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A Healthier Alternative to Smoking by [Alester Wough](#)

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If you have been looking for an alternative to smoking traditional cigarettes, you will happily welcome E Cigarettes. These cleverly crafted devices produces nicotine vapours that give a real feeling of smoking while not being as harmful. If your family or friends have not been happy with your addiction to cigarettes, they will be excited to know that you have chosen a healthier alternative. Brands such as E Liquid sell nicotine based refill mixtures. The E Cigarette will have a cartridge into which the UK E Liquid can be filled. The battery powered device will then heat up the E liquid UK to produce nicotine vapours in the right quantity.

## Advantages of Using E Cigarettes

There are many advantages to using e cigarettes as compared to regular cigarettes. They are a lifestyle statement. It is now common to find Hollywood actors and famous personalities who have chosen electronic cigarettes as a healthier alternative to regular cigarettes. There is no clumsiness of having to pull out or carry a lighter. E Cigarettes can be carried around easily and you will need to pack the charger only if you are on an overnight trip. A single refill of E Liquid will last several light ups and this also means that you do not need to carry the UK E Liquid refill bottle around.

Unlike traditional cigarettes which contain cancer causing substances, E Cigarettes are known to be far less harmful. You will not have frowning faces around because of secondary smoke. Your family will be much happier with an e cigarette especially if you have small children at home.

## Lesser Cost of E Cigarette

While the initial cost of ownership of an e cigarette may seem high, you will start feeling the difference once you have used the product for some time. Depending on the brand, you will find that the savings could be up to 10 packs of regular cigarettes depending on the brand you own. Over a period of time, you will save thousands of dollars, a very significant amount in these tough economic times.

## Making a Fashion Statement

By using an ecigarette, you will establish yourself as somebody who respects the environment, the people around and your own body. E Cigarettes come in different colours. So if you are out for a party, you can colour coordinate the e Cigarette with your outfit. If you are gifting an e cigarette to your girlfriend, you can find one in her favourite colour. Companies such as E Liquid UK also provide choice of flavours such as Vanilla, Menthol and so on. So, depending on your mood, you can choose a flavour of refill or you might even choose to have one flavour for a day.

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Alester wough is an expert article author and has written many articles on a [UK E Liquid](#)

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