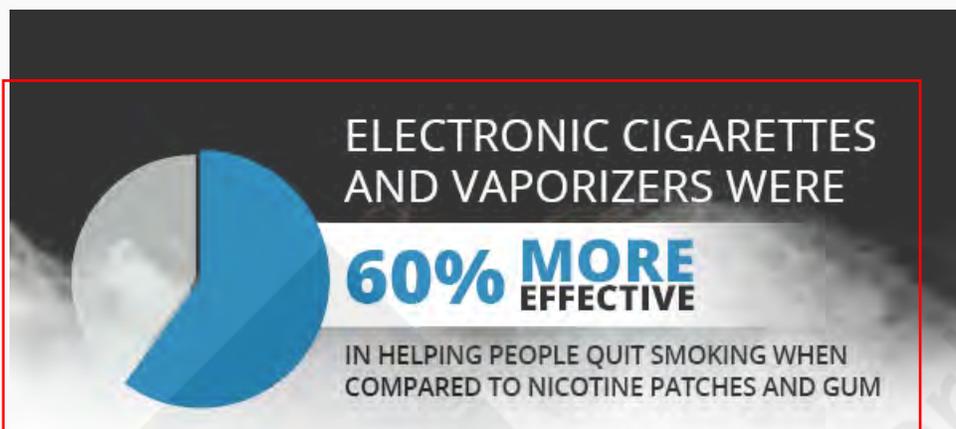




Three Disposable Cigarette Benefits That Make Vaping a Better Alternative to Smoking

Mar 17, 2015 | Electronic Cigarettes



Each year in the United States, the number of smokers decreases bit by bit. In seemingly direct correlation, however, the number of adults vaping has increased as electronic cigarettes have become more mainstream. **One study discovered that electronic cigarettes and vaporizers were 60% more effective in helping people quit smoking when compared to nicotine patches and gum.** According to the Tobacco Vapor Electronic Cigarette Association, more than 4 million Americans currently use electronic cigarettes or vaporizers.

But one of the issues that former smokers come across when they want to switch to vaping is that there are simply too many choices. And where cigarettes could be used once and didn't require anything to take care of them, rechargeable electronic cigarettes and devices need charging, refilling, and other care.

Another option, however, is to use disposable e cigarettes. These devices often provide a stepping stone for those looking to quit tobacco without losing the physical sensation of smoking a cigarette. Here are just a few [disposable cigarette benefits](#) that new users may enjoy:

1. No charging:

Perhaps one of the most immediate disposable cigarette benefits is that these devices don't need to be charged in order to work. This means that the e cigs can't be used continuously because the battery could run out. One of

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Traditional cigarettes (called [analog](#) cigarettes by [e-cig](#) users) are made of [tobacco](#), which contains [nicotine](#), the addictive ingredient that has kept you [smoking](#). Burning tobacco produces heat that vaporizes the nicotine.

Burning the tobacco leaf also vaporizes the resin (tar) and the thousands of chemicals that are either naturally present or added by the tobacco company. The tar that is produced by the combustion adheres and coats anything it comes into contact with, along with all those chemicals. If you have ever smoked for any length of time in a room or your car, you know what this tar coating is a brownish-yellow film. Now imagine that on your lungs € not the prettiest of pictures, and not good for your health.

Electronic cigarettes [vaporize](#) nicotine by heating a liquid base that contains a small percentage of pure nicotine extract in a propylene glycol and/or vegetable glycerin liquid base. The liquid base is available in a wide variety of flavors and nicotine strengths.

The [vapor](#) produced by electronic cigarettes does not contain the burned resins and chemicals that are in traditional cigarettes. Since ecigs are not burned, they don't produce [smoke](#), ash, or the burning odor that the combustion of tobacco produces. Because of the added food flavoring, the [vaping](#) gives off aromas that are familiar and pleasant to most people.

Similarities of Vaping and Smoking

Both smokers and vapers (people who use electronic cigarettes) use a sucking action to breathe in. When inhaling an analog cigarette, the smoker will feel a hit in the back of their throat. This is called a throat hit. E-cigs also provide a throat hit. The stronger the nicotine strength, the stronger the throat hit provided.

Both smokers and vapers exhale remnants through their mouth and/or nose. Analogs create a burning sound, while e-cigs mimic that sound with a crackling sound made by the [e-liquid](#) being heated.

Analogs produce visible smoke, while ecigs produce a vapor.

Analogs have a bright red flame on the tip when sucking in, while some ecigs come with a red [LED](#) on the tip that lights up when sucking in.

White is most often the main color of analogs, and there are white-colored ecig batteries.

E-cigs provide hand-to-mouth simulation, just like analogs. This means that the act of vaping simulates smoking – because the motion used is the same. The user inhales, feels a throat hit in the back of their throat, swallows, and then exhales vapor.

Differences Between Vaping and Smoking

Analogs contain tobacco leaf, while e-cigs do not.

E-cigs are [battery](#)-powered, while analogs are combustion-powered.

Many e-cigs are reusable.

Analogs produce smoke, while e-cigs produce vapor.

Smoking is smelly, and its odor lingers on clothing, fingers, hair, [skin](#), and in air long after the cigarette is done. Vaping does not produce odors.

Smoking produces second-hand smoke, while vaping does not.

Smoking is banned in many restaurants, nightclubs, bars, sports arenas, offices, movie theatres, public transportation, and many other public places.

Vaping is allowed in some places that real cigarettes are not.

Analogs cost much more than e-cigs, about 50-70% more in fact.

Analogs stain fingers, teeth, and walls, while e-cigs do not.

Analogs only come in so many flavors, typically only tobacco-flavored or menthol-flavored. E-cigs come in hundreds of different flavors, including fruits, desserts, coffees, and cocktails.

What's the difference between ecigs and regular cigarettes?

Smoking is to traditional tobacco cigarettes, as vaping is to e-cigs. When you use a cigarette, you're smoking. When you use an [electronic cigarette](#), you're vaping.

HEALTH: Ecigs are less harmful than cigarettes because there is no tobacco, cigarettes cause cancer, and other diseases

SMOKE: Ecigs produce no smoke or second hand smoke, only water vapor

SMELL: Ecigs do not burn, and have a very light scent, cigarette smoke lingers and stains hair, fingers, teeth, clothing walls, furniture

COMPONENTS: Ecigs contain 4 ingredients (PG, VG, flavoring, optional

nicotine), all [FDA](#) approved except nicotine, cigarettes contain 7,000+ chemicals (including ammonia, arsenic, carbon monoxide, formaldehyde, lead tar)

FLAVORING: Ecigs come in a variety of flavors, helping smokers customize their experience, cigarettes are either tobacco or menthol flavored

NICOTINE: Ecigs come in different nicotine levels including none at all, cigarettes all have nicotine

COST: Ecigs are 50-70% cheaper than cigarettes

ENVIRONMENT: Many ecigs are rechargeable and can be recycled, cigarette butts are toxic and the #1 pollutant

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Product grid showing various e-liquids like Refreshment Smooth E Liquid, Vanilla Custard Smooth E Liquid, Rainbow Smooth E Liquid, etc. with prices and 'NEW!' tags.

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