

Guillermou

Tobacco and the taxes that originated in the State collection have always been the object of a defense of the interests of the tobacco industry and governments. E-cigs (EC) constitute a continuity of benefits for tobacco companies, after advertising that warned about the health problems of smoking. Not only does it continue the business, but it creates an addiction in young people to smoke again. The tobacco industry's interest in e-cigs is clear: today, most brands offer products of this type. In the European Union, each country can make certain decisions to regulate their use, and several nations prohibit the use of electronic cigarettes in public buildings and children's areas.

An integrative review reported that conventional cigarettes have deleterious effects on the health of chronic users, as well as passive smokers. academic.oup.com/ntr/advance-article-abstract/doi/10.1093/ntr/nty221/5.. (2018).--- repositorio.animaeducacao.com.br/.../31639 (2022).--- Emerging results now describe risks related to the development of respiratory and cardiovascular diseases and even cancer. We report how e-cigarette aerosol exposure induces mitochondrial stress/toxicity, DNA breaks/fragmentation following the same pathological pathways triggered by tobacco smoke, including dysregulation of the molecular signaling axis associated with cancer progression and migration.

cell phone. Fertility and pregnancy risks, as well as cardiovascular risks associated with e-cigarette use, have also been reported. Electronic cigarettes cause an increase in probing depth, bone loss, and the level of IL-1, one of the bone destruction mediators in the tissues around the implant, and a decrease in bleeding on probing. EC use was independently and significantly associated with increased odds of life stress and an indication of poorer quality of life.

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Inhalation alters gene expression, cardiovascular function, decreased heart rate, and elevated blood pressure and can lead to increased inflammation, organ damage, and cardiorenal and liver disease in experiments. Chronic exposure to e-cigarette aerosols during early development causes vascular dysfunction and growth deficiencies in offspring. Most e-CIGS liquids, in addition to nicotine, may contain glycerol, flavors and a wide variety of other substances such as tin, lead, nickel, chromium, nitrosamines with carcinogenic potential. The average nicotine is about 15 mg/ml, but can reach 36, it is related to cardiovascular events, delayed fetal development, spontaneous abortion, premature birth and changes in brain development of young people and adolescents.

In children, whose smoking threshold is much lower than in adults. There are already cases of children who became poisoned after using their parents' e-cigarettes. The study's health risks are evident. It was determined that it causes cytotoxicity to stem cells, in relation to the aromas used, which aggravates the problem in pregnant women. Propylene glycol and glycerin can cause eye and respiratory irritation and prolonged or repeated inhalation in industrial environments can affect the central nervous and immune system.

The aerosol produced contains formaldehyde and acetaldehyde, which are carcinogenic.

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juststeve

When around someone smoking E-cigarettes while more pleasant smelling than second smoke of the traditional cigarettes, it still makes you wonder what are they really smoking? Is it really a fruit salad?

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It is pure poison emitted by people who do not know how to control their addiction.

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And addiction interferes with an ability to control oneself. A closed loop system. Then there are all the other addictions kept in place by denying our very real ability to clean up or at least stem, if not stop the tide of pollutants. So much knowledge at this point of positive regenerative actions available to green up deserts, restore forest areas, the water, air, food and also create Living Space. Wars need not apply. Many who visit here are already contributing. Focused on whatever it is they can do, some with family, friends and neighbors with bigger projects. When people are engaged with healthy, positive endeavors they are very less inclined to fall into destructive addictive behaviors.

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pamanddave

I am in the unfortunate position of having a husband who has smoked since 12yrs old. He finally gave it up a couple of years ago and took up vaping, at least he doesn't stink as much. BUT we had to move to a retirement village so now have a house where the garage where he smokes adjoins the lounge.dining/kitchen area. It has been a disaster for me as every time I have to go into the garage, washing freezer etc. I start sneezing like mad, violent sneezes and my nose starts running SIGH! At nearly 84 I am his carer now as he had a stroke but I also have secondary lymphedema from surgery when 44. bowel cancer now which I have refused surgery for and managed into my 4th year now. Rife, magnets, MB, diet supplements, etc. I do realise a lot of my past problems, eyesight, aortic valve replacement etc. etc. can all stem from inhaling. So please spare a thought or prayer for all the millions who have no choice in the matter please as he would rather die than give up and openly admits it.

Posted On 04/20/2024

LuckyinSA

I completely understand your position and my prayers go out to you. You are literally between a rock and hard place. I can only suggest what I used to give up the deadly habit which has worked a treat. I was a heavy smoker for over 44 years with a couple of years off in between when I tried to give up. I tried E cigs for a couple of months but they just made me feel sick. Thankfully at the time the videos were circulating on the net of ecigs catching fire in peoples pants when not being used or exploding when people were inhaling which stopped me using them immediately. During Covid, I was using every herbal supplement I could to stave off the catching of the deadly virus (LOL, but that's a story for another time).

I heard about a herbal cigarette that was made of cloves, with no nicotine or tar, completely natural. I bought some from the herb shop and have been smoking them ever since. They have no odour. I have gone from a pack a day to a pack every month. They look like real cigarettes, are one fifth of the price and don't smell and really are in my opinion the best way to break the habit. Why not give it a try? You have nothing to loose. The brand I smoke is Honey Rose. They are made in the UK. Good Luck

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