

Why Don't Cessation Products Work?

In 2015, 68% of adult smokers in the USA said they wanted to quit smoking. More than half of them attempted to quit that year, but just 7.5% were successful. Why was the success rate so low?

There are dozens of different cessation products available on the market. Most of these products are classified as nicotine replacement therapy or NRT's and are relatively risk-free. This includes:

- Patches
- Chewing gum
- Lozenges
- Inhalers
- Medication

I think the main reason why people fail to quit smoking is that most cessation products only address one part of the problem. NRTs are great at subsiding nicotine cravings but don't help with pre-existing rituals.

A common ritual shared amongst smokers is having a cigarette after a meal. This habit and many others are generally repeated multiple times each day and become a routine of sorts for smokers.

In recent years vaping has become the preferred quitting method for smokers. It outranks NRT's and even prescription drugs. Vaping also boasts a 43% quit rate compared to just 14%-25% of NRT users.





Why Quit With Vaping?

Vaping offers you the choice to quit the way you want. The two-pronged approach has proven to be highly successful. Not only does vaping appease your nicotine craving, but it also deals with your habits.

Another reason to quit with vaping is just how cost-effective it is. As you become more comfortable with vaping, you can upgrade your device or purchase eliquid separately to save even more money.

Furthermore, vaping boasts far fewer negative side effects, unlike most over-the-counter cessation products. For example, some NRT's can cause:

- [skin irritation](#)
- difficulty sleeping (vivid dreams)
- stomach pain
- dizziness
- headaches

Vaping can provide you with a familiar experience. The act of vaping simulates the feeling you generally get from smoking. This includes the hand-to-mouth movement and throat hit.

The smell of vaping is also quite pleasant. The type of smell depends on the eliquid flavor you choose. Some flavors have no smell at all. Unlike cigarette smoke, the smell created by vaping doesn't hang around.

The taste of vaping is another bonus. There are a limitless amount of flavors and combinations you can try. It's also a great way to taste your favorite foods and drinks without the added calories.

You can vape inside your car and home [without the worry of leaving any residue](#). This is because vapor doesn't contain tar. This toxic chemical is found in cigarettes and is the reason why [smoke stains everything it touches](#).





**"vaping lets you keep
your routine, without as
many harmful toxins"**

Source: [Ministry of Health NZ](#)

What Is A Vape?

Includes:

- What Vape Is Best For Smokers?
- Where Can I Buy A Vape?
- How To Use A Vape?
- How Much Does Vaping Cost?
- What Are The Side Effects Of Vaping?

A vape or vaporizer is an electric device that turns eliquid into vapor. This is done via the atomizer. The atomizer heats your eliquid into vapor, which is then inhaled. A typical vape consists of a battery, a tank/cartridge, and a coil.

The main difference between most vapes is if it's disposable or reusable.

Disposable Vapes

- No charging required
- No maintenance
- Easy to use
- Cheaper initially
- Noncommittal

While disposable vapes are much easier to pick up without any previous vaping knowledge, they can be considered wasteful because once the battery or eliquid runs out, you have to dispose of it.

On the other hand, reusable vapes are a bit more expensive initially but do save you money in the long run.

Reusable Vapes

- Longer battery life
- More choice of flavors and nicotine content
- Can be cheaper in the long term
- More powerful/better hits
- Interchangeable cartridges/tanks

