nicotine patch to reduce the urge for nicotine?
 - A. Yes
 - B. No

9. Have you ever tried a nicotine gum to reduce the urge for nicotine?
 - A. Yes
 - B. No

10. Have you ever tried a prescription medication to reduce the urge for nicotine?
 - A. Yes
 - B. No

11. Have you ever tried an electronic cigarette to reduce the urge for nicotine?
 - A. Yes
 - B. No

An astonishing 91% were active cigarette smokers who smoked over 16 cigarettes per day, who had been smoking for over 10 years and had not been able to successfully stop smoking cigarettes for more than 6 months. To put it lightly this information came as a dramatic shock to me as a doctor, who found it difficult to believe that for over a thousand years the use of tobacco and nicotine has been actively plaguing man kind, and while there are men capable of space travel, no body has created a substantial means of eliminating cigarette smoking.

In our research with these 400 candidates much credible information was discovered. Out of these 400 candidates, they were split into 4 groups, group 1 would try to stop nicotine entirely cold turkey, group 2 would stop smoking cigarettes entirely and move onto nicotine based patches, group 3 would stop

smoking cigarettes entirely and move onto nicotine based gums, and group 4 would stop smoking cigarettes entirely, and move onto nicotine based electronic cigarettes.

The results of these 4 groups became apparent quickly. After trying to remove cigarettes from there lifestyle entirely, 99% of group 1 returned to smoking cigarettes within less than 24 hours, and was unable to completely remove cigarettes for more than 3 days during the entire duration of the study.

In group two, there were noticeably better results than group one, with over 65% of the group being able to stop smoking cigarettes entirely for up to one week of the trial. Over 12% of this group was able to reduce there cigarette smoking by 40% with the aid of the nicotine patch, combining both therapies simultaneously.

Group three had similar results to group two, although slightly better. After further research many participants in this group found it a common means that they enjoyed the oral habit of releasing the nicotine into there blood stream through the chewing of the gum, and that this aided in reducing the urge to smoke a cigarette, although many did continue to smoke while using the gum at the same time.

In group four, the electronic cigarette group, our results were astounding. An incredible 81% of group 4 were able to remain free of traditional cigarettes within 4 weeks of starting the trial, and an astonishing 78% of these participants remain abstinent from traditional cigarettes and solely opt for electronic cigarettes as of the publication of this study. This group was comprised the same mixture of smokers as the other three groups, but had significantly improved results. Why was this? It was found through thorough research and personal interviews with every participant that the electronic cigarette was by far the most effective means of transition from traditional cigarettes because it focused on the two habit forming factors of traditional cigarettes, the delivery of the nicotine drug contained in traditional cigarettes, and the physical habit of smoking and inhaling a traditional cigarette. The electronic cigarette addresses both of these factors, and it is believed to be the key as to why electronic cigarettes can be the most realistic alternative for nicotine users to traditional cigarettes.

Section 6: Why Cigarettes are so Addictive

The Process of Addiction

Addiction is defined as being abnormally tolerant to and dependent on something that is psychologically or physically habit-forming.

Addiction can take on many forms, and true addiction can be almost impossible to break for most people.

Addiction typically develops over a period of time and continued habits which build up to create a psychological dependence on the habit being executed, even if there is no physical addiction occurring within the body.

The Smokers Dilemma

Nicotine users, most blatantly cigarette smokers, are faced with a plethora of challenges when trying to give up the habit of smoking cigarettes. Cigarettes are legal almost universally throughout the world. Over 1 in 5 people smoke today. It is a commonly socially accepted practice, which within itself promotes its use and gives the idea to the user that it really cannot be so bad if everyone is doing it. Cigarettes are also relatively cheap, and available in almost any store you go into. Cigarettes can be a relaxing escape for a smoker and provide certain physical and emotional effects which the smoker desires.

At the same time as having the certain qualities which drive people to smoke, cigarettes are also one of the most dangerous products legally available. Cigarette companies are mandated to provide black box skull & bones warning labels, virtually informing users if you use this product you will get cancer and die, although this rarely turns off the user.

