



So you want to quit smoking and wondering how vaping can help? Smoking is one of the hardest addictions to quit. Smokers try all kind of alternatives from patches to nicotine gums but ultimately fail to quit.

### How e-cig can help

It is probably a great idea to use e-cig as a smooth process of weaning yourself off the nicotine. One of the benefits of vaping is that you can control your nicotine intake by selecting different strengths. If you are a heavy smoker, you can start with high strength of nicotine in your e-juice and then drop it down slowly.

The good news is that the risk of dying from tobacco-related diseases such as lung cancer and heart attack drops significantly within a few years of quitting smoking. Saying goodbye to cigarettes is probably the most valuable step you can take to heal yourself and improve your overall health. Vaping is a smoking cessation aid that can make your efforts more fruitful.

### Smoking and health insurance

You might be wondering about the possible impact of smoking on your health coverage. Smoking insurance premiums are about 50% to 120% more when compared to non-smokers. The practice of charging smokers more is referred to as tobacco ratings. The regulatory authorities allow insurance companies to charge smokers more than non-smokers.

When are you considered a non-smoker if you quit? You need to quit smoking for at least a year for being considered a non-smoker by Canadian insurance companies.

### How do I quit smoking?

'How do I quit smoking'(ref: "health.usnews.com") is probably one of the most frequently asked questions. It is truly a challenge that more than 85% of smokers fail to overcome. Perhaps you have already made few attempts to win this let's quit smoking challenge but failed every single time. There is no need to get discouraged.

Experts believe that people who use some kind of assistive methods improve their odds of success. It is not advisable to quit smoking cold turkey, which means without any medicine or counselling. Nicotine withdrawal is difficult and those who decide to quit cold turkey are likely to relapse.

Selecting one of the nicotine replacement therapies is a good idea. There are options such as gums, patches, inhalers, etc. that can help you overcome this [vaping](#) habit forever. You should talk to your doctor about medical smoking cessation aids if you are not sure what product would be ideal for you.

### Use of E-cigarettes to quit traditional smoking

If patches, gums and other smoking cessation aids don't work for you, try e-cigarettes. A large number of people recommend e-cigarettes as an effective technique to quit traditional smoking. Before anything else, choose a solid

reason than your urge to smoke.

Try Vapes. A large number of people recommend vaping as an effective technique to quit traditional smoking.