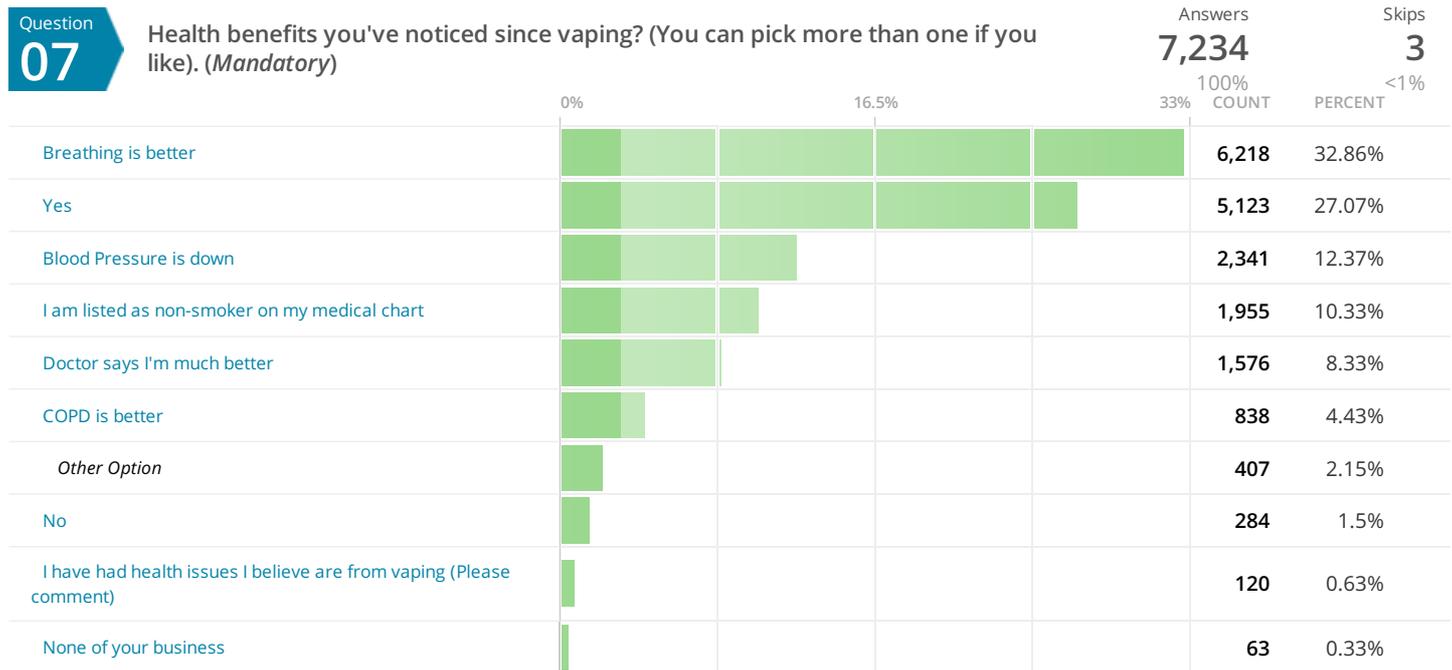


Vaping Truth Poll. Real People...

Result Details



Other Responses

Answers: **407**

- My erections are stronger and firmer

115,356,567

Saturday, Jan 24th 7:45PM
- reduced anxiety, and stress levels i sleep better and eat better heed me reduce a caffiene and nicotine addiction

115,353,305

Saturday, Jan 24th 6:16PM
- lung fuction increase

115,352,091

Saturday, Jan 24th 6:03PM
- not coughing all the time

115,349,671

Saturday, Jan 24th 5:00PM
- Sense of taste is better

115,329,215

Saturday, Jan 24th 9:51AM
- Lost 50 lbs

115,312,602

Saturday, Jan 24th 12:47AM
- Lost over 100lbs

115,310,712

Friday, Jan 23rd 11:19PM
- Less anxiety, before and during smoking, I would get anxious because I knew my body hated them so much. I would sometimes vomit while smoking. That hasn't happened with vaping.

115,308,879

Friday, Jan 23rd 10:21PM
- No more inhalers. Circulation is better.

115,306,231

Friday, Jan 23rd 8:45PM

 115,304,363	Have more energy.	Friday, Jan 23rd 8:25PM
 115,214,150	I don't exclusively vape	Thursday, Jan 22nd 8:59PM
 115,210,555	Haven't noticed a change	Thursday, Jan 22nd 7:59PM
 115,120,104	Can't smoke anymore because of a blood clot issue.	Thursday, Jan 22nd 8:36AM
 115,101,381	I've also noticed improved appearance of my skin and I am less susceptible top cold than i was as a smoker	Thursday, Jan 22nd 1:21AM
 115,096,570	Get less colds	Wednesday, Jan 21st 10:12PM
 115,084,625	Sense of taste and smell have returned	Wednesday, Jan 21st 6:53PM
 115,070,996	Better sense of smell	Wednesday, Jan 21st 3:16PM
 115,064,154	I can smell things that I couldn't as a smoker	Wednesday, Jan 21st 1:38PM
 115,060,263	Cough is gone & I don't stink like smoke	Wednesday, Jan 21st 12:49PM
 115,053,291	no longer need asthma inhaler.	Wednesday, Jan 21st 11:16AM
 115,013,375	no longer have a nasty cough.	Tuesday, Jan 20th 11:13PM
 115,012,135	increased reflux, mucous build-up	Tuesday, Jan 20th 10:35PM
 115,009,602	No more cough or shortness of breath	Tuesday, Jan 20th 9:18PM
 115,007,402	White gunk on my tongue is gone!	Tuesday, Jan 20th 8:31PM
 114,995,778	less long lasting illnesses	Tuesday, Jan 20th 4:28PM
 114,995,050	More energy	Tuesday, Jan 20th 4:29PM
 114,987,637	much better with physical exertion	Tuesday, Jan 20th 2:26PM
 114,982,605	Sense of smell and taste is better	Tuesday, Jan 20th 1:21PM
 114,980,199	Sense of taste & smell improved	Tuesday, Jan 20th 12:27PM

 114,976,760	I have been able to stop anti anxiety medication, I feel much calmer than jonsing for a smoke every 30 mins, I am calm and can go a few hours without anything right now.	Tuesday, Jan 20th 11:39AM
 114,970,084	No more migraines	Tuesday, Jan 20th 10:26AM
 114,959,717	My periodontal disease	Tuesday, Jan 20th 7:49AM
 114,953,127	smell and taste back	Tuesday, Jan 20th 6:13AM
 114,943,102	food tastes better	Tuesday, Jan 20th 1:26AM
 114,942,859	Taste & smell improved	Tuesday, Jan 20th 1:11AM
 114,942,399	Sense of taste and smell came back	Tuesday, Jan 20th 12:28AM
 114,938,942	none	Monday, Jan 19th 8:53PM
 114,934,405	No more heavy feeling in chest, i notice i do not get sick as often. I started running and dont get short of breath	Monday, Jan 19th 8:42PM
 114,932,081	No coughing!!!!	Monday, Jan 19th 7:57PM
 114,927,125	Less smokers cough	Monday, Jan 19th 5:54PM
 114,925,990	I don't get bronchitis twice a year any more.	Monday, Jan 19th 5:28PM
 114,919,817	Taste, smelling return.	Monday, Jan 19th 3:40PM
 114,918,477	lower cholesterol levels	Monday, Jan 19th 3:25PM
 114,905,967	Coughing completely gone (didn't suffer from COPD though ... yet)	Monday, Jan 19th 12:22PM
 114,901,657	no coughing	Monday, Jan 19th 11:12AM
 114,890,342	sence of smell is much better.	Monday, Jan 19th 8:33AM
 114,853,808	Strenght returned. I can do long walks	Sunday, Jan 18th 4:34PM
 114,847,038	I used to have yearly chest infections. None since switching. Sense of smell and taste returned.	Sunday, Jan 18th 1:56PM
 114,807,890	All my wheezing has disappeared.	Saturday, Jan 17th 10:14PM

 114,789,682	fatigue is better	Saturday, Jan 17th 1:26PM
 114,762,000	Better senses of tastes and smells	Saturday, Jan 17th 3:28AM
 114,682,984	bronchitis episode, kidney problems	Thursday, Jan 15th 10:55PM
 114,681,687	less pain in the morning	Thursday, Jan 15th 10:10PM
 114,677,700	Less illness	Thursday, Jan 15th 8:19PM
 114,677,074	Many other plusses	Thursday, Jan 15th 8:02PM
 114,667,549	better smelling	Thursday, Jan 15th 4:46PM
 114,623,480	Palpitations, which I believe to be caused by stress while trying to quit tobacco, have disappeared.	Thursday, Jan 15th 7:12AM
 114,582,447	I do not know, like	Wednesday, Jan 14th 5:32PM
 114,512,285	Taste is better also	Wednesday, Jan 14th 9:10AM
 114,434,890	My Doctor encouraged me to continue vaping instead of smoking	Tuesday, Jan 13th 2:40PM
 114,424,094	Feel fitter, taste better, hangovers better	Tuesday, Jan 13th 12:26PM
 114,377,715	I can taste and smell things now. I can run further and faster.I never cough or have 'gunk' stuck in my chest. I never wheeze or get out of breath. I smell beter. As does my house.	Tuesday, Jan 13th 12:44AM
 114,372,490	practically no headaches any more, in recent 3 years no bad cold .	Monday, Jan 12th 9:04PM
 114,347,119	better complexion !	Monday, Jan 12th 2:43PM
 114,316,153	No more coughing, face skin looks more healthy	Monday, Jan 12th 7:33AM
 114,296,679	i find this hard to answer due to unresolved health issues	Sunday, Jan 11th 11:03PM
 114,296,402	cholesterol levels are now normal.	Sunday, Jan 11th 10:39PM
 114,292,670	improved sense of smell and taste	Sunday, Jan 11th 8:20PM
 114,291,501	My house and clothes smell better!	Sunday, Jan 11th 7:54PM

 114,285,285	my head doesn't hurt so often but sometimes it hurts when I vape. less throat problems & colds since I don't have to go outside for a smoke	Sunday, Jan 11th 5:06PM
 114,281,998	Headache, sleeping disorders, stress are gone.	Sunday, Jan 11th 3:39PM
 114,256,994	I gained over the years 8 kilo	Sunday, Jan 11th 8:27AM
 114,252,100	don't cough anymore	Sunday, Jan 11th 6:21AM
 114,243,036	no longer cough or heave	Saturday, Jan 10th 10:39PM
 114,242,620	no more coughing up lumps of brown gunk	Saturday, Jan 10th 10:17PM
 114,235,724	unsure	Saturday, Jan 10th 4:39PM
 114,223,963	Sense of smell and taste improved like crazy	Saturday, Jan 10th 2:57PM
 114,213,104	I smell better :D	Saturday, Jan 10th 11:33AM
 114,212,771	my Asthma has not put me in hospital for a lonhg time	Saturday, Jan 10th 11:24AM
 114,174,990	Not coughing	Friday, Jan 9th 5:02PM
 114,129,479	Anxiety is controlled, finally	Friday, Jan 9th 5:33AM
 113,972,679	no coughing	Wednesday, Jan 7th 6:22AM
 113,950,883	no more tachycardia	Tuesday, Jan 6th 8:01PM
 113,950,453	I've stopped coughing :)	Tuesday, Jan 6th 7:46PM
 113,948,458	sleep better, better bladder control, less pain	Tuesday, Jan 6th 6:53PM
 113,941,986	less nicotine consumption than dip	Tuesday, Jan 6th 4:19PM
 113,928,490	white globules are normal,no more headaches	Tuesday, Jan 6th 1:21PM
 113,917,533	Taste	Tuesday, Jan 6th 10:42AM
 113,900,986	smell better	Tuesday, Jan 6th 7:15AM

 113,893,648	Sense of smell much better, less coughing after waking up, a lot less ill during winter (don't have to go out in the cold to smoke anymore), etc.	Tuesday, Jan 6th 5:18AM
 113,886,698	I feel stronger physically	Tuesday, Jan 6th 2:47AM
 113,874,136	not coughing up green or grey flem	Monday, Jan 5th 8:16PM
 113,863,553	coughing has eased.	Monday, Jan 5th 4:51PM
 113,850,687	Better condition	Monday, Jan 5th 2:26PM
 113,845,603	stomach trouble and sleeping difficulties.	Monday, Jan 5th 1:19PM
 113,830,903	My fingers do not get so cold in the winter	Monday, Jan 5th 11:06AM
 113,801,551	No more coughing in the morning	Monday, Jan 5th 6:20AM
 113,790,026	Asthma gone!!	Monday, Jan 5th 3:44AM
 113,786,725	Everything tastes better now.	Monday, Jan 5th 2:24AM
 113,781,303	no more wheezing.	Sunday, Jan 4th 11:02PM
 113,780,512	Singing voice back	Sunday, Jan 4th 10:31PM
 113,722,859	my hands hair, clothes, and mouth no longer smell. car doesnt smell like an ashtray anylonger	Saturday, Jan 3rd 8:21PM
 113,716,255	i can smell and taste things much better	Saturday, Jan 3rd 3:45PM
 113,706,118	smell and taste is much better	Saturday, Jan 3rd 11:00AM
 113,681,490	no hayfever, colds or flu.	Friday, Jan 2nd 9:51PM
 113,678,645	taste and smell senses coming back. Better exercise and sexual performances. Clearer skin.	Friday, Jan 2nd 8:20PM
 113,674,656	No more coughing	Friday, Jan 2nd 6:23PM
 113,673,591	no cough	Friday, Jan 2nd 5:52PM

