

New research confirms: E-cigarette the most efficient way to beat smoking

Image Gallery



some good news for the smokers, a new research made by professor R.Malcolm from the Royal London hospital (U.K) discover some amazing facts about the most efficient way to quit smoking traditional cigarettes.

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People are smoking for thousands of years as a part of tradition and lifestyle.

We smokers always think about quit smoking because of the harmful effects smoking causes, but still keep on our bad habit.

But there's some good news to us smokers, a new research made by professor R.Malcolm from the Royal London hospital (U.K) discovers some amazing facts about the most efficient way to quit smoking traditional cigarettes.

In the 10th of May 2009, the biggest experiment about stop smoking methods has started.

The experiment was tested on 65 heavy smokers, between the age's 25-65 men and women.

The research approves the efficiency of the most popular products for smoking recession.

The experiment checks out 4 most popular products:

1. Nicotine gum.
2. Nicotine sticker.
3. Rehab group.
4. [Electronic Cigarette](#).

The entire participants tried for 30 days each product and reported daily about their feelings and cravings for a cigarette.

In the end of each month the participants graded from 1-10 the efficiency of the product.

The research concludes the following facts:

5% chose the nicotine sticker as the best substitute.

18% chose the nicotine gum as the most efficient.

23% chose the rehab group as the most efficient.

54% chose the electronic cigarette as the ideal product to beat smoking.

The research determines that the majority have chosen the electronic cigarette as the most efficient solution to reduce or stop smoking.

So you might be wondering how you are finally going to quit smoking for good.

Well The good news is that there is a healthy and easy way to quit smoking traditional cigarettes.

The revolutionary idea is the electronic cigarettes help smokers reduce and quit smoking regular cigarettes for good. There was a poll done recently to see the effectiveness of E-cigarettes actually helping people quit and the results were shocking. Majority of the people that tried the E-cigarette quit smoking for good.

Electronic cigarettes look like a cigarette, taste like a cigarette and feels like a cigarette, but it's not.

The electronic cigarette is a personal vaporizer that delivers controlled doses of nicotine.

The e cigarette smoke is actually vapor that gives the smoker the same aroma, taste and feeling smoking a regular cigarette without all the harmful chemicals.

The Electronic cigarette has no tobacco, no tar and no real smoke, therefore - It lacks the most dangerous chemicals and toxics a normal cigarette has.

A normal cigarette releases up to 4,000(!) chemical compounds when lit up, and many of them are toxic and carcinogenic (can cause cancer). The electronic cigarette is by far healthier than normal cigarette contains only 22 chemical compounds that are not carcinogenic.

The smart idea about electronic cigarettes is that you can start with the nicotine cartridges and then graduate to the non-nicotine cartridges and then you will finally be nicotine smoke free. The smoke created by water vapors only, no tobacco involved.

The E-cigarette looks like a real cigarette and its battery powered. You can choose different flavors and nicotine strength for your personal preferences. Another convenient thing is you can practically smoke them anywhere.

So if you're tiered from trying and thinking about quit smoking... electronic cigarette might be the perfect solution for you.

In conclusion, E-cigarettes is an effective way to quit smoking forever. If you would like to find out how you can quit today go to www.thesmartsmokers.com

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