When you also have a powerhouse with all of the financial resources in the world and over 1,000,000,000 customers who crave your product every day, how can you be stopped. Now is it that the tobacco companies are evil vicious people who don't care? No. The tobacco companies are not evil, they are simply a business. Like any business, there drive is not world domination or evil intentions, but simply money. Big tobacco is the same as any other business, however a business which happens to sell a product which is dangerous to its users, and will do everything they possibly can to keep there product in circulation so they can report profits to there shareholders. The cigarette companies are no different than a weapons manufacturer, although I've never seen a weapons manufacturer promote the actual use of a gun. But the only driving force behind the cigarette business is money. It is there job to keep people smoking, and if one day the entire world stopped smoking cigarettes, they would simply find some other venue to turn a profit.

The Key for Smokers

Traditional cigarette smokers addicted to cigarettes on a two fold platform, nicotine and the physical habit of smoking.

The drug within cigarettes, nicotine, is a highly addictive substance, and with continued use will create addiction within a user.

The other platform for addiction smokers are faced with is the physical habit of smoking and inhaling a cigarette. This habit can be very relaxing, and as many smokers have been in this practice several times a day for many years, it has simply become a routine for them, part of their daily life. Even if you were to directly input the actual addictive drug, nicotine, into their body, they would still crave the physical action of smoking.

The key for eliminating the addiction to cigarettes is to target the two addictive and habit forming principals, once both of these desires can be satisfied, you have the basis for reduction and elimination.

The electronic cigarette targets the physical addiction to nicotine by providing a dosage of nicotine which can start high for a frequent smoker, then can gradually be reduced over time, until the smoker is comfortable with the 0 level of nicotine, and at the same time of reduction, the smoker is inhaling a less dangerous form of the nicotine than would be provided with traditional cigarettes. While gradually reducing the need for nicotine, the electronic cigarette simultaneously provides the physical habit of smoking a cigarette to the smoker, without all of the tars, chemicals and second hand smoke of a traditional cigarette.

The electronic cigarette is the ultimate transition tool because it targets the two key components of cigarette addiction, the nicotine drug and the physical habit. While the incredible breakthrough of the nicotine patch provided an alternative means of nicotine delivery, many smokers still crave the physical habit. The gum is better because it provides nicotine and an oral habit, however the electronic cigarette has been shown to have the most success in transitioning from traditional cigarettes over the patch and gum because it delivers nicotine, and provides the actual smoking habit.

Section 7: The Benefits of Electronic Cigarettes

The benefits of electronic cigarettes are countless, and growing every day as further scientific research is being conducted. Below are the factual benefits of electronic cigarettes as presented by scientific studies.

1. No Tar

The electronic cigarette is a tar-less solution to traditional cigarettes. With no tar there are a wide array of benefits proposed, such as cleaner teeth, less harmful pollutants being put in the air, less harmful second hand smoke, and just overall better health to the user.

2. Reduced Second Hand Smoke

Because the vapor produced by the electronic cigarette is comprised of a refined liquid nicotine solution, there is no harmful secondhand smoke for anyone around you to have to inhale. This reduces the risks of diseases caused from second hand smoke, and makes you a more responsible individual showing a concern for public safety.

3. Saves Money

A typical pack of cigarettes can cost up to \$7 in some areas when you factor in tax. For less than \$4 you can get the equivalent in an electronic cigarette, with the added benefits of a less harmful experience, and not to mention, your health is the most valuable thing of all!

4. Less Chemicals

The electronic cigarette uses a purified nicotine based solution, and does not have hundreds of dangerous chemical additives like traditional cigarettes.

5. More environmentally friendly

Because there are fewer chemicals in the electronic cigarette, and the chemicals within the electronic cigarette are less harmful, this means the output of the electronic cigarette is less dangerous to the air and environment. This makes you a more responsible person, showing a sense of environmental friendliness.

6. Non-Flamable

Because the electronic cigarette uses an atomizer chamber to vaporize the nicotine solution, as opposed to a burning combustion of a traditional

cigarette, there is no resulting ash or possibility for burning someone else or property if the cigarette is dropped, or the possibility of a fire if the cigarette remains lit after thought to be put out. The cigarette is completely automatic and has no flame, so it is certainly a safer alternative to traditional cigarettes.

7. You Can Smoke Anywhere

Because there is no hideous odor, no toxic second hand smoke, no ashes, no flames, and no dangerous chemicals being released into the air, the electronic cigarettes are welcomed everywhere with open arms, giving you the freedom to enjoy the pleasure of smoking virtually everywhere.