 113,641,948	Taste buds work better, I can now taste what I eat.	Friday, Jan 2nd 7:28AM
 113,639,764	I am able to run 5k regularly now	Friday, Jan 2nd 6:40AM
 113,611,368	no stink, no coughing, better breathing, easy running AGAIN	Thursday, Jan 1st 5:11PM
 113,569,639	sex life better now that my wife doesn't think I smell like an ash tray and my sense of smell has returned, I can now smell things that I haven't in 10 years	Thursday, Jan 1st 1:30AM
 113,519,027	No more snoring, better sleep, no migraines from smoking	Wednesday, Dec 31st 10:26AM
 113,489,872	food tastes better, more energy	Wednesday, Dec 31st 3:45AM
 113,489,585	Lost weight	Wednesday, Dec 31st 3:39AM
 113,474,280	I can smell & taste things again	Tuesday, Dec 30th 9:36PM
 113,458,553	No coughing, no infections, no spitting brown morning saliva.	Tuesday, Dec 30th 3:10PM
 113,454,130	taste and smell better, more awake	Tuesday, Dec 30th 1:43PM
 113,442,916	Sexual activity	Tuesday, Dec 30th 10:57AM
 113,429,809	ran a half marathon	Tuesday, Dec 30th 7:32AM
 113,426,652	Skin is better	Tuesday, Dec 30th 6:10AM
 113,421,837	i dont stink, better lung function, sense of smell and taste has improved dramatically	Tuesday, Dec 30th 3:58AM
 113,418,406	Reggain the sense of smell	Tuesday, Dec 30th 3:13AM
 113,415,452	taste and smell	Tuesday, Dec 30th 1:40AM
 113,414,387	Use to have acid reflux. Its completely stopped since I quit smoking cigarettes	Tuesday, Dec 30th 12:59AM
 113,409,385	sleeping better, daily cough is gone, have been more active and thus lost weight	Monday, Dec 29th 10:25PM
 113,407,912	Food tastes better, more energy.	Monday, Dec 29th 9:31PM
 113,384,364	taste returns	Monday, Dec 29th 1:00PM

 113,384,163	Better sense of smell and taste	Monday, Dec 29th 1:32PM
 113,374,977	more stamina in sports	Monday, Dec 29th 10:59AM
 113,371,164	weight gain	Monday, Dec 29th 10:13AM
 113,368,834	No colds since I started vaping 9 months ago.	Monday, Dec 29th 9:40AM
 113,366,208	more reaiaence	Monday, Dec 29th 9:00AM
 113,364,008	Food tastes better, smell is better, breath,etc	Monday, Dec 29th 8:27AM
 113,357,611	I regained smell, my hair and nails are better, my breathing got significantly better (4th floor apartment with no elevator), countless other benefits	Monday, Dec 29th 5:55AM
 113,356,755	Lung capacity, Astma is better	Monday, Dec 29th 5:24AM
 113,355,965	eye-white is white instead of yellow	Monday, Dec 29th 5:12AM
 113,352,073	no coughing in the morning anymore	Monday, Dec 29th 3:00AM
 113,344,698	Not astmathic anymore	Sunday, Dec 28th 9:01PM
 113,339,885	Taste is better	Sunday, Dec 28th 6:35PM
 113,337,627	better erections	Sunday, Dec 28th 5:35PM
 113,335,171	no more heartburne	Sunday, Dec 28th 4:41PM
 113,332,795	smelling and tasting became better	Sunday, Dec 28th 3:47PM
 113,331,132	no headaches, better taste- and smellsenses	Sunday, Dec 28th 2:35PM
 113,329,814	My Crohn's disease is way better - haven't been in hospital for 3 years, before it was at least once per year	Sunday, Dec 28th 2:29PM
 113,329,431	Tasting and smelling is better, too. Feel mort healthy, too. No flew this winter yet (before each winter and so on)	Sunday, Dec 28th 2:19PM
 113,328,387	Sinusitis is gone!	Sunday, Dec 28th 1:54PM
 113,328,139	Very few colders now	Sunday, Dec 28th 1:53PM

 113,327,634	flavor nerve function better	Sunday, Dec 28th 1:40PM
 113,327,333	Less flu	Sunday, Dec 28th 1:39PM
 113,326,453	better smelling	Sunday, Dec 28th 1:16PM
 113,319,292	Asthma has resolved completely.	Sunday, Dec 28th 9:36AM
 113,317,744	Better attention span. Slight pain reduction.	Sunday, Dec 28th 10:13AM
 113,314,692	A general feeling of wellbeing and hapiness	Sunday, Dec 28th 8:46AM
 113,312,466	better sleeping, less tired, more stamina	Sunday, Dec 28th 8:20AM
 113,312,292	Asthma 100% better, no inhaler use	Sunday, Dec 28th 8:14AM
 113,306,023	IBS is calmer	Sunday, Dec 28th 5:25AM
 113,304,761	better sense of taste and smell	Sunday, Dec 28th 5:05AM
 113,304,129	heart also feels better	Sunday, Dec 28th 4:53AM
 113,303,618	not cough	Sunday, Dec 28th 4:27AM
 113,298,603	Better smell and taste, better skin tone and better sleep.	Sunday, Dec 28th 12:28AM
 113,298,602	Better smell and taste, better skin tone and better sleep.	Sunday, Dec 28th 12:28AM
 113,295,384	Sleep better and sustain excercise longer.	Saturday, Dec 27th 10:08PM
 113,290,683	When I laid down in bed I wheezed with smoking that has now stopped. Whenever I got a cold it lasted a month, could not sleep for coughing and lost my voice. Since vaping colds last a week and I can cope with the symptoms much better	Saturday, Dec 27th 7:34PM
 113,288,481	vaping is healthier	Saturday, Dec 27th 6:17PM
 113,288,198	Smelling and physical condition are better.	Saturday, Dec 27th 6:09PM
 113,286,547	Sense of taste/smell	Saturday, Dec 27th 5:30PM
 113,281,708	no coughing in morning (or when laughing)	Saturday, Dec 27th 3:14PM

 113,277,621	Somewhat less nerve pain.	Saturday, Dec 27th 1:24PM
 113,276,020	No morning cough. No respiratory distress. No chest pain when breathing	Saturday, Dec 27th 12:56PM
 113,270,008	Skin is better	Saturday, Dec 27th 10:37AM
 113,267,583	GERD cured by stopping smoking	Saturday, Dec 27th 9:52AM
 113,266,825	mucus	Saturday, Dec 27th 9:19AM
 113,264,877	social benefits too.	Saturday, Dec 27th 8:37AM
 113,261,513	Occasional coughing stopped, which was why I tried vaping to begin with.	Saturday, Dec 27th 7:20AM
 113,261,020	I can hold my breath longer when swimming, I have two children that I can play with for a lot longer than when i smoked	Saturday, Dec 27th 6:44AM
 113,257,855	I used to get ill all year with colds and chest infections, now if I do get ill it's cleared up.within a day or. two	Saturday, Dec 27th 5:10AM
 113,255,822	taste and smell also improved big time	Saturday, Dec 27th 4:06AM
 113,255,559	I taste better	Saturday, Dec 27th 3:59AM
 113,254,675	taste and smell are so much better	Saturday, Dec 27th 2:56AM
 113,254,170	Increased stamina/ endurance	Saturday, Dec 27th 3:13AM
 113,252,445	No need to use my albuterol inhaler.	Saturday, Dec 27th 1:47AM
 113,239,501	I don't stink anymore.	Friday, Dec 26th 7:27PM
 113,238,956	no more smokers cough	Friday, Dec 26th 7:15PM
 113,237,922	Less colds	Friday, Dec 26th 6:48PM
 113,235,892	taste is better , can smell better	Friday, Dec 26th 6:12PM
 113,223,992	I have "too much" energy now :)	Friday, Dec 26th 2:26PM
 113,216,153	i had cough and heart pain sometimes since i vape its gone.	Friday, Dec 26th 12:58PM

 113,213,001	Sleep better	Friday, Dec 26th 12:21PM
 113,212,277	Blood circulation to extremities has improved	Friday, Dec 26th 11:48AM
 113,199,460	Running has improved	Friday, Dec 26th 9:44AM
 113,190,204	More relaxed. Keeping weight off.	Friday, Dec 26th 7:27AM
 113,187,700	Positive side affects from quitting smoking.	Friday, Dec 26th 6:46AM
 113,184,675	I smell less bad and feel cleaner, health feels about the same	Friday, Dec 26th 5:37AM
 113,167,723	Feeling stronger and more fit, no coughing	Thursday, Dec 25th 6:58PM
 113,167,066	less headache	Thursday, Dec 25th 6:45PM
 113,166,643	The dentists do see the benefits!!!	Thursday, Dec 25th 6:37PM
 113,165,753	Not dying every time i laugh. Used to be that i laughed then id go into a coughing fit,	Thursday, Dec 25th 6:06PM
 113,150,741	The famous ear ringing	Thursday, Dec 25th 12:31PM
 113,150,341	No cough	Thursday, Dec 25th 12:22PM
 113,145,058	smell, taste is better	Thursday, Dec 25th 10:42AM
 113,135,580	put on weight	Thursday, Dec 25th 6:43AM
 113,135,041	Better erecting	Thursday, Dec 25th 6:04AM
 113,132,655	Less flem on my chest	Thursday, Dec 25th 4:59AM
 113,130,969	Much better condition	Thursday, Dec 25th 3:57AM
 113,129,079	No coughing, no infections no spitting brown morning saliva.	Thursday, Dec 25th 3:00AM
 113,122,454	Sleep better/no coughing/no spitting up brown shit every morning/more energy	Wednesday, Dec 24th 11:56PM
 113,120,216	Healthy teeth	Wednesday, Dec 24th 11:09PM

 113,095,515	Feel more refreshed, less tired .	Wednesday, Dec 24th 3:30PM
 113,092,609	My dentist noticed a significant change in the health of my gums. I told him I quit smoking, started vaping, he confirmed that was what changed.	Wednesday, Dec 24th 3:11PM
 113,089,004	less coughing up tary flem	Wednesday, Dec 24th 2:20PM
 113,081,735	Better condition, no more yellow stains on my fingers, no bad smell, no pressure on chest	Wednesday, Dec 24th 12:43PM
 113,078,285	Smell and taste improved	Wednesday, Dec 24th 11:36AM
 113,077,834	My smell is better! Smoke stinks!	Wednesday, Dec 24th 11:21AM
 113,074,082	In 6 months I will be having more tests done and we shall see if there is improvement. These tests will be done as I will not be back to work until health issues are dealt with. If my tests come back and things are better I will be demanding my Dr release all information along with all tests that I have gone through over the last 2 years	Wednesday, Dec 24th 10:21AM
 113,067,683	sport performance (swimming) is way better, i can smell and taste way better	Wednesday, Dec 24th 8:45AM
 113,066,524	my taste is better	Wednesday, Dec 24th 8:30AM
 113,064,433	I've had less anxiety	Wednesday, Dec 24th 8:04AM
 113,053,742	Better taste	Wednesday, Dec 24th 4:54AM
 113,052,320	my skin isn't pale anymore	Wednesday, Dec 24th 4:25AM
 113,048,862	I can smell and I smell better ;-)	Wednesday, Dec 24th 2:45AM
 113,048,272	After a week I felt higher hunger, also that I can laugh again without choking	Wednesday, Dec 24th 2:46AM
 113,048,232	Better taste & smell	Wednesday, Dec 24th 2:53AM
 113,041,237	I still smoke even with my vape. Probably not ready to commit.	Wednesday, Dec 24th 12:01AM
 113,026,421	COUGHING STOPPED IMMEDIATELY	Tuesday, Dec 23rd 6:53PM
 113,017,851	No more coughing	Tuesday, Dec 23rd 5:18PM
 113,001,454	No coughs	Tuesday, Dec 23rd 2:08PM
 113,000,550	My larynx is healing.	Tuesday, Dec 23rd 1:35PM

 112,996,028	Sense of smell and taste have also improved significantly	Tuesday, Dec 23rd 12:55PM
 112,994,014	Cholesterol & Triglycerides, & weight are down.	Tuesday, Dec 23rd 11:48AM
 112,990,787	Sense of taste has returned. Other than that, I never had problems when smoking cigarettes.	Tuesday, Dec 23rd 11:26AM
 112,983,683	Condition is much better	Tuesday, Dec 23rd 10:01AM
 112,974,638	I don't stink of smoke anymore!	Tuesday, Dec 23rd 7:48AM
 112,974,276	Better sex	Tuesday, Dec 23rd 7:37AM
 112,972,652	less headache	Tuesday, Dec 23rd 7:05AM
 112,971,464	condition is much better	Tuesday, Dec 23rd 6:06AM
 112,971,151	it also allowed for my husband and me to have our baby	Tuesday, Dec 23rd 6:31AM
 112,968,547	taste is better.	Tuesday, Dec 23rd 5:32AM
 112,968,498	i feel 100% more healthier since i started vaping	Tuesday, Dec 23rd 5:11AM
 112,968,202	No longer feeling tightness in chest as well as head spins from carbon monoxide	Tuesday, Dec 23rd 4:33AM
 112,965,500	Sense of smell	Tuesday, Dec 23rd 4:03AM
 112,965,496	circulation greatly improved	Tuesday, Dec 23rd 4:24AM
 112,964,150	less coughing	Tuesday, Dec 23rd 3:08AM
 112,963,330	No more colds	Tuesday, Dec 23rd 2:59AM
 112,962,853	Sleeping better, generally feeling better	Tuesday, Dec 23rd 2:54AM
 112,962,170	better taste and smell	Tuesday, Dec 23rd 2:31AM
 112,961,887	taste and smell is much better	Tuesday, Dec 23rd 2:12AM
 112,961,357	Morning cough gone	Tuesday, Dec 23rd 1:43AM
 112,960,634	Sensory	Tuesday, Dec 23rd 1:25AM

