

Is Vaping Healthier Than Smoking Cigarettes?

Both smoking and vaping have been frowned upon by non-smokers, claiming that both have the same harmful effects on your health. However, someone who doesn't smoke or doesn't know much about vape juices may not really understand the real story – which leads them to certain assumptions about vaping.

Many people switch to vaping as an alternative to their smoking habits, mainly for health reasons. But the question remains: is vaping really healthier and safer for human consumption than smoking cigarettes?

What are the Health Benefits of Vaping over Smoking Cigarettes?

While it is true that both are forms of inhaling chemicals, there are individual studies and articles that prove the following health benefits of vaping over smoking cigarettes:

1. Vaping Releases Less Toxic Chemicals Than Smoking

A study by [NASEM](#) or the National Academies of Sciences, Engineering, and Medicine has concluded that, after reviewing 800 studies about vaping vs. smoking, the use of e-cigarettes generally releases less toxic chemicals than tobacco from cigarettes.

This means that you're less likely to suffer lung problems with vaping as compared to smoking tobacco.

2. Vaping can help cigarette smokers quit

In addition to the advantage mentioned above of vaping, a study by NHS not only proved that there are fewer carcinogens in vape juice than in tobacco, but this fact can help smokers to quit altogether, becoming a nicotine replacement therapy (NRT) for them. Since vape juice is available in many flavors, this may also help in the quitting process.

3. Not All Vape Juices Contain Nicotine.

There are individual countries like Australia that ban nicotine from being included in vape juice, making it a clear benefit for those who want to quit smoking and get rid of nicotine consumption at the same time. Nicotine is one of the main reasons for smoking addiction in the first place.

4. Less Pollution

With each hit of a cigarette, you're sending smoke into the atmosphere that pollutes the air. Also, let's not forget about the people and kids around you who may experience secondhand smoke.

Vaping does not cause such hazards. With each hit from your [vape mod](#) (or [vape pen](#)), you release vapor, which can actually smell pleasant. especially if the vape juice flavor is chocolate or strawberry mint.

5. Vaping contains mostly FDA-approved ingredients.

In fact, here's a list of the different components you will commonly find in vape juices vs. cigarettes:

Vape Juice Ingredients	Cigarettes Ingredients
<ul style="list-style-type: none">• Flavoring – vape juice flavorings are usually FDA-approved.• Propylene Glycol – also an FDA-approved ingredient, this can emulate a similar feeling to that of smoking, but safer for your lungs.• Vegetable Glycerin – this one helps the vape juice to produce vapor and is safe for consumption.• Nicotine – many studies found that it's not cancerous and is few in amounts when in vape juice.	<ul style="list-style-type: none">• Tobacco with nicotine – obviously, tobacco is best known for having nicotine, which can be bad for your health, and has more of it than in vape juice.• Formaldehyde – used in preserving corpses.• Lead and cyanide – both can be fatal in cumulative amounts.• Arsenic – you'll find this in rat poison.

A Word of Caution

Of course, since both vaping and smoking cigarettes still contain potentially harmful chemicals, it is still up to you whether to lessen the amount or not. While there are considerably fewer harsh chemicals in vape juice than in tobacco, you should still vape responsibly.

If you are not sure about which vape juices to consider, try asking your local vape shop. They may seem intimidating, but most are super friendly!

In Conclusion

Vaping is a promising alternative to smoking cigarettes, especially in a world that's grown out of a tobacco-rich industry. If you previously thought vaping and smoking are the same, well, we hope you've learned a thing or two about the health benefits of vaping over smoking!

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