Section 8: 10 Guaranteed Quit Smoking Tips!

Quitting smoking can be an almost impossible task for most, however through years of research spent, we have compiled the most scientifically proven successful methods people have used in the past to eliminate smoking from their life for once and for all. These are the top ten tips we can give to anyone looking to quit smoking for good, and these tips were created by a smoker of over 10 years who was able to successfully quit and remains smoke free for over 5 years strong! We recommend anyone interested in quitting to review these and give them a try. It could only be to your benefit.

Tip 1: Cold Turkey

Most people are unable to successfully quit cold turkey, although this is the best way to quit anything. When you identify a harmful obstacle in your life, you must cut it out of your life entirely. This is true for a hurtful break up, and is true for smoking. In order to successfully quit smoking, you must stop entirely, once you are ready.

Tip 2: Have Support Around

Quitting smoking is going to be one of the hardest tasks you will ever endure, and it will be important to have close friends and loved ones around who can support you in your time of difficulty. It will also be important to people who are big smokers and will provide temptation.

Tip 3: Avoid Temptation

Avoid hanging around people who are constantly smoking and will create temptation for you. Avoid songs, movies, or any particular act you relate to smoking. Being around these things will only stir up memories and desires to smoke, so do yourself a favor and try to avoid these situations as much as possible.

Tip 4: Occupy Your Time

Many people enjoy smoking as a way for relaxation. You need to find some other task or activity you enjoy that can keep your mind off of smoking and keep you occupied with doing other things.

Tip 5: Set a Quitting Date

Have a plan of the final day you will ever smoke, and stop smoking on this day. This can be in a day, a week, or a month, whenever you believe you will be able to comfortably stop smoking for good.

Tip 6: Don't Give Up

Most people are not able to completely stop smoking on their first attempt. It is important to not give up. If you can go a week or a month without smoking, but you slip and smoke again, that's ok. Start over again, and don't think it will be impossible to quit.

Tip 7: Get Healthy

It is never a bad idea to start an exercise program. This will not only improve your health and appearance, which will also improve your self confidence, but this will also help to occupy your time and replace your activity of smoking with a beneficial hobby of working out.

Tip 8: Create a Plan for Emergencies

Temptation will do more than rear its ugly head, and you need to be prepared. For those moments when temptation will arise, and you may become overwhelmed, you need to have a plan of action. Will you take a drive? Will you go on a walk? Have a plan for what to do when temptation arises.

Tip 9: Start with Baby Steps

If you are a heavy smoker, you may want to start with just reducing how much you smoke every day. If you smoke 2 packs a day, try to get down to 1.5 packs. If you smoke 1 cigarette a day, try going a day without a cigarette. Cold turkey is best, but everyone is different, and if you need to start slower, than go at your own pace.

Tip 10: Be Open Minded to Assistance

There have been many miraculous introductions into the market of quitting smoking. Keep an open mind to such things as nicotine gum, nicotine patches, and even consult with your doctor on medications which may be able to assist you in quitting smoking. Quitting smoking can be a very difficult task, and you should try to use all the help you can get.

Tip 11: Bonus Tip!

The only real way to quit is having the will and desire to. Human beings want to be in control of their life, this is only natural. The only way you will be able to quit successfully is if you truly want to. You must want to and have a real desire to quit. You must want to quit more than you want to smoke. Make a list of the reasons you want to smoke and the reasons you want to quit. If there are fewer reasons you want to quit than smoke, or the reasons are genuinely less important to you, you will not be able to successfully quit. You must find the want, need or desire within your self to truly want to quit, then take baby steps and give it a try. This is how people truly successfully quit smoking for good!

Section 9: Outro

We thank you for taking the time to read this report and hope that you found the information within it informative and inspiring.

This report was written to help inform you of the possible benefits electronic cigarettes can offer you, and to give you a more clear understanding as to what electronic cigarettes are, how they work, and what makes them different.

The research for improving the technology and furthering its development is a never ending process, and one we are proud to be a part of.

We hope this report can assist you in expanding your knowledge of electronic cigarettes and how they can function to improve your life, and we hope that whatever decision you make, you are now better informed to the facts of electronic cigarettes and there amazing possibilities. We thank you for your time and hope you will come back to visit wwwAutomaticCigarettes.com.

Thank You!