 112,955,019	Haven't been doing it long enough to notice any effects.	Monday, Dec 22nd 10:59PM
 112,955,014	My sense of taste is better and I don't hack up brown stuff anymore. Plus the fact my clothes and car don't stink!	Monday, Dec 22nd 10:36PM
 112,952,388	blood oxygen saturation level is now allways 97 -100%	Monday, Dec 22nd 8:12PM
 112,950,354	Voice is better	Monday, Dec 22nd 9:06PM
 112,949,859	My cough disappeared, my heart no longer pounds when I excersize, I can smell and taste so much better, and I don't stink!	Monday, Dec 22nd 8:34PM
 112,947,559	I can smell things now better, dont need to cough anymore, i dont feel so restless	Monday, Dec 22nd 7:54PM
 112,946,687	More energy, no more "smoker's cough"	Monday, Dec 22nd 7:45PM
 112,946,459	Clear skin and don't cough	Monday, Dec 22nd 7:43PM
 112,945,207	Better health in general	Monday, Dec 22nd 6:47PM
 112,943,873	less sinus problems	Monday, Dec 22nd 6:53PM
 112,942,343	stopped coughing in the morning	Monday, Dec 22nd 6:21PM
 112,942,112	I dont coff anymore	Monday, Dec 22nd 6:25PM
 112,941,246	smokers cough is gone. Endurance is up.	Monday, Dec 22nd 5:57PM
 112,938,555	I can afford better food now.	Monday, Dec 22nd 5:27PM
 112,937,531	hair and nails growing healthier, faster, longer	Monday, Dec 22nd 5:14PM
 112,936,644	No more yearly bronchitis	Monday, Dec 22nd 4:59PM
 112,934,972	Cigarettes taste bad to me now, I suppose that's a health benefit in and of itself because I'm less tempted to smoke them?	Monday, Dec 22nd 4:34PM
 112,931,451	Increasted stamina	Monday, Dec 22nd 3:54PM
 112,931,191	no airway infections anymore	Monday, Dec 22nd 3:54PM
 112,929,558	I sleep better, and I have not gained weight like some do when quitting smoking	Monday, Dec 22nd 3:31PM

 112,900,984	Better tasting food/better smelling house/car	Monday, Dec 22nd 9:47AM
 112,899,572	sense of smell /taste much improved	Monday, Dec 22nd 9:07AM
 112,893,793	No more coughing, no more bad breath and yellow stains on the linguals of anterior teeth.	Monday, Dec 22nd 7:14AM
 112,872,846	Don't get so many colds as I used to.	Sunday, Dec 21st 11:40PM
 112,872,407	I've lost weight. simply feel better.	Sunday, Dec 21st 11:46PM
 112,868,629	sense of smell is better.	Sunday, Dec 21st 10:27PM
 112,866,590	endurance is increased	Sunday, Dec 21st 9:31PM
 112,865,436	l'odorat est meilleur , le gout	Sunday, Dec 21st 9:38PM
 112,860,625	Doctor says I'm better	Sunday, Dec 21st 7:57PM
 112,857,333	I've actually lost +30 lbs in 18 mnths!	Sunday, Dec 21st 7:03PM
 112,857,056	my skin is better, sex is better, all is better	Sunday, Dec 21st 7:06PM
 112,855,491	I no longer have phlegm in my throat and lungs.	Sunday, Dec 21st 5:23PM
 112,848,105	Sense of taste and smell are better	Sunday, Dec 21st 4:47PM
 112,837,983	Lowered Anxiety	Sunday, Dec 21st 2:17PM
 112,831,286	Teeth aren't nasty	Sunday, Dec 21st 12:31PM
 112,823,598	Smell and taste better, more energy	Sunday, Dec 21st 10:38AM
 112,814,638	I smell things now!	Sunday, Dec 21st 8:16AM
 112,813,267	better smell and taste.	Sunday, Dec 21st 7:45AM
 112,812,571	no more coughing	Sunday, Dec 21st 7:07AM
 112,811,551	I no longer have migraines	Sunday, Dec 21st 6:33AM

 112,811,091	Time is too short to be able to say something about it.	Sunday, Dec 21st 6:49AM
 112,807,867	More energy	Sunday, Dec 21st 5:25AM
 112,805,666	More energy, lung function much improved	Sunday, Dec 21st 3:59AM
 112,801,267	Still early days.	Sunday, Dec 21st 2:01AM
 112,799,031	asthma reduced dramatically.	Sunday, Dec 21st 12:39AM
 112,796,069	bad skin	Saturday, Dec 20th 11:27PM
 112,794,939	no longer get bronchitis	Saturday, Dec 20th 11:01PM
 112,792,361	more energy	Saturday, Dec 20th 10:01PM
 112,778,944	less coughing and sore throats	Saturday, Dec 20th 5:48PM
 112,778,049	dentist says gums and teeth are better	Saturday, Dec 20th 5:28PM
 112,773,962	no cough	Saturday, Dec 20th 4:20PM
 112,773,076	No coughing phlegm.	Saturday, Dec 20th 4:06PM
 112,772,918	I can smell the flowers again - lovely	Saturday, Dec 20th 3:54PM
 112,772,411	less migraine	Saturday, Dec 20th 3:55PM
 112,768,398	Hair is fuller, gums stopped reclining, teeth got whiter...	Saturday, Dec 20th 2:32PM
 112,766,909	Whiter teeth	Saturday, Dec 20th 2:05PM
 112,763,277	vaping saved my teeth from periodontal disease	Saturday, Dec 20th 8:48AM
 112,755,362	Mood has improved	Saturday, Dec 20th 11:45AM
 112,754,568	Less coughing n phlegm	Saturday, Dec 20th 11:33AM
 112,753,581	Very sore throat	Saturday, Dec 20th 11:22AM

 112,753,442	my skin is getting much better, my hair is doing better, etc.etc.	Saturday, Dec 20th 11:14AM
 112,749,901	sore throat	Saturday, Dec 20th 10:36AM
 112,746,430	my copd has slowed down in it's decline	Saturday, Dec 20th 9:46AM
 112,746,332	Asthma now practically non-existent	Saturday, Dec 20th 9:06AM
 112,746,069	Tonsils is less swollen and no more tonsillitis	Saturday, Dec 20th 9:48AM
 112,745,986	Have more energy now	Saturday, Dec 20th 9:38AM
 112,741,288	Dont catch colds or flu anything like as often as i did before	Saturday, Dec 20th 8:44AM
 112,741,178	sense of smell is better	Saturday, Dec 20th 8:44AM
 112,739,121	better taste	Saturday, Dec 20th 8:08AM
 112,738,467	Feel fitter, can walk up hills much more easily, don't smell.	Saturday, Dec 20th 7:46AM
 112,737,645	General condition has clearly improved.	Saturday, Dec 20th 7:21AM
 112,737,086	don't vape enough vs smoking	Saturday, Dec 20th 7:27AM
 112,735,743	Sleep apnea has disappeared	Saturday, Dec 20th 6:57AM
 112,735,048	skin dry now instead of oily. I always had cysts previously	Saturday, Dec 20th 6:43AM
 112,733,628	less general illness	Saturday, Dec 20th 6:12AM
 112,731,675	Ulcerative colitus much improved	Saturday, Dec 20th 5:13AM
 112,731,634	I feel that the inside of me chest around my mid section and upper chest sometimes feels strained after chain vaping or vaping daily.	Saturday, Dec 20th 5:27AM
 112,731,538	No morning cough fit.	Saturday, Dec 20th 3:14AM
 112,727,495	taste sense is better	Saturday, Dec 20th 4:00AM
 112,720,870	Incredible Difference Much Healthier	Saturday, Dec 20th 1:21AM

 112,709,701	Hate Doctors. I feel better. Result!	Friday, Dec 19th 9:38PM
 112,708,738	I am estatic knowing I have kicked the habit of inhaling smoke, just for the nicotine. I am also estatic that I no longer "need" nicotine - all because of the electronic vaporizer.	Friday, Dec 19th 9:03PM
 112,706,799	more energy too	Friday, Dec 19th 8:48PM
 112,700,051	more energy	Friday, Dec 19th 7:03PM
 112,696,622	Can hold my baby without cleaning, wife says I smell like gummy bears.	Friday, Dec 19th 5:42PM
 112,695,487	sleeping is better	Friday, Dec 19th 5:52PM
 112,687,989	Persistant cough is gone.	Friday, Dec 19th 4:28PM
 112,681,673	less coughing	Friday, Dec 19th 2:43PM
 112,678,151	Taste and smell have improved greatly	Friday, Dec 19th 2:19PM
 112,675,301	I am less addicted, can go several hours without it.	Friday, Dec 19th 1:56PM
 112,660,158	Sense of taste has improved	Friday, Dec 19th 10:10AM
 112,651,219	skin and eyes better	Friday, Dec 19th 6:56AM
 112,644,461	Feel better overall.	Friday, Dec 19th 4:35AM
 112,644,155	Heart attack 5 yrs previously unable to quit with NRP	Friday, Dec 19th 4:34AM
 112,642,492	I am healthier overall and have more energy.	Friday, Dec 19th 3:52AM
 112,638,071	Food taste better	Friday, Dec 19th 1:47AM
 112,637,967	Less colds and sinus infections!	Friday, Dec 19th 1:24AM
 112,635,844	Better sense of smell and taste, no more smokers cough either!	Friday, Dec 19th 12:26AM
 112,635,199	Not really	Friday, Dec 19th 12:13AM

 112,633,767	I don't use doctors. Bleeding from hemmohroids is better. URI infections are fewer and shorter in duration. I sing better. I am less ornery after 4 hours abstinence than with cigarretes. I don't go out at 3am when I run out of vape like I did before when I ran out of smokes.	Thursday, Dec 18th 10:27PM
 112,632,767	I never had any issues	Thursday, Dec 18th 10:57PM
 112,632,182	Sense of taste	Thursday, Dec 18th 10:38PM
 112,631,798	Still not quit smoking	Thursday, Dec 18th 10:25PM
 112,630,388	Vaping clears my nose and lungs	Thursday, Dec 18th 9:41PM
 112,630,137	Taste and smell is better	Thursday, Dec 18th 9:06PM
 112,629,829	Endurance, Stamina, Dental Hygiene, Breathing, Smell, Confidence	Thursday, Dec 18th 9:25PM
 112,629,767	I had a persistent cough that has gone away, I can run 2 miles without stopping again, I can taste things!	Thursday, Dec 18th 9:14PM
 112,629,390	waking up in the morning	Thursday, Dec 18th 8:53PM
 112,629,325	=	Thursday, Dec 18th 9:08PM
 112,628,682	a LOT fewer sinus infections (I was/am very prone to sinus issues)	Thursday, Dec 18th 8:47PM
 112,628,261	Arm pain is gone. Loss of feeling in arms is gone.	Thursday, Dec 18th 8:26PM
 112,628,166	I seem to not cough as much, and when I do cough I don't get that nasty tar taste in my mouth anymore	Thursday, Dec 18th 8:36PM
 112,627,837	No more migraines, more energy and stamina, regained sense of taste and smell	Thursday, Dec 18th 7:06PM
 112,627,699	Weight loss	Thursday, Dec 18th 8:26PM
 112,627,191	less colds	Thursday, Dec 18th 8:12PM
 112,625,385	dentist also has noticed the difference in my gums, and lack of staining on teeth	Thursday, Dec 18th 7:17PM
 112,623,733	Stopped progression of PVD. Stopped yearly severe and months long bronchitis and often pneumonia. Have not even had colds since switching.	Thursday, Dec 18th 6:30PM
 112,623,072	Not coughing when I wake up, sense of taste and smell improved.	Thursday, Dec 18th 6:37PM
 112,621,102	so much more energy!!!!!!!	Thursday, Dec 18th 5:53PM

 112,620,140	no more sinus infections I would get every spring and fall!	Thursday, Dec 18th 5:39PM
 112,619,639	No more smoke stink	Thursday, Dec 18th 5:04PM
 112,617,893	My sense of smell is better. People no longer complain about me smelling like smoke. My smoker's cough is gone.	Thursday, Dec 18th 4:59PM
 112,617,375	no more asthma medication needed	Thursday, Dec 18th 4:59PM
 112,616,251	Better smell and taste. No more coughing	Thursday, Dec 18th 4:44PM
 112,615,567	Anxiety relief	Thursday, Dec 18th 4:33PM
 112,615,214	N/A	Thursday, Dec 18th 4:29PM
 112,613,402	I'm able to exercise more	Thursday, Dec 18th 4:04PM
 112,612,632	Cholesterol reduced.	Thursday, Dec 18th 2:02PM
 112,612,350	No cough / stopped snoring when asleep	Thursday, Dec 18th 3:46PM
 112,612,066	Sense of taste & smell improved	Thursday, Dec 18th 3:09PM
 112,611,752	My skin and sense of smell and taste are better	Thursday, Dec 18th 3:34PM
 112,611,751	My skin and sense of smell and taste are better	Thursday, Dec 18th 3:34PM
 112,611,743	A lot less smoke smell	Thursday, Dec 18th 3:35PM
 112,611,520	Stamina is increased; better sleep	Thursday, Dec 18th 3:29PM
 112,609,602	I can smell things!	Thursday, Dec 18th 3:09PM
 112,609,601	I can smell things!	Thursday, Dec 18th 3:09PM
 112,609,424	had to get my dehydration/electrolytes under control	Thursday, Dec 18th 3:04PM
 112,609,194	I was having issues with the left side of my body going numb. After a month of vaping and not smoking it has stopped.	Thursday, Dec 18th 2:55PM
 112,607,996	Sense of taste and smell returned.	Thursday, Dec 18th 2:42PM
 112,606,904	Sometimes wake up with sore throat	Thursday, Dec 18th 1:23PM

