

Video 21: Reduce toxins, improve health

GOVERNMENT OF CANADA
Direct quote:

**STUDIES HAVE SHOWN
SHORT-TERM GENERAL
HEALTH IMPROVEMENTS
IN THOSE WHO HAVE
COMPLETELY SWITCHED
FROM SMOKING
CIGARETTES TO VAPING
PRODUCTS.**

Government of Canada, 2018. Vaping. Retrieved from: <https://www.canada.ca/en/health/science/news/2018/05/vaping.html>
VAEP.info

One of the most pervasive fear-provoking narratives on vaping is that “we don’t know the long-term effects.”(1) We do, however, know the long-term effects of smoking. It’s a fact that smoking for 20 years is associated with SEVERE disease.(2) This is due to the toxins found in cigarette smoke.

Vaping was invented in 2004 and since then, tens of thousands of studies have not found any disease associated with it. Unlike decades ago when doctors promoted smoking, we have the ability to analyze vapour and the harmful substances found in it are consistently at levels too low for concern.(3)

Studies have also investigated disease indicators, called biomarkers, related to smoking. Fluid samples from 1300 smokers and vapers were analyzed for 13 smoking-related biomarkers. 12 of the 13 were SIGNIFICANTLY reduced in the vapers’ samples when compared to the smokers’ samples.(4)

In 2018, Health Canada wrote, “Studies have shown short-term general health improvements in those who have completely switched from smoking cigarettes to vaping.”(5) It’s no wonder, then, that 90% of smokers that switched to vaping reported that their health improved.(6)

For more information on vaping science, please visit VAEP.info. If you would like to support vaping education, please visit our online store at VAEPmail.com. Look good in one of our T-shirts and feel good because your purchase helps us teach more people the truth about vaping. <https://VAEP.info>

Kellie Ann is wearing our Signature shirt in graphite heather <https://shop.vaep.info/?product=wholesale-signature-shirt>

References

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5. Government of Canada. (2018). Vaping and quitting smoking. <https://www.canada.ca/en/health-canada/services/smoking-tobacco/vaping/smokers.html>
6. Polosa, R., Rodu, B., Caponnetto, P. et al. A fresh look at tobacco harm reduction: the case for the electronic cigarette. *Harm Reduct J* 10, 19 (2013). <https://doi.org/10.1186/1477-7517-10-19>

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