

## LESSER OF TOO EVIL, VAPE VS SMOKING



Does the name Hon Lik sound familiar? He is the guy that patented the modern million, excuse me probably billion dollar idea which is the e-cigarette. Lik is credited with making the first commercially successful e-cig design. Yea, i get it..this guy made a ton of money off something that has made smoking sexy again which also somewhat seems healthier to its alternative. But, can we really believe the hype. Is vaping truly all that its cracked up to be? As far back as i can remember, one of the things my parents made us do on road trips was read all the road signs. This clearly was a way to keep us out of their hair, but it also inspired learning. Well in between when there were no city or states signs, just mileage and point marks; the billboards ruled. There it was a Newport cigarette advertisement in all its slender. It would be some cool looking guy with like five woman, probably a motorcycle and they all are just crowded around

"So, vaping is better then smoking, but still will probably kill you."



this guy; just laughing. Having the best time, not a care in the world and each of them smoking a cigarette. Even the Marlboro billboards with cool cowboy good ol' mister Wayne McLaren, actually made being a cowboy look pretty diesel. Well, two out of the three happen to me. I became that cool guy and being a cowboy was not the second, i had become a smoker. Yuck right?! Well, im not gonna sit here and tell you how long i've been smoking, cause its none of your business. But i do know that it is a struggle if you're trying to live a healthier lifestyle and smoking is just down right the devil. So when vapor cigarettes came onto the scene, you know it caught my eye. Here was a way that i could finally break free from the addiction of nicotin, and until i quite smoking all together, maybe do it cleaner. Do you remember the Marlboro man, Wayne McLaren; well he died of cancer. Ironic

Ok, so heres the deal. Smoking works through what is called combustion. Combustion creates the smoke, which in turn, contains toxic by-products instead of the actual ingredients in the herb. These toxins are the prime cause of lung cancer and so many other respiratory diseases. When you hold in the smoke, tar and all these other noxious chemicals are absorbed into the lungs. Yummy right?! Did you know that there are 4,000 chemical compounds exerted when you smoke a cigarette, and 69 of them are known to cause cancer. I mean if you take a look at what chemicals are in a cigarette, I think you'd probably see a pretty clear distinction between vaping vs smoking. In addition to that, almost 600 additives were given the green light by the US Government when Big Tobacco submitted them back in 1994, and while these additives are approved to be in foods, they were never tested when burned which is absolute insanity. What happens is that when these ingredients are burned, their properties change and they become toxic and/or carcinogenic and can cause horrible short/long-term effects to the people that are smoking them as well as the people around them. Some of these by-products are carbon monoxide, hydrogen cyanide, and even ammonia. Ok, so basically all bad and not

to mention how expensive the habit is. Now on to the vapor. When you vape you're making vapor, not smoke. Instead of heating up the material all the way to combustion, you would heat whatever oil you like to vape just under that point which is between 380°F and 410°F. What happens when this is done is that not only do you extract the full flavor and purity of what's being heated, but you are also emitting vapor instead of smoke, which supposedly takes out 95% of the carcinogens that smoking puts out there. I don't know that seems like a pretty high percentage based on a product that hasn't been out long enough to determine its longterm effects. Is vaping better than smoking? A new AsapSCIENCE video suggests that yes, it is, but with a huge issue: the cigarette alternative has known problems—and even more unanswered questions. Pulmonary health remains a concern. The Doc's have yet to study the effects of vaping because they haven't been around that long. And stats show that the younger crowd—you know middle and high schoolers—are getting down with this trend. Vaping looks like the safe alternative, but only time can tell. So where do we stand, which is better? I vape but i still have an occasional cigarette. Don't judge me. Just read Styrad. Paige