 112,606,790	o2 sats now normal, lung function now normal for age ,no smokers cough.	Thursday, Dec 18th 2:17PM
 112,606,604	Smoking may have been a contributing factor in progressive hearing loss.	Thursday, Dec 18th 2:27PM
 112,604,459	dont stink so my wife is more frisky!!!	Thursday, Dec 18th 1:56PM
 112,603,509	Increase in pre-existing anxiety conditions.	Thursday, Dec 18th 1:44PM
 112,602,907	Also, no coughing. Far less hacking, although what hacking I do is likely still a relic from my smoking years.	Thursday, Dec 18th 1:29PM
 112,601,627	no serious chest infections since vaping	Thursday, Dec 18th 1:09PM
 112,599,225	Not as susceptible to bronchitis in winter	Thursday, Dec 18th 12:18PM
 112,598,961	stopped snoring	Thursday, Dec 18th 12:40PM
 112,598,273	no asthma, havent run in six years since army and now have lost 25kg in weight	Thursday, Dec 18th 12:26PM
 112,597,226	I sleep better, and do not wake up with a seriously blocked nose.	Thursday, Dec 18th 11:54AM
 112,596,141	I woke up at night and could not breath well, felt like my lungs have collapsed.. breathing got easier when I inhaled as much air that I could and hold my breath as long as I could. felt how my lungs are getting more and more air with every time I did that. That was my wake up call for trying to quit smoking	Thursday, Dec 18th 11:52AM
 112,594,078	better skin, not yellow fingers	Thursday, Dec 18th 11:34AM
 112,589,662	My senses of smell and taste have improved since I stopped smoking	Thursday, Dec 18th 10:54AM
 112,564,876	no coughing whatsoever, no infections	Thursday, Dec 18th 1:29AM
 112,548,283	completely stopped coughing (all the time)	Wednesday, Dec 17th 6:30PM
 112,544,137	teeth no longer falling out	Wednesday, Dec 17th 5:05PM
 112,542,979	No morning cough, no respiratory infections or colds	Wednesday, Dec 17th 4:57PM
 112,534,607	My doctor noticed with me mentioning it.	Wednesday, Dec 17th 2:41PM

Please help us understand why you selected this answer

Comments

792

 115,363,840	overall i feel better	Saturday, Jan 24th 11:40PM
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 115,356,751	All positive, no negative effects, like smoking had.	Saturday, Jan 24th 7:34PM
 115,356,185	My asthma has decreased.	Saturday, Jan 24th 7:32PM
 115,353,305	my overall health physical and mental has greatly improved	Saturday, Jan 24th 6:16PM
 115,352,091	I'm back to swimming as far underwater as I could at 16	Saturday, Jan 24th 6:03PM
 115,350,186	My skin is clearer and has more colour. My sense of taste and my appetite have improved and I have gained weight. This may not seem like good news for some, but I needed it! :) I am a healthier weight now and not too thin.	Saturday, Jan 24th 3:30PM
 115,339,203	still too early to tell	Saturday, Jan 24th 1:42PM
 115,337,552	As a non smoker, since i began vaping i have noticed a decline in my fitness, and phlegm on my lungs, i can see i would benefit if i was a smoker.	Saturday, Jan 24th 12:59PM
 115,337,320	I have started to notice playing with my children has become much easier because im not out of breath.	Saturday, Jan 24th 12:39PM
 115,336,978	Bronchitis symptoms disappeared within a week of transitioning. My allergies have been virtually nonexistent. And the nicotine helps prevent my migraines without prescription medication.	Saturday, Jan 24th 12:38PM
 115,336,236	I was diagnosed with asthma after smoking for 30 years. I attempted yet again to stop smoking using all of the approved NRT methods and again failed miserably. 6 months after my last cigarette, my doctor confirmed that my asthma is gone. No more inhalers, and I can climb mountains again.	Saturday, Jan 24th 12:28PM
 115,336,170	Many tests confirm health improvement	Saturday, Jan 24th 12:33PM
 115,334,666	About 2 weeks after I started vaping and stopped smoking I felt much better, and I noticed it first in my lung capacity.	Saturday, Jan 24th 11:34AM
 115,330,157	No chest rattles Much better breathing Faster recovery from heavy exertion	Saturday, Jan 24th 10:07AM
 115,329,215	ive began to notice that after vaping for a bit things tastes better. After a cigarette my vape has an off taste that I assumed was the vape itself at first. But after a cigarette one day I decided to brush my teeth for the second time that day and with a cig breath free mouth my vape really shined!	Saturday, Jan 24th 9:51AM
 115,327,717	true	Saturday, Jan 24th 9:30AM
 115,327,199	I can smell.better taste better and just feel.better.	Saturday, Jan 24th 9:14AM
 115,326,602	I chain smoked. Pack - 2 packs a day. Since quitting smoking and now vapor, my breathing is definitely great. No more wheeze, no more cough. Haven't had bronchitis or cold in almost 3 years. More energy. Even my skin looks better. I now do treadmill 2-3 miles a day. :) I don't smell like stale smoke. My family will have me around for a long time.	Saturday, Jan 24th 8:43AM
 115,325,192	All around I FEEL 200% better than when I smoked cigarettes and my physical capabilities are like they were 10-15 years ago, rather than being limited like they were at the end of my smoking days.	Saturday, Jan 24th 7:51AM

 115,325,096	Discovered a PG allergy when started vaping	Saturday, Jan 24th 8:18AM
 115,319,920	I play football(soccer) once a week and used to struggle with getting short of breath, I can noticeably go much longer periods in games without the need of a "breather"	Saturday, Jan 24th 5:29AM
 115,310,754	I can breathe! I started bike riding. I can walk, ride, climb a hill, and even hold a conversation while doing so! I feel so liberated!	Friday, Jan 23rd 11:00PM
 115,306,231	While I am enjoying feeling better, such as no smokers cough, returning flavor of foods etc, I worry if I didn't wait too late to stop.	Friday, Jan 23rd 8:45PM
 115,306,185	Improvements in my health across the board.	Friday, Jan 23rd 9:09PM
 115,305,730	Like I said I was in the middle of a lot of medical problems and the told me that smoking cigs slows down the healing process so I talked to my Dr. and he said vaping was much better than smoking.	Friday, Jan 23rd 8:51PM
 115,305,622	Pg...gives me cramps in my legs. I switched to 100% vg..solved it. Nothing big.	Friday, Jan 23rd 8:56PM
 115,304,906	Because they are the ones that fit.	Friday, Jan 23rd 8:39PM
 115,304,363	May not be health benefit, but my sense of smell and taste is stronger than it was before. I'm also less hungry most of the time.	Friday, Jan 23rd 8:25PM
 115,303,953	It just is...	Friday, Jan 23rd 8:07PM
 115,301,188	I don't get out of breath as easily as I used to	Friday, Jan 23rd 7:09PM
 115,298,881	Because it's true.	Friday, Jan 23rd 6:26PM
 115,298,503	Mainly down to breathing and less lethargic.	Friday, Jan 23rd 6:14PM
 115,287,027	Not yet but I only changed 3 weeks ago.	Friday, Jan 23rd 3:16PM
 115,256,013	Overall health, skin, cardiac and pulmonary systems have improved.	Friday, Jan 23rd 9:16AM
 115,249,124	I felt as smoking no restrictions. But while jogging, I noticed that breathing was better.	Friday, Jan 23rd 7:58AM
 115,226,637	<p>When my roommate quit smoking my asthma (which is exercise induced) was a controlled normal peak flow volume averaging 225 liters per hour at rest, because he was smoking over a pack a day in my presence. When he quit my peak flow volume average increased to 340 liters per hour at rest. When I started vaping my peak flow volume increased again to an average of 455 liters per hour at rest. I still have asthma, but it's not exacerbated by being around tobacco smoke every day. All measurements are using a portable peak flow meter, which I use to determine if I'm having an asthma attack and need to medicate. I have not had to use my rescue inhaler at any point since starting vaping other than when I was sick with an upper respiratory infection in which my lungs were infected.</p> <p>I had been sick with URIs at least 4 times a year in each of the previous 10 years living with smokers. This last year I've only had one cold and it was a sinus infection and not bronchitis as all the others had been. Much better breathing overall.</p> <p>As my asthma is exercise induced I still have asthma, but I can do more even while exercising, than I could when I lived with a smoker instead of a vaper, and when I wasn't vaping myself.</p>	Friday, Jan 23rd 1:43AM

 115,225,422	I walk a lot at work. I used to get winded very fast. Now I don't get winded.	Friday, Jan 23rd 1:26AM
 115,223,145	I had asthma and I smoked (stupid I know) after i quit about 3 months I can breath again I have not used my rescue inhaler for a while	Friday, Jan 23rd 12:12AM
 115,222,532	excess of mucus(especially irritable when vaping)	Friday, Jan 23rd 12:08AM
 115,216,481	No unusual side effects since I started vaping.	Thursday, Jan 22nd 9:40PM
 115,210,555	Still smoking	Thursday, Jan 22nd 7:59PM
 115,184,669	I no longer wheeze when reading in bed or reach when I clean my teeth.	Thursday, Jan 22nd 3:32PM
 115,168,391	I can taste things again	Thursday, Jan 22nd 1:42PM
 115,101,296	I feel like a whole new better, cleaner, and healthier person because of Vaping.	Thursday, Jan 22nd 1:15AM
 115,096,570	Smoking didn't give me any health problems as far as I'm aware. I chose to vape initially to save money	Wednesday, Jan 21st 10:12PM
 115,094,380	I feel better. I don't cough anymore.	Wednesday, Jan 21st 9:44PM
 115,090,034	Had my lungs tested. 99% efficiency since I've started vaping.	Wednesday, Jan 21st 8:55PM
 115,089,009	I used to get bronchitis every winter before I started vaping and since I have started vaping I have not had bronchitis at all. My oxygen levels are also up since I started vaping.	Wednesday, Jan 21st 8:21PM
 115,081,002	I have lost my smoker's cough and (apparently) I no longer snore when asleep.	Wednesday, Jan 21st 5:42PM
 115,075,066	vaping has been less harsh on my lungs	Wednesday, Jan 21st 4:12PM
 115,064,612	I've never had any blood pressure problems, usually runs low so I dunno about that. The flavors have helped with my sweet cravings and my Type 2 diabetes is now under control without the meds i used to have to take. (But this took 5 years of vaping, for me)	Wednesday, Jan 21st 1:26PM
 115,055,611	I can breathe better. I get sick (colds, ear infections, etc...) MUCH less. I really have only had a couple colds in two years (versus an annual ear infection, smoker's cough, colds ... as a common occurrence in the past).	Wednesday, Jan 21st 11:35AM
 115,051,581	This question is not good enough I had no smoking related health issues and still don't have them	Wednesday, Jan 21st 10:40AM
 115,037,735	less phlegm and less coughing. I had no other health issues when i started vaping and have remained in good health	Wednesday, Jan 21st 7:56AM
 115,033,247	No idea what COPD is. You should spell it out, literally. I'm sure I'm not the only one who doesn't know.	Wednesday, Jan 21st 6:59AM

 115,023,534	I can breathe better & can smell things better, hardly get sick anymore and I feel better too!!	Wednesday, Jan 21st 4:29AM
 115,018,207	I seem to get sore throats a little more often	Wednesday, Jan 21st 2:15AM
 115,018,142	No wheezing, less coughing, not introducing children to second hand smoke anymore	Wednesday, Jan 21st 2:00AM
 115,015,714	No longer have to take Singlair tablets for asthma control	Wednesday, Jan 21st 12:45AM
 115,015,308	I feel like my teeth are more sensitive.	Wednesday, Jan 21st 12:31AM
 115,014,622	everything is better than how I was feeling..I have more energy, my doctor agrees with the e-cig...	Tuesday, Jan 20th 11:53PM
 115,012,315	I do not have the "smokers" cough anymore, I sleep better and do not wake up coughing, my taste buds and sense of smell are so much better. I haven't had bronchitis since I stopped smoking and I was getting it every year at least once. So many things have improved. I have not had to go to the doctor since I started vaping but have an appointment next month for a check up to renew prescriptions or see if I can give them up too.	Tuesday, Jan 20th 10:14PM
 115,011,724	I am all around healthier. The main two pluses are lower blood pressure and breathing is much easier.	Tuesday, Jan 20th 10:14PM
 115,008,541	Breathing, overall smell (hair, skin, breath, clothes, car etc.) and endurance/energy level has improved since I quit smoking and started vaping. Specifically my oral hygiene (gums, tongue) have also greatly improved with vaping.	Tuesday, Jan 20th 8:52PM
 115,007,085	I think it's still too early.	Tuesday, Jan 20th 8:20PM
 115,000,631	also yes	Tuesday, Jan 20th 5:42PM
 114,995,778	I can walk up/down stairs without getting winded. I used to get colds that would last a month or longer, now I may occasionally get the sniffles or a slight cough but generally it is shorter lived.	Tuesday, Jan 20th 4:28PM
 114,992,955	I am asthmatic and although still have related issues, they are far improved since vaping not smoking	Tuesday, Jan 20th 3:45PM
 114,988,698	MY DR. SUGGESTED THAT I LOOK INTO VAPING.	Tuesday, Jan 20th 2:47PM
 114,987,637	These are my perceptions and observations. I also FEEL 100% better.	Tuesday, Jan 20th 2:26PM
 114,984,768	When I vape I dont feel my breathing is restricted as is with smoking.	Tuesday, Jan 20th 1:29PM
 114,984,362	being new, or simply making a mistake on what juice to buy - using a higher MG nicotine content, you have a chance of "over doing" your nicotine therapy, and get a slight overdose. this has happened to me multiple times, and can cause you to black out randomly - causing physical damage to your body whatever you fall on(bump your head or anything of the like). also, vaping dehydrates the body at a faster pace then usual. i HAVE blackedout due to dehydration multiple time since switching to ecigarettes - its not the ecigs fault, its mine for not staying hydrated, but i can see this as a possible issue also for some people	Tuesday, Jan 20th 1:23PM
 114,980,199	Don't have COPD, but have asthma and it's better.	Tuesday, Jan 20th 12:27PM

