

# Health Trend: The Dangers of E-Cigarettes and Vaping



By [Emily Green](#)

It's common to find people smoking e-cigarettes or vaping these days. Many people partake in this [health trend](#) because they believe smoking e-cigarettes or vaping is better for you, or they believe that you won't become addicted when this is far from the case. Read this [health advice](#), and learn why e-cigarettes and vapes are harmful to your body.

**E-Cigarettes and vaping have become one of the biggest trends and**

# continues to rise. Why is this health trend actually anything, but healthy?

E-cigarettes and vapes are just as addictive as regular cigarettes. While the effects may not be the same, you can become addicted to anything, especially with the drugs e-cigarettes and vapes contain. Here are a few reasons why smoking e-cigarettes and vaping are dangerous to your health:

**1. Nicotine is highly addictive:** Nicotine is by far one of the most addictive and harmful substances. It can affect anyone, no matter how it is delivered. If exposed to nicotine at a young age, you are more likely to become addicted and cause harm to your developing brain.

**Related Link:** [Product Review: Curb Your Nicotine Craving and Find Love With Aqua-tine™!](#)

**2. It makes you more prone to lung disease:** Using e-cigarettes is truly just substituting one bad habit for another. E-cigarettes contain a substance called diacetyl, which has been linked to being a cause of lung disease. The more you smoke, the more the drug is in your system, the more likely you are to contract lung disease.

**Related Link:** [Relationship Advice: 5 Must-Knows When Dealing with an Addicted Partner](#)

**3. It weakens your immune system:** Regardless of what you are smoking, smoking is still the leading cause of death in the United States. E-cigarettes and vapes are full of unknown chemicals, many of which can have negative effects on the body and the immune system.

**4. It's difficult to know what is truly in them:** Believe it or

not, many sellers do not accurately relay what is in each of their products. There have been numerous instances of people selling vape products or e-cigarettes that contain zero nicotine but traces of nicotine have been found in them after being tested. You never know what you are truly putting in your body, despite what may be advertised to you.

**5. People have been poisoned:** There have been so many instances where people have been poisoned by the liquid in e-cigarettes or vapes, whether it was absorbed through the skin, accidentally inhaled, etc. It is much safer to simply stay away from substances such as these—staying away can save your life.

**What are some other risks to smoking e-cigarettes or vaping?  
Let us know in the comments below!**