

# The Healthier Side of Vaping



Thirty plus years ago, in 1982, Don Henley, one of the original members of the iconic singing group “The Eagles” wrote and performed a song called “**Dirty Laundry.**” He writes:

*“I make my living off the Evening News  
Just give me something-something I can use  
People love it when you lose,  
They love dirty laundry”*

A further lyric:

*“You don't really need to find out what's going on  
You don't really want to know just how far it's gone  
Just leave well enough alone  
Eat your dirty laundry”*

If you'd like to see and/ or hear it: <https://www.youtube.com/watch?v=MNC4FHR4XLA>

This is just one example of what is happening to the Vaping and e-cig industry. Media loves controversy, and man, we have lots of it. Negative headlines like:

*“Three year dies after ingesting liquid nicotine”  
“Under age kids caught using vaping products in school”  
“What's in that vaping oil? No one knows...”*

Media loves that stuff, but what about the headlines you don't read about:

***“Eighty year old women kicks lifelong habit after switching to e-cigarettes”  
“Mothers and Fathers vape peacefully knowing their children are not damaged by  
second hand smoke”  
“The air quality inside cars and vaping locales smells good!”  
Those that have smoked for decades saving massive money by switching to e-  
cigs.***

These are of course fictional because the media doesn't care about stuff like this, but we do. We believe in the product for whatever our reasons and get annoyed and pissed off and protest when city councils and states and most regulators fight this war against our industry and right to vape.

I created a poster that says “**Support Regulation, not Restrictions**” and stand by that. Enough of the ranting since I am preaching to the converted already, but let’s talk about the realities, the mechanics of the Healthy side of Vaping.”

### **WHAT are the “healthy sides” of vaping and e-cigarettes?**

FACT: Tobacco is one of the most addictive substances known to man. It causes health insurance and job related costs to the economy in the tens of billions of dollars range. Tobacco has for many been more addictive than most drugs, alcohol, gambling and virtually any type of destructive habit or addiction. Though cigarettes do contain nicotine, it is the 4,000 chemical compounds from hundreds of different additives that cause the true damage.

FACT: Though e-cigs and vaping products have been around for too short a period to have quantitative studies done that can be validated, the truth is, people are smoking less which will result in less incidence of various cancers, different lung diseases and generally a more healthy overall population. Give it time. The momentum is currently for restriction of vaping and that is primarily fear and CYA generated by regulators and politicians. As the health and health care industry start researching and revealing the medicine behind it, the momentum will come back in our favor.



#### **Better life insurance rate**

FACT: Did you know that if you Vape instead of smoke you can get cheaper life insurance? Not all insurance companies will provide this, though the ones that don’t will lose market share in time and get involved as well. It usually requires 12 months abstinence away from cigarettes, so STOP SMOKING now!

If your insurance company doesn’t provide for this discount we can refer you to someone that can help.

#### **Healthier lifestyle, which can include:**

Better quality breathing

Clothing will smell better as will your car and home and the people around you that endure but don’t appreciate your second hand smoke.

There is a “downside” to vaping which troubles me and that is the people that start vaping that never smoked before. If you look at the realities of the healthiness of having clear lungs from having NO contamination vs. having any type of smoke, we advocate for smoke-free.

What are your thoughts? DO you feel better after quitting cigarettes? Have you saved money? Did you buy that car or take that vacation with the savings from switching??