 114,979,037	I have asthma, and have stopped taking my daily asthma medication, and barely use my 'rescue' albuterol inhaler.	Tuesday, Jan 20th 12:39PM
 114,976,760	I have asthma and was always tight in my chest. I always felt like someone was sitting on it, since vaping I have full capacity back and no medications. I feel wonderful actually.	Tuesday, Jan 20th 11:39AM
 114,975,421	More taste and smelt and a mach better skin	Tuesday, Jan 20th 11:43AM
 114,975,293	I feel Much better.	Tuesday, Jan 20th 11:41AM
 114,966,674	I have not had any health issues from vaping itself, but at the end of my use of cigarettes I noticed alot of health issues. I could not breath, I was sick ALOT, and I could not do any physical activity at 24.	Tuesday, Jan 20th 9:33AM
 114,962,038	I haven't been to a doctor in years , but I feel I'm in fair to good health. I've stopped snoring and my sleep apnea has disappeared.	Tuesday, Jan 20th 8:21AM
 114,961,319	Just feel better	Tuesday, Jan 20th 8:21AM
 114,959,717	Since I started vaping my periodontal disease symptoms (sore, bleeding, infected gums) are ALL gone! I know this disease cannot be cured but now it is controlled.	Tuesday, Jan 20th 7:49AM
 114,954,043	Energy up, breathing better, sleep better, more focus	Tuesday, Jan 20th 6:24AM
 114,952,340	I'm a beginner	Tuesday, Jan 20th 6:01AM
 114,952,018	absolutely, I don't cough anymore I can breath better and I haven't been sick sins then. Normally I do have bronchitis 2-3 time per year.	Tuesday, Jan 20th 5:50AM
 114,949,707	I used to surf before I started smoking and could hold my breath under water for +-3 minutes, after I started smoking it went down to 1.5 minutes, now, after stopping smoking and starting vaping, in 3 weeks I could hold my breath again for 2.3 minutes. That is an increase in lung capacity in just a short 2 weeks period after stopping smoking. Now, 1 year down the line I can hold my breath under water for 2 minutes and 55 seconds. This is in the sea, not in a calm swimming pool.	Tuesday, Jan 20th 5:04AM
 114,942,823	No more caughing!! I quit to short to feel more benefits yet..	Tuesday, Jan 20th 12:58AM
 114,942,771	Everything is better. Strength is better, vitality is better, sex is much better.	Tuesday, Jan 20th 12:56AM
 114,942,399	After I started vaping, I noticed that my sense of smell and taste came back, the foods that used to taste bland to me before is now full of flavor. And I used to have difficulties breathing after a few hours of activities, but now I breathe better	Tuesday, Jan 20th 12:28AM
 114,942,025	I can breathe, taste, smell better. I also have noticed I get upper respiratory infections dramatically less frequently.	Tuesday, Jan 20th 12:19AM
 114,940,614	I only selected one, the "Breathing is better", because none of the other answers applied. However, I haven't had a sinus infection since I started vaping, and I used to get them a few times a year. I'm also much more physically active.	Monday, Jan 19th 11:24PM
 114,940,355	Even my sense of taste has returned...	Monday, Jan 19th 11:09PM
 114,939,656	There has been such a huge positive change in my health.	Monday, Jan 19th 10:52PM

 114,938,942	None noticed but didn't have discernable health effects YET.	Monday, Jan 19th 8:53PM
 114,935,049	no morning cough anymore,fingers aren't yellow,no more sinus congestion	Monday, Jan 19th 8:36PM
 114,934,921	Cough less, gasping for air much less, more energy and stamina, voice is stronger, use nebulizer and enhailer less	Monday, Jan 19th 8:44PM
 114,933,613	my seasonal allergies are much less severe.	Monday, Jan 19th 8:26PM
 114,929,667	Used to experience chronic bronchitis. I have not had bronchitis since I began vaping.	Monday, Jan 19th 6:52PM
 114,928,814	I can walk longer distances without getting winded or out of breath, don't need to take a break anymore.	Monday, Jan 19th 6:23PM
 114,928,379	Cycling further, faster & for longer time!	Monday, Jan 19th 6:20PM
 114,925,408	I can also taste again and smell again	Monday, Jan 19th 4:54PM
 114,924,268	I haven't had bronchitis since I started vaping. I used to get bronchitis every year when I smoked cigarettes. When I feel like I am getting a cold or flu, I only feel sick for 2-3 days, and it goes away. I used to get sick for weeks with the cold or flu when I smoked.	Monday, Jan 19th 4:34PM
 114,921,287	Don't run out of breath when Hiking	Monday, Jan 19th 3:44PM
 114,916,088	i feel much fitter can run upstairs and generally feel so much fitter in my self. colds and coughs are now rare	Monday, Jan 19th 2:43PM
 114,913,454	I no longer have the smokers hack, I don't wheeze anymore. I feel I have more energy and everything tastes better now. And I don't smell of cigarettes.	Monday, Jan 19th 2:15PM
 114,909,993	gum/teeth health was the reason I had to quit smoking before my jawbones erode even more. dentist says my gums are much better now.	Monday, Jan 19th 1:26PM
 114,909,421	I can smell better. I can taste food better. I don't smell like ass anymore.	Monday, Jan 19th 1:06PM
 114,908,114	I have bee able to vape indoors. Not having to be subject to the weather is a big plus. I've been cold/flu free this year.	Monday, Jan 19th 12:07PM
 114,907,599	I no longer need asthma meds	Monday, Jan 19th 12:49PM
 114,907,509	I do not have smoker's cough, tar stains on my fingers, I don't get colds as often as I did with tobacco, because my breathing is better.	Monday, Jan 19th 12:22PM
 114,906,918	I've noticed occasional upper chest pain after vaping, but I can't be positive that they're related.	Monday, Jan 19th 12:37PM
 114,906,441	I don't feel winded or tired when going up stairs or jogging anymore.	Monday, Jan 19th 12:25PM
 114,906,245	My doctor still wants me to quit nicotine.	Monday, Jan 19th 12:25PM

 114,905,813	I can breathe again!	Monday, Jan 19th 12:10PM
 114,905,589	before everytime i smoked i felt like fainting...now i dont have that	Monday, Jan 19th 12:15PM
 114,901,657	not coughing up 1/2 my lungs everyday!	Monday, Jan 19th 11:12AM
 114,901,297	I can actually run with feeling like my lungs are going to explode..	Monday, Jan 19th 10:56AM
 114,901,199	Slightly better breathing. My clothes don't stink of cigar.	Monday, Jan 19th 11:06AM
 114,899,612	problems with sleeping	Monday, Jan 19th 10:47AM
 114,897,254	stopped coughing every morning.	Monday, Jan 19th 10:15AM
 114,892,763	I have stopped coughing so much. I sleep better, food tastes better, and I can breathe better.	Monday, Jan 19th 9:07AM
 114,887,034	my teeth are whiter, my nails are stronger, my hair is more healthy (shines more then when is smoked), i used to snore (after 3 months of vaping my partner told me i didnt snore anymore), no more smoke coughing, beter conditon both mental and physical.	Monday, Jan 19th 7:27AM
 114,875,748	I feel much healthier, not saying this is fully down to switching to vaping, as with the step to quit smoking, i also took up exercise, so that also played a role in it. I do not smell of smoke and ash anymore, and my taste has improved.	Monday, Jan 19th 4:32AM
 114,858,400	because its true	Sunday, Jan 18th 6:29PM
 114,853,808	No colds, no flu for more than 2 years. My things and my car don't stink any more!	Sunday, Jan 18th 4:34PM
 114,845,319	Generally better, no yellow finger	Sunday, Jan 18th 1:21PM
 114,845,177	Because my breathing is better, I had pain in my right lung before I started vaping, it has lessened some.	Sunday, Jan 18th 1:15PM
 114,832,533	Glycol allergy. I need to use 100% VG liquids only with low flavours amount.	Sunday, Jan 18th 9:17AM
 114,779,710	My allergies (sinus) left when I quit smoking.	Saturday, Jan 17th 10:03AM
 114,775,472	By the time I gave away analogues I had chest pains, I was coughing alot and was mildly incontinent from it, I couldnt walk too far without being out of breath, I stopped caring so much for the way I smelled amd generally my confidence was low and I was resigned to a slow horrible death .. vaping and swedish snus gave me literally a new chance at life	Saturday, Jan 17th 8:31AM
 114,769,879	I had become incontinent due to smoking and within a few days my cough had disappeared. My anxiety levels also dramatically dropped. I no longer stink like an ashtray and can now go for walks which I was unable to before.	Saturday, Jan 17th 6:24AM
 114,743,462	Doctor is IMPRESSED with how much better my lungs are, I can exercise and walk up steps without being out of breath... amazing changes	Friday, Jan 16th 4:55PM

 114,739,021	Not coughing as much since replacing some cigarettes with vaping	Friday, Jan 16th 3:37PM
 114,728,350	My switch from smoking to vaping was not due to any health issues that I had been experiencing at the time. I was fully aware that continuing to smoke would (and still may) cause serious illness, however vaping has provided me with a sustainable alternative to my nicotine dependency.	Friday, Jan 16th 12:48PM
 114,691,568	I was a pretty healthy smoker	Friday, Jan 16th 3:56AM
 114,680,026	No more issues with high blood pressure. Physical activity is easier.	Thursday, Jan 15th 9:13PM
 114,679,560	The proof is in my records I went from having a ridiculously high blood pressure to avg 112/72. My lung capacity is much greater I don't get winded just by climbing a flight of stairs.	Thursday, Jan 15th 8:47PM
 114,679,320	Please add: improved senses of smell and taste...decreased cough, SOB.	Thursday, Jan 15th 8:52PM
 114,677,700	i was sick every 3 months with severe bronchitis when I smoked. I haven't been sick once since I started vaping 16 months ago. Allergies are less severe too.	Thursday, Jan 15th 8:19PM
 114,677,074	Feel better overall.	Thursday, Jan 15th 8:02PM
 114,675,591	I ride my bike in SF of all places, and flights of stairs are no longer daunting.	Thursday, Jan 15th 7:26PM
 114,674,180	i was a sax player and i went from struggling through 1 15min set too being able to play 2 35min sets every day on a 3 week tour with no issue	Thursday, Jan 15th 6:51PM
 114,659,214	I breath really better, I can do sports much better than before. My standard of living has improved since I vape. In addition I don't smell bad	Thursday, Jan 15th 1:57PM
 114,649,908	I'm much healthier	Thursday, Jan 15th 11:53AM
 114,582,447	before I felt good health	Wednesday, Jan 14th 5:32PM
 114,459,002	I've never felt ill effects from smoking, but that's not to say I don't think it was doing me damage. I was scared of it destroying my health, and still am scared that it has, but not as scared as when I was continuing doing that damage.	Wednesday, Jan 14th 1:08AM
 114,403,786	sleep better, feel better	Tuesday, Jan 13th 8:40AM
 114,377,715	The difference is night and day. Simple as.	Tuesday, Jan 13th 12:44AM
 114,365,867	Don't have chest pains anymore. Coughing does not ever produce blood or colored gunk!	Monday, Jan 12th 6:25PM
 114,321,319	Slightly less 'chestyness'.	Monday, Jan 12th 8:42AM
 114,313,360	Sinuses cleared, breathing better, heart rate down and feel better generally	Monday, Jan 12th 6:49AM

 114,307,378	Suffered COPD since 2012 and needed to find a way to alleviate my position - had tried patches and gum but had not succeeded	Monday, Jan 12th 4:56AM
 114,296,679	<p>After 7 yr undiagnosed a year ago finally it was realized I had hypo Thyroid - which. an cause upto 400 symptom. in the yr my level have not reached normal. until they do drs put all health issues down to Thyroid related.</p> <p>At first switching to vaping breathing improved I'd take 10 steps as a smoker 5min recovery. Vaping 2. Then it regressed& is worse but I can't tell you why as I am refused investigation until Thyroid is in range. My skin looked like I face planted porridge - thyroid responsible. Now only areas are effected, but worse. Is this PG or Thyroid I can't tell you I don't know.</p> <p>My health is very poor I was close to death when diagnosed The 1st treatment had no improvement I was smoking then but that would have no way effected my hormone level or treatment. When I switched to a rare private treatment - I'd never have been able to afford smoking, I seemed to improve& readings confirmed. The switch was made the same month I started vaping. Now certain aspects are worse again, the hormone continues to get closer to the correct range& without side issues being looked into I can't.100% say what's health/thyroid caused/damage or what may/may not be vap related. Im pretty sure its thyroid but the worsening of some symptoms shouldnt happen if your improving so I just don't know.</p> <p>If I were to have stayed smoking the issues I do have im confident would have not shown a glimpse of improvement. With 100% certainly I can tell you my kid are happier and healthy not being in a.ssmokeing home. avoided returning due to the smell & were embarrassed at school even accused of smoking, as it was so much it stuck.to them&clothing. So the kids lives have improved & the bonus cash they like too.</p>	Sunday, Jan 11th 11:03PM
 114,293,080	Certainly better aerobic fitness. Sense of smell and taste improved.	Sunday, Jan 11th 8:46PM
 114,292,670	I'd like to think there are other benefits I have no way to measure	Sunday, Jan 11th 8:20PM
 114,292,195	That annoying "smoker's cough" is gone. I am no longer purging excess phlegm throughout the day.	Sunday, Jan 11th 8:06PM
 114,290,755	My claudication pains have subsided by 70%	Sunday, Jan 11th 7:24PM
 114,278,935	Because it is the truth!	Sunday, Jan 11th 2:24PM
 114,274,345	lepsz a kondycja	Sunday, Jan 11th 12:54PM
 114,256,322	I just generally feel healthier	Sunday, Jan 11th 8:18AM
 114,253,062	My psoriasis might be getting worse due to dehydration from excessive vaping. Also dry eye and mouth	Sunday, Jan 11th 6:58AM
 114,235,724	My overall health is fair due to lifestyle, multiple mental & physical issues as well as effects of prescribed medications. I feel different every day, but believe vaping is an enhancement	Saturday, Jan 10th 4:39PM
 114,234,041	I was starting to develop a COPD syndrome, and I was in treatment with salbutamol and related bronquial dilaters. Now my dosage is down to non-chronical doses and my pulmonary function is definetively much improved. In fact, the COPD menace was my starting point to search for alternatives to tobacco, after no less than five former attempts to quit with medication.	Saturday, Jan 10th 5:33PM
 114,233,686	It's the truth	Saturday, Jan 10th 4:53PM
 114,231,530	I feel much healthier.. My taste buds are back.. etc. etc	Saturday, Jan 10th 4:03PM

