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## The Safety of E-Cigarettes

One of the purported benefits of e-cigarettes is the decrease in exposure to harmful chemicals found in regular cigarettes. It makes sense to avoid the chemicals that could be found in the soil and on the tobacco leaves. Harvesting and processing won't remove those from tobacco products.

The problem is that we just don't know, because the liquids that contain the nicotine are not tested for safety. Many brands add flavorings to the liquid. While fruits may seem to be great flavors, when the juice is burned, the by-products may not be healthy even if sourced from organic plants. The digestive process is not the same as inhaling the vapors of burning liquids. I'm not saying it's not safe; we just don't know due to the lack of testing. If you're inhaling something into your lungs, and subsequently the rest of your body, wouldn't you want to know that it's safe?



Even though nicotine is a drug, there is no FDA control over e-cigarettes so on Saturday I'll examine the research on the effects that vaping nicotine has on the body.

What are you prepared to do today?

**Dr. Chet**

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