 114,213,500	I suffer from asthma and if I over vape it can effect me but compared to smoking its a no brainer.	Saturday, Jan 10th 11:36AM
 114,211,052	I can smell things better and I don't smell of tobacco, my house is fresh, my bank account is healthier, I can taste foods and flavours better, no stinking ashtrays, skin is better, teeth are whiter, I can run better and further and my recovery time is much quicker.	Saturday, Jan 10th 10:32AM
 114,206,975	Just feel so much healthier not smoking	Saturday, Jan 10th 8:42AM
 114,187,000	no personal health concerns from vaping.	Friday, Jan 9th 10:48PM
 114,186,258	I needed Albuterol since 2009 up until Oct 2013 when I started vaping. No longer use or need albuterol or any prescriptions regarding pulmonary function...I can now run stairs!	Friday, Jan 9th 10:21PM
 114,185,056	My Heath is bad from smoking but it has become better since I quit	Friday, Jan 9th 10:06PM
 114,166,876	I'm less breathless going upstairs.	Friday, Jan 9th 3:17PM
 114,159,489	Not really been just vaping long enough to feel any difference yet i think	Friday, Jan 9th 1:38PM
 114,151,540	No more shortness of breath, more energy, can taste and smell again.	Friday, Jan 9th 11:42AM
 114,144,568	I am relatively new but the proven facts and true benefits of Vaping is by far convincing enough to help me quit smoking thus quit my nicotine addiction.	Friday, Jan 9th 9:27AM
 114,127,565	Tinnitus caused by vaping	Friday, Jan 9th 5:37AM
 114,108,249	Dosent apply	Thursday, Jan 8th 7:24PM
 114,103,062	I have not used my emergency inhaler in over a year	Thursday, Jan 8th 5:24PM
 114,090,162	I have clear lungs now and my cat scans are clear. If I didn't discover vaping I probably would be dead now.	Thursday, Jan 8th 2:28PM
 114,050,756	Good for healt.	Thursday, Jan 8th 5:55AM
 114,038,940	I have been searching sites looking for symptoms that may happen when starting vaping but I believe it would be simple fixes with some information :) I will not go back to smoking !!	Wednesday, Jan 7th 11:26PM
 114,028,178	besser Luft,besserer Geschmack beim Essen	Wednesday, Jan 7th 5:43PM
 114,024,157	I don't 'whistle and wheeze' when I lay down anymore. I don't need my asthma inhaler at all anymore. Had an asthma check up just three weeks ago and Dr was thrilled with me.	Wednesday, Jan 7th 4:30PM
 114,009,646	I have a very weak body constitution plus being asthmatic, my health has gotten worse since smoking but the switchover to vaping has made me cope with my life better as a weak person; I can breath with clarity, i can taste things better, I don't get sick often and I don't smell awful.	Wednesday, Jan 7th 1:22PM

 113,996,163	it's a feeling, no measurements	Wednesday, Jan 7th 5:36AM
 113,985,201	Feel fitter, have not been examined to check BP etc	Wednesday, Jan 7th 8:52AM
 113,972,679	Breathing a lot better, no nasty cough. Feel far more healthy in general.	Wednesday, Jan 7th 6:22AM
 113,971,492	the only drawback are breakouts of acne, and they are symptoms closely related to vaping VG and PG	Wednesday, Jan 7th 6:00AM
 113,955,754	couldn't finish a sentence without taking a breath. 1 week after starting to vape i can breathe again!	Tuesday, Jan 6th 10:20PM
 113,955,658	My sense of taste and smell have highly improved. I can't stand the smell of cigarettes anymore!	Tuesday, Jan 6th 10:22PM
 113,952,800	I feel 100% better and can easily run up stairs etc which left me breathless when I was smoking.	Tuesday, Jan 6th 7:55PM
 113,950,531	All of the above !! In MY favor!! Yes yes yes!	Tuesday, Jan 6th 7:46PM
 113,943,075	Feel better	Tuesday, Jan 6th 5:02PM
 113,940,347	I just feel better over-all. I breathe easier & deeper. I don't hack & cough anymore and I haven't had a cold all winter long and I always had at least one cold during winter while smoking. I also feel like I have more energy and I'm not sluggish or tired all the time.	Tuesday, Jan 6th 4:09PM
 113,933,967	No	Tuesday, Jan 6th 2:38PM
 113,932,629	I improved my running times.	Tuesday, Jan 6th 2:16PM
 113,932,386	My asthma has improved.	Tuesday, Jan 6th 2:12PM
 113,926,580	I am breathing and sleeping much better since I almost completely cut out all analog cigarettes and I am vaping almost exclusively now	Tuesday, Jan 6th 12:53PM
 113,926,523	I am coughing up the tobacco crud, and my doctor noticed that I no longer smell like cigarette smoke and congratulated me on switching to vaping.	Tuesday, Jan 6th 12:45PM
 113,923,997	I feel 100% better in SO many ways!	Tuesday, Jan 6th 12:19PM
 113,915,398	as selected, better breath and bloodpressure, less stress feeling to	Tuesday, Jan 6th 10:08AM
 113,903,845	less chronic cough during winter	Tuesday, Jan 6th 6:10AM
 113,899,109	not significantly, but better	Tuesday, Jan 6th 6:18AM
 113,897,197	I am asthmatic since baby, thanks to vapotage I no longer suffer to the problem.	Tuesday, Jan 6th 6:11AM

 113,893,648	Ha-ha, love the "yes" and "no" answers to that open question !	Tuesday, Jan 6th 5:18AM
 113,880,302	Los beneficios han sido evidentes desde el principio casi.	Monday, Jan 5th 10:57PM
 113,873,544	Additional benefits: far fewer colds and other passing infections since changing to vaping. NO coughing or chest infections at all.	Monday, Jan 5th 7:34PM
 113,870,014	I was hospitalized for double pneumonia and doctor said he saw no detrimental effect to vaping and that perhaps the moisture would in fact be good for breaking up my lungs. And some insurance companies are now considering vaping to not be considered as a smoker which lowers insurance premiums.	Monday, Jan 5th 6:27PM
 113,867,221	In the first week i could breath better, walk stairs without going out of breath. I have less colds and the one i have heals faster.	Monday, Jan 5th 5:33PM
 113,863,553	My bad smokers cough has all but gone, and I don't get out of breath as quickly when exercising	Monday, Jan 5th 4:51PM
 113,861,211	I cut my 5K run time by 8 minutes.	Monday, Jan 5th 4:28PM
 113,856,943	Sense of taste & smell back to normal after 45 years. No cruddy lungs. Hardly ever suffer from colds now. House & car smells like a sweet shop.	Monday, Jan 5th 2:35PM
 113,845,634	Being a diabetic (type 2) since I started vaping my bs reading are somewhat higher. Now as I have only found 1 juice I like, if it is affecting my BS levels it'll be a bit of a bugger.	Monday, Jan 5th 1:10PM
 113,843,834	I coughed myself to a bloody mess while smoking. Research showed; cancer, no. copd, yes. I was already coughing for a long time a lot. I never cough now and I can breathe better. I am also not so depressed.	Monday, Jan 5th 10:50AM
 113,830,903	My fingers used to go white on cold days, but now I don't suffer with that or the chilblains that I used to. I must assume my circulation is improving.	Monday, Jan 5th 11:06AM
 113,811,110	Since i'm vaping my Health is much better than before.	Monday, Jan 5th 8:50AM
 113,789,618	I simply feel better in myself generally	Monday, Jan 5th 3:04AM
 113,787,910	I think when you stuff up and get e-juice directly in your mouth this could be an issue that may cause irritation at least.	Monday, Jan 5th 2:46AM
 113,781,303	I feel betetr and can breathe easier now.	Sunday, Jan 4th 11:02PM
 113,780,512	Because vaping is healthier than smoking	Sunday, Jan 4th 10:31PM
 113,779,353	Because i feel loads better vaping and i am way happier	Sunday, Jan 4th 9:25PM
 113,734,684	I do blood test every 6-12 months to monitor my liver due to my long term liver condition. The condition has been improving over last 18 months.	Sunday, Jan 4th 4:59AM
 113,733,613	My weight has increased donce I quit smoking and started using an e-cigarette...which was an annoying but acceptable downside.	Sunday, Jan 4th 4:38AM

 113,728,380	Stomach problems doctor said vaping causes it. Acid.	Sunday, Jan 4th 1:19AM
 113,713,131	I'm able to smell much much better since i vape (that is sometimes a disadvantage, e g in the Underground Train ...)	Saturday, Jan 3rd 1:45PM
 113,708,620	I can taste food better too :D	Saturday, Jan 3rd 12:04PM
 113,704,384	Sanity, yes the present anti smoking tactics are driving people mad!	Saturday, Jan 3rd 9:40AM
 113,701,464	Taste and smell is sharper. Also no phlegm.	Saturday, Jan 3rd 8:42AM
 113,697,231	Better overall improvement in my health.	Saturday, Jan 3rd 6:27AM
 113,689,746	I haven't noticed any benefits really. But i was starting to develop a cough upon waking just before i started vaping and the cough went away within a week of starting vaping.	Saturday, Jan 3rd 2:13AM
 113,689,525	Taste and smell are back to	Saturday, Jan 3rd 2:00AM
 113,689,160	No more BP meds or cholesterol meds required now. Only thing which is slow to recover and continues to be a bit of an issue is poor circulation.	Saturday, Jan 3rd 1:45AM
 113,687,216	Don't cough all the time any more, don't wheeze when I work hard, don't feel like I'm dying after a night of drinking and my taste is as I remember it before I became a smoker.	Friday, Jan 2nd 11:33PM
 113,686,741	I still have some breathing issues but I have gained quite a bit of weight. Not because of vaping but due to an injury that immobilised me for some time.	Saturday, Jan 3rd 12:25AM
 113,685,544	There is no longer the nasty smoke smell and smokers breath that comes with using cigarettes.	Saturday, Jan 3rd 12:03AM
 113,685,426	I do feel better in myself.	Friday, Jan 2nd 11:56PM
 113,684,292	Fortunately I didn't experience health problems from smoking, so there was no change after switching to vaping. I have had bronchitis twice since vaping though, and had never had it before when smoking. I also have frequent problems with throat and bronchial irritation, dryness and soreness from vaping.	Friday, Jan 2nd 11:10PM
 113,682,280	generally felt better	Friday, Jan 2nd 10:15PM
 113,681,702	Haven't really noticed any changes maybe easier to breathe	Friday, Jan 2nd 9:47PM
 113,681,490	I had no health issues from smoking, but since starting to vape, I have had no colds, flu, or hayfever.	Friday, Jan 2nd 9:51PM
 113,677,276	Right at the start i did have some bleeding gums sore throat and coughing up all kinds of bad stuff, but i had similar problems in other quit efforts	Friday, Jan 2nd 7:31PM
 113,675,306	i have a slight intolerance to PG, but if i smke a 70/30 VG/PG i am ok	Friday, Jan 2nd 6:32PM

 113,674,325	<p>Heavy vaping can be dehydrating & can upset gums or throat, even get on your chest a little but those things are more common with cheap mystery e-liquids. By contrast, good quality e-liquids from trusted vendors where we can trace the ingredients are far friendlier. The symptoms are minor compared with those from smoking. You should learn about what is in e-liquid & how to select different ratios of pg & vg.</p>	Friday, Jan 2nd 5:48PM
 113,672,809	<p>My taste, and smell have also improved.....</p>	Friday, Jan 2nd 5:06PM
 113,655,979	<p>I don't cough in the morning, also stopped producing any kind of black mucus. I breathe easier and can do exercise for longer without running out of breath.</p>	Friday, Jan 2nd 11:46AM
 113,641,808	<p>BECAUSE ITS TRUE</p>	Friday, Jan 2nd 7:06AM
 113,637,445	<p>Only a problem with dry mouth hurting me.</p>	Friday, Jan 2nd 5:44AM
 113,634,421	<p>vape is extremely profitable</p>	Friday, Jan 2nd 4:59AM
 113,522,856	<p>I have some health problems already, but they were not smoking-related. I haven't noticed any health improvements, but I am happy that I am avoiding the risk of smoking-related health problems now!</p>	Wednesday, Dec 31st 11:15AM
 113,520,162	<p>Cardiac and family doctors both say I'm better.</p>	Wednesday, Dec 31st 10:28AM
 113,518,897	<p>don't get a cold as often as I used to</p>	Wednesday, Dec 31st 10:16AM
 113,513,551	<p>No wheezing, no extreme wheezing when lying down, lung test I tested way better than my age! No more blood pressure meds since down to zero nic.</p>	Wednesday, Dec 31st 9:09AM
 113,505,877	<p>My allergies improved, the slight smoker's cough I had is gone, and my overall health has improved noticeably. I simple feel better.</p>	Wednesday, Dec 31st 6:51AM
 113,501,468	<p>Cholesterol dropped from 430 to 280 (w/o medication), stamina greatly increased, lost all indications of perio (previously treated for 10 years), total loss of angina events</p>	Wednesday, Dec 31st 6:42AM
 113,488,365	<p>I have more energy, my heart rate doesn't go nuts when I climb a flight of stairs. It's great.</p>	Wednesday, Dec 31st 3:14AM
 113,481,697	<p>I can run up stairs again. I don't get winded dragging my trashcans down my 500-foot long driveway, and I'm back into mountain biking. My cigarette habit affected my health in such a way that I had to sell my old mountain bike.</p>	Wednesday, Dec 31st 1:11AM
 113,479,007	<p>3 doctors are thrilled and have me down as a former smoker.</p>	Tuesday, Dec 30th 11:57PM
 113,475,263	<p>Singing voice is much better of after only a month off pf the cigarettes, the vape doesn't seem to do any harm as long as I'm not dehydrating, but thats just all the more reason to stay hydrated.</p>	Tuesday, Dec 30th 9:48PM
 113,472,311	<p>MY LUNG'S SOUND CLEAR AND MY PULSE AND BLOOD PRESSURE ARE BELOW NORMAL NOW. I WORK OUT AND I HAVE A PULSE OF 60 NOW INSTEAD OF 88 AND MY BP IS 102-64 WHICH IS EXCELLANT.</p>	Tuesday, Dec 30th 8:39PM
 113,467,518	<p>Breathing is better. Sleep pattern is better. I feel all round much healthier since quitting smoking.</p>	Tuesday, Dec 30th 6:52PM

 113,467,416	I feel 100% more healthy since I quit smoking	Tuesday, Dec 30th 6:57PM
 113,466,942	I feel much fitter in every aspect. Only side effect I've noticed is a dry mouth in the mornings.	Tuesday, Dec 30th 6:41PM
 113,462,488	I have not had any adverse effects since I started vaping.	Tuesday, Dec 30th 4:12PM
 113,440,083	I dont use my inhaler nearly as much just when my allergy kicks in	Tuesday, Dec 30th 10:28AM
 113,436,496	Breathe easier, less coughing, don't stink, less headaches	Tuesday, Dec 30th 9:33AM
 113,435,403	I didn't smoke long enough to have any medically diagnosed issues, but I have noticed a significant drop in pain from deep breathing, and soooooooo much less coughing.	Tuesday, Dec 30th 9:13AM
 113,433,165	I fell beter in every point since I am vaping	Tuesday, Dec 30th 7:33AM
 113,429,788	No more smokers cough, more stamina, it smells nothing after cold smoke, the taste buds have recovered.	Tuesday, Dec 30th 7:15AM
 113,423,315	.	Tuesday, Dec 30th 5:01AM
 113,417,543	my breathing is better, my food taste better and i am sleeping better	Tuesday, Dec 30th 2:39AM
 113,412,469	I wasn't a smoker, but I do experience psychological benefits. It helps me relax and de-stress	Monday, Dec 29th 11:48PM
 113,407,912	I've never had blood tests etc but I feel amazing. Far better than when I was smoking.	Monday, Dec 29th 9:31PM
 113,406,131	All around better health. Doc commented that my lungs haven't sounded THAT good in a long while	Monday, Dec 29th 8:50PM
 113,402,702	For years I've had problems with my tonsils, every 3-4 months they got infected. Since I quit smoking I hadn't had any problems with them whatsoever.	Monday, Dec 29th 7:13PM
 113,401,183	only one cough/cold in over 2 years	Monday, Dec 29th 6:25PM
 113,396,865	When ever I walk by someone vapeing it triggers an asthma attack.	Monday, Dec 29th 4:43PM
 113,391,193	Used to fail lung function tests as a smoker - had to do lung function tests at work in the factory I worked in they were done 3 monthly - failed every one of them, when I had been vaping 11 months I had a lung function test at my local hospital - I passed - and the nurse advised that my lung capacity at that time was only 2% less than a non smoker - I would be interested in having another one in a years time to see what level my lungs are then	Monday, Dec 29th 3:10PM
 113,391,178	Yes and no are odd options here. Also have better skin and appetite.	Monday, Dec 29th 3:23PM

 113,390,581	I breath better and the morning coughing jags are gone.	Monday, Dec 29th 2:18PM
 113,384,027	You forgot the one that says: No more bad breath. Also in 2014 I saved 60.300 NOK by not buying cigarettes.	Monday, Dec 29th 12:49PM
 113,379,305	I can Smell better, my taste improved.	Monday, Dec 29th 12:07PM
 113,374,977	no coughing in the morning, less coughing in general, when ill. Less susceptible to common cold and such, sense of smell and taste are better, curtains and living environment in general smells better (usually fruity) :) etc...	Monday, Dec 29th 10:59AM
 113,372,348	Barley using my asthma inhalers what a difference	Monday, Dec 29th 10:22AM
 113,371,361	I have noticed no differences, positive or negative, since I started vaping	Monday, Dec 29th 10:15AM
 113,370,371	Haven't really noticed any difference	Monday, Dec 29th 9:54AM
 113,368,269	No pneumonia this last year, usually had it 2-3 times a year while smoking.	Monday, Dec 29th 9:23AM
 113,366,332	Better breathing, better smelling ability, better overall feeling.	Monday, Dec 29th 8:59AM
 113,363,906	I get occasional tickling in the back of my throat when I don't drink enough liquids whilst vaping. Nothing compared to my laboured breathing and morning coughs when smoking though!	Monday, Dec 29th 8:18AM
 113,363,519	breathing, strength increased	Monday, Dec 29th 7:59AM
 113,359,075	When I smoked I had heavy smokers cough, sometimes so strong that I could hardly breathe. The smoker's cough is completely gone. Since I vapors can I smell better. A week after I smelled immediately if a smoker was near the bus, or passing me left. I started on 27 March with 11mg nicotine, now I have reduced to 3 mg nicotine.	Monday, Dec 29th 5:07AM
 113,358,655	complexion improved and not had one cold or flu bug since vaping...due to the PG i assume...being an fda approved air sanitiser	Monday, Dec 29th 6:11AM
 113,358,497	I do have problems with flavours, so I use them only in very low concentrations <1%.	Monday, Dec 29th 6:17AM
 113,356,825	My stamina is much better, I breath much easier, walking uphill and in stairs isn't as much of a hassle as it used to be, and my fingers, nails and teeth aren't as yellow as they used to be.	Monday, Dec 29th 5:29AM
 113,356,755	My lungs feels healthier.	Monday, Dec 29th 5:24AM
 113,354,455	i can feel it for my health was vaping the right Thing.	Monday, Dec 29th 4:16AM
 113,353,603	better health	Monday, Dec 29th 3:23AM

 113,347,579	Never felt better. Vapeing saved my life.	Sunday, Dec 28th 11:13PM
 113,344,698	My astma has disapearred and I can breath normally. My overall condition is better, taste and smell is better.	Sunday, Dec 28th 9:01PM
 113,343,825	It's true...	Sunday, Dec 28th 8:59PM
 113,343,493	BP down significantly. Breathing better. Sleep better. Stopped snoring. More energy. Not cranky and resentful like other methods of trying to quit smoking.	Sunday, Dec 28th 8:44PM
 113,340,823	better breathing, no slimy throat / smoker's cough @morning, better tasting,...	Sunday, Dec 28th 6:25PM
 113,340,443	Padecia asma..ahora no..no uso mas corticoides..antes si..GENIAL	Sunday, Dec 28th 7:01PM
 113,339,061	I don't snore anymore and I feel fitter	Sunday, Dec 28th 6:03PM
 113,335,200	Before i started with vaping i had lung capacity ad 70% and now its all right	Sunday, Dec 28th 4:38PM
 113,332,160	Taste, smell, endurance, performance - I'm fine since I quit smoking/ start vaping.	Sunday, Dec 28th 2:55PM
 113,331,602	kann besser schlafen, mehr Farbe im Gesicht, stinke nicht so etc.	Sunday, Dec 28th 3:16PM
 113,331,422	just feel healthier since I steam	Sunday, Dec 28th 2:35PM
 113,331,085	I have a history of good health, but noticed fitness benefits when I stopped smoking. After an occasional cigarette (rarely), I notice I tire more easily on exertion.	Sunday, Dec 28th 2:53PM
 113,328,387	What I believe was chronic sinusitis. and a cough from snot always dripping down my throat. just about disappeared after vaping-only for 2 weeks.	Sunday, Dec 28th 1:54PM
 113,328,329	I often had flues with hard coughing in the past. Now I am less ill, and if I get a flu, it's without cough!	Sunday, Dec 28th 1:53PM
 113,328,067	No tar in the vape.	Sunday, Dec 28th 1:39PM
 113,327,634	flavor nerve function better	Sunday, Dec 28th 1:40PM
 113,326,816	No sleeping noises says my wife	Sunday, Dec 28th 1:18PM
 113,324,944	I'm genuinely of the opinion that vaping is probably prolonging my life.	Sunday, Dec 28th 12:17PM
 113,322,821	Also: My teethridge is much better and problems with sweaty feet are gone.	Sunday, Dec 28th 11:33AM

 113,322,298	I switched to vaping 2 years ago, and at the 6 week mark of being completely off cigarettes and just vaping, my breathing got better and my smokers cough completely disappeared plus my taste buds seem more alive.	Sunday, Dec 28th 11:48AM
 113,322,001	Jobb aerog teljesitmeny,jobb imunitas,jobb sex,nem bűdös	Sunday, Dec 28th 11:37AM
 113,321,583	Blood circulation is improved and I no longer get headaches.	Sunday, Dec 28th 11:22AM
 113,320,668	my health is much much better when i quit smoking	Sunday, Dec 28th 10:57AM
 113,319,292	Exercise tolerance is massively improved.	Sunday, Dec 28th 9:36AM
 113,317,744	I vape for primarily medical and nootropic reasons.	Sunday, Dec 28th 10:13AM
 113,317,534	gracias al vaper los sabores el osfalto	Sunday, Dec 28th 9:59AM
 113,317,306	The only health issue i have from vaping is sore/bleeding sinus's..I believe this is caused from to much pg in the eliquid.I now mix my own eliquid which is helping clear them up..	Sunday, Dec 28th 9:57AM
 113,317,109	My sense of smell and taste are back, I can turn my breath. The huge improvement in my breathing has blown my mind !	Sunday, Dec 28th 9:36AM
 113,315,675	Teeth are cleaner and my skin looks better too	Sunday, Dec 28th 8:54AM
 113,313,515	Within 1 year my x-rays went from showing signs of copd to clear lungs.	Sunday, Dec 28th 8:41AM
 113,311,658	Also no coughing in morning, gums and teeth are much, much better. No idea about others as I haven't been ill/ to the doctors since taking up vaping.	Sunday, Dec 28th 7:40AM
 113,311,639	zits	Sunday, Dec 28th 7:59AM
 113,311,342	Just a note on the blood pressure. What help my blood pressure was a snowball effect from it. I started to vape and once I could breath again I started to exercise more and this is what helped bp. I also have not had to use my inhalants at all so that has helped bp to come down.	Sunday, Dec 28th 6:47AM
 113,310,416	Health claims are not helpful to sensible regulation of ecigs. That may not be what you want to hear, but too many and we end up with medicinal devices only.	Sunday, Dec 28th 7:23AM
 113,309,333	had a horrible cough while smoking. cough went after a week or so of vaping. my fitness levels are now far higher.	Sunday, Dec 28th 6:32AM
 113,306,023	Was having daily flare ups of IBS now its extremely infrequent when i do have a flare up.	Sunday, Dec 28th 5:25AM
 113,304,779	I could stop my asthma medications	Sunday, Dec 28th 4:50AM
 113,303,802	lots of things are better since vaping. more energy, more stamina, things smell and taste better, the list goes on	Sunday, Dec 28th 4:31AM

 113,300,889	my morning jog lasted 10 minutes longer after the first week of vaping while I quit smoking. Now after 3 weeks I can run a whole hour without hacking up a storm.	Sunday, Dec 28th 2:34AM
 113,299,133	After 27 years as a smoker you notice things like easier breathing it's a marked difference. I also suffer with Crohns disease and have noticed a marked improvement with that too which my doctor tells me is linked to my stopping smoking.	Sunday, Dec 28th 12:40AM
 113,295,420	Since then my lung capacity greatly improved, also my senses of smell and taste	Saturday, Dec 27th 9:46PM
 113,294,673	Things taste better as well.	Saturday, Dec 27th 9:23PM
 113,289,847	Huh????	Saturday, Dec 27th 7:04PM
 113,289,820	Nope.	Saturday, Dec 27th 7:04PM
 113,289,735	I have not gained health benefits through vaping. I have gained health benefits through reducing my cigarette consumption	Saturday, Dec 27th 6:39PM
 113,288,503	I really feel fine much better than when smoked.	Saturday, Dec 27th 6:08PM
 113,288,481	They are true.	Saturday, Dec 27th 6:17PM
 113,284,944	Negative health effects caused by vaping were due to body clearing out sinuses and lungs. Lasted approx one week.	Saturday, Dec 27th 3:32PM
 113,282,307	better sport achievements	Saturday, Dec 27th 3:22PM
 113,282,072	Si he notado mejoras, he recuperado el sabor, el olor y creo que yo mismo y mis ropas huelen mejor para otras personas, ademas de mi casa	Saturday, Dec 27th 3:04PM
 113,280,552	My health has improved in many ways. I do not snore at night, not so much axfisio up stairs, I have recovered taste (HAS WATER TASTE !!!) Overall a much improved.	Saturday, Dec 27th 2:12PM
 113,279,884	Have noticed more wheezing at night if I have been vaping hard on higher PG juice. But most changes have been beneficial.	Saturday, Dec 27th 1:49PM
 113,279,345	After stopping smoking I have noticed I don't cough anywhere near as much and don't produce anything when I could, I feel generally healthier	Saturday, Dec 27th 2:10PM
 113,277,673	My wheezing has stopped, my overall breathing is much better than it had been when I was smoking. My snoring as greatly decreased as well.	Saturday, Dec 27th 1:22PM
 113,277,416	Never felt better. I can breathe much better, not short winded, not spitting up nasty flem, not messing up my teeth anymore. So many benefits with vaping.	Saturday, Dec 27th 1:02PM
 113,276,020	No morning cough. No respiratory distress. No chest pain when breathing	Saturday, Dec 27th 12:56PM
 113,273,729	Doctor says. ;)	Saturday, Dec 27th 11:56AM

 113,273,324	Nothing yet. I think it is to early yet.	Saturday, Dec 27th 11:24AM
 113,271,846	I haven't seek any medical care in over a year. When I was a smoker, I was at the Dr's every year for medications due to asthmatic bronchitis - not one issue with bronchitis since vaping. I don't cough anymore and I am breathing very well these days - no shortness of breath at all.	Saturday, Dec 27th 11:16AM
 113,270,031	I can breath taste food so much better I have more energy	Saturday, Dec 27th 10:39AM
 113,268,093	i'm mountain biking again, yes.	Saturday, Dec 27th 9:58AM
 113,264,877	I don't stink. I can taste food. I don't effect those around me.	Saturday, Dec 27th 8:37AM
 113,263,545	Incredable change in breathing and over all health..Amazing to have the opportunity for help others	Saturday, Dec 27th 7:58AM
 113,263,543	Me siento igual, ni he fumado nunca y el vapeo no me provoca ningun malestar.	Saturday, Dec 27th 8:05AM
 113,261,623	Marked improvement in my general fitness when I play sport.	Saturday, Dec 27th 7:22AM
 113,260,214	I appreciated practicing sport benefits , greater sense of taste and smell, less smell on my clothes and the taste of my mouth to the other . I like the flavors of liquid than the snuff and my house does not smell bad . It is also much cheaper.	Saturday, Dec 27th 6:06AM
 113,259,717	Cuando me levanto por la mañana, no tengo mal sabor de boca, tengo más energía,son muchas cosas juntas todas positivas.	Saturday, Dec 27th 5:52AM
 113,259,269	y hay otras muchas mejoras que tengo desde que no fumo	Saturday, Dec 27th 6:01AM
 113,258,916	Taste and smell better	Saturday, Dec 27th 5:34AM
 113,257,966	I am lucky enough not to have gone to a doctors for many years so no idea if my bp is down etc.	Saturday, Dec 27th 5:11AM
 113,257,479	From the third month of vaping, I acquired a rash, and it has continued to spread.	Saturday, Dec 27th 4:41AM
 113,254,766	I can breathe much better, much less phlegm, I can smell, much less colds/sinus problems. I have however had a scratchy feeling in my throat from higher PG mixed liquid, I primarily vape high VG liquids.	Saturday, Dec 27th 3:07AM
 113,254,675	I had no idea how much I had lost my sense of smell and taste until I had been smoke free for a couple months. That it only took a couple months for me to get my sense of taste and smell back is a testament to how amazing the body is. I don't think about walking up stairs now where when I smoked I noticed it was difficult.	Saturday, Dec 27th 2:56AM
 113,249,770	So far so good and my doctor agrees.	Saturday, Dec 27th 12:15AM
 113,248,592	Lung capacity is lower. May be because I vape more often than I smoked because I enjoy it more.	Friday, Dec 26th 11:48PM

I am a frequent runner. When I smoked my lung capacity was a challenge when while running. I had to run 1st thing in the morning because if I smoked during the day before running, then I would get winded much faster and not be able to run as far or as long. As a smoker I got winded easily, despite being pretty fit, stairs, quick sprints across a street or even riding a bike would make me short breathed. I also suffered from dizzy spells and light headedness when I was a smoker. If I sat down for a long time and smoked a couple cigarettes, when I stood up I would lose vision for a few seconds and become dizzy.


113,248,073

After I started vaping I notice a significant improvement in my capacity for aerobic activity without getting short breathed. Now when I run, I can run until my legs are tired instead of running until my lungs are tired. I don't get light headed on staircases anymore, and I can run right after vaping and it does not bother me whatsoever. I have not had a single loss of vision or dizzy spell from standing up after being seated for a long time since I started vaping! I don't doubt that vaping has some impact on my lung capacity, but compared to when I smoked the difference is incredible.

Friday, Dec 26th
10:14PM


113,246,154

No more asthma complications or chronic bronchitis. I'm sick less, have more energy, and I feel amazing.

Friday, Dec 26th
10:21PM


113,243,778

still have a lot of flem throughout the day and in the morning especially.

Friday, Dec 26th
9:11PM


113,242,844

i'm not coughing at all and food tastes better and i can smell

Friday, Dec 26th
8:38PM


113,241,850

Bad lung at one point
Lost taste for weeks at a time

Friday, Dec 26th
8:31PM


113,241,032

I can also smell and taste now

Friday, Dec 26th
8:06PM


113,239,939

I no longer have bronchitis as often.

Friday, Dec 26th
7:36PM


113,237,191

I like to sing even though I am terrible, and I can now manage to hold notes I couldn't before. Within a month I had a better sustain. I can also feel it when I yawn or inhale deeply. My chest isn't as tight.

Friday, Dec 26th
5:48PM


113,231,927

Felt the lack of oxygen in my blood, muscles and veins, after starting vaping I feel like before I was a non smoker

Friday, Dec 26th
4:46PM


113,231,485

I feel healthier as a vaper, both mentally and physically. If I don't have my pack of cigarettes with me anymore, no problem. Used to be, if I couldn't feel my pack in my pocket, I would go straight home to get it or to the nearest gas station.

Friday, Dec 26th
4:46PM


113,231,484

I feel healthier as a vaper, both mentally and physically. If I don't have my pack of cigarettes with me anymore, no problem. Used to be, if I couldn't feel my pack in my pocket, I would go straight home to get it or to the nearest gas station.

Friday, Dec 26th
4:46PM


113,224,528

I no longer have to constantly clear my throat throughout the day. I no longer wake up dry and unable to breath.

Friday, Dec 26th
2:47PM


113,222,229

correct answer

Friday, Dec 26th
2:17PM


113,222,102

Both medical doctor & DDS are thrilled I'm vaping.

Friday, Dec 26th
2:08PM


113,217,186

I have a cold and its not as bad as usual, and I always have to use inhaler when suffering a cold, not had to use it once

Friday, Dec 26th
1:18PM


113,216,153

i feel my healthiness raised

Friday, Dec 26th
12:58PM

 113,215,863	old health issues included an increased heart rate durring mild excersize, regular issues with heartburn. Both stopped once I was fully vaping and not smoking at all.	Friday, Dec 26th 12:59PM
 113,212,277	I found I personally seem to have a certain sensitivity to high PG concentrated juices. Perhaps the dehydration factor that comes with that as I was beginning to get strange muscle cramping after I started vaping regularly. However, I found that the cramping episodes completely disappeared by switching over to MAX VG-based juices. Problem solved!	Friday, Dec 26th 11:48AM
 113,187,659	I had a heart attack twelve years ago and to stop smoking was an important thing to do although I did not want to quit, I have become an accidental quitter.	Friday, Dec 26th 6:24AM
 113,185,743	Better breathing generally fitter no cough for 10 minutes every morning.	Friday, Dec 26th 5:56AM
 113,184,943	High blood pressure Migraines Temple pressure	Friday, Dec 26th 5:21AM
 113,181,084	it's only been a week but I found the smell and I have the least loaded throat in the morning	Friday, Dec 26th 3:46AM
 113,180,578	unsure whether vap9ing has improved my health as I have had heart operations that improved my health	Friday, Dec 26th 3:34AM
 113,179,947	I feel much better !	Friday, Dec 26th 3:07AM
 113,169,154	I would get bronchitis every winter when I smoked regular cigarettes but since I started vaping I have not gotten sick. I feel so much better and I am not out of breath so easily like I used to get when I smoked cigarettes.	Thursday, Dec 25th 7:44PM
 113,165,963	i have noticed massive improvements to my chest i no longer get large build ups of jelly like flem i used to from smoking. my air ways feel a lot more open and this winter has been the first in about 10 years iv been flu/ chest infection free.	Thursday, Dec 25th 4:37PM
 113,165,584	smoking more relaxed to me than vaping.	Thursday, Dec 25th 5:59PM
 113,162,707	better taste and smell	Thursday, Dec 25th 4:50PM
 113,159,256	I get dry lips and mouth from vaping. That's about it tho!	Thursday, Dec 25th 3:34PM
 113,151,882	doctor just said : "Good !" with a big smile.	Thursday, Dec 25th 12:42PM
 113,150,267	I have been jogging and biking since I was 20, so I always felt pretty healthy, despite the smoking of about 15 to 20 cigarettes a day. But I do notice that I don't cough and spit anymore. That feels very good.	Thursday, Dec 25th 11:57AM
 113,148,516	errr its the truth!	Thursday, Dec 25th 11:41AM
 113,143,510	More energy, but also changed diet at same time, overall just more alert and better feeling. Hard to explain exactly	Thursday, Dec 25th 9:55AM
 113,142,056	No more morning cough!	Thursday, Dec 25th 9:45AM

 113,141,640	my general health and energy after several weeks seems markedly improved. and my senses of smell and taste have recovered dramatically.	Thursday, Dec 25th 9:06AM
 113,141,154	Having my taste buds back is great.	Thursday, Dec 25th 8:54AM
 113,141,119	Less wheezy. not so easilly out of breath.	Thursday, Dec 25th 9:10AM
 113,140,581	I'm not sure I was diagnosed with "COPD" (I didn't know this acronym up to now) but I had "bronchite chronique asthmatiforme" and it totally disappeared when I stopped smoking.	Thursday, Dec 25th 8:36AM
 113,140,459	I have COPD and that condition remains. I can walk further for longer than I did before. Though the COPD still kicks in I try to rush things.	Thursday, Dec 25th 8:50AM
 113,140,173	Don't cough up gunk in the morning anymore.	Thursday, Dec 25th 8:42AM
 113,135,706	Taste increase	Thursday, Dec 25th 6:13AM
 113,134,253	My smell and taste are back !	Thursday, Dec 25th 5:56AM
 113,109,305	headaches, bad mood in morning	Wednesday, Dec 24th 7:09PM
 113,098,449	Kondycja i samopoczucie na plus.	Wednesday, Dec 24th 4:13PM
 113,095,515	I've got more energy than when smoking, need less sleep. I feel my concentration is better as well.	Wednesday, Dec 24th 3:30PM
 113,077,834	I smell a lot of things I didn't smell before	Wednesday, Dec 24th 11:21AM
 113,076,195	My breathing is much better, I'm not hacking up thick brown and green phlegm, I can smell and taste much better, my teeth are whiter and are not sensitive any longer, I'm no longer getting the headaches I used to while I smoked, and my immune system was recharged.	Wednesday, Dec 24th 10:44AM
 113,072,297	my doctors did asthma tests with me, my lungs increased in capacity by 30% in 11 months, my lung xrays show no signs of smoking, and my blood saturation with oxygen is 98. best i ever had.	Wednesday, Dec 24th 9:44AM
 113,072,165	No more coughings and headaches.	Wednesday, Dec 24th 9:43AM
 113,061,520	Stamina is better. Breathing is better. I don't cough up nearly as much goo as before. I've got better skin. I don't have an urge to smoke any more - at least not in any comparable way to cigarettes.	Wednesday, Dec 24th 7:09AM
 113,057,557	Yes / No ???	Wednesday, Dec 24th 6:16AM
 113,057,301	Much better breathing, no morning cough, no cigarette hangovers.	Wednesday, Dec 24th 6:08AM
 113,056,525	lung function back within safe ranges, HUGE drop in bp (from 210/98 -> 142/89), I can exercise again and sleep apnea score has improved considerably.	Wednesday, Dec 24th 5:48AM

 113,053,577	I suffer from chest pain all day. I have never had that before and I've been checked at the doc I'm not sick so I am worried	Wednesday, Dec 24th 4:52AM
 113,053,359	I had no perceptible health problems from smoking.	Wednesday, Dec 24th 4:41AM
 113,049,034	I didn't really have any conditions prior.	Wednesday, Dec 24th 3:18AM
 113,048,740	I was a 3+ppd smoker, smoked over 30 years but never had a cough, any airway issues and have always run a low blood pressure. I do however have numerous health issues, MS, degenerative bone disease and several others and go to several drs who are all thrilled i quit smoking. I just hope i don't pay for having smoked so long in the future.	Wednesday, Dec 24th 3:00AM
 113,048,340	I haven't really done a thorough health check, but i definetly feel better than when i was smoking.	Wednesday, Dec 24th 2:53AM
 113,045,708	I never seemed to have the problems from smoking that other people claim to have and have noticed no difference.	Wednesday, Dec 24th 1:28AM
 113,043,492	My spirometry test while smoking was at 72%. After 18 months on e cigarettes, the same test shows lung function at 108%.	Wednesday, Dec 24th 12:53AM
 113,043,106	Eased insomnia, reduced anxiety,	Wednesday, Dec 24th 12:38AM
 113,026,421	I have had compliments on my improved health from others that say I have more healthy colour to my face.	Tuesday, Dec 23rd 6:53PM
 113,017,917	I have more physical condition now.	Tuesday, Dec 23rd 5:20PM
 113,014,650	I have asthma, symptoms are much improved	Tuesday, Dec 23rd 4:27PM
 113,014,304	I'm less stressed since then, so I guess I managed to get rid of the effect of those harmful ingredients of cigarette-smoke, that are allegedly poisonous for the nerves, too. My physical performance has also improved a lot.	Tuesday, Dec 23rd 4:00PM
 113,014,236	More energy, not getting puffed out	Tuesday, Dec 23rd 4:25PM
 113,009,574	I am suffering from chonical asma bronchitis. Before I saterted vaping, I used three different types of steroid medication, three times a day, just to be able to breath normally. Now, after several month of vaping, I am down to only one medication, once a day.	Tuesday, Dec 23rd 3:25PM
 113,000,550	I have had numerous throat sugeries, where I've had pyalop's and leukoplasia removed from my larynx. I had to have my throat scoped every 6 months. Diagnosed with chronic laryngitis, Rigies edema, and asthma brought on by smoking. All of these medical conditions no longer exist.	Tuesday, Dec 23rd 1:35PM
 112,996,903	Not one bronchitis infection or bronchial asthma attack since vaping. My asthma is more under control. My cholesterol has dropped to a level my doctor is very pleased with.	Tuesday, Dec 23rd 1:16PM
 112,996,028	I feel so much better now than when I smoked. My smoker's cough has vanished and I can climb stairs without getting winded.	Tuesday, Dec 23rd 12:55PM
 112,994,663	My breath is so much fresher. My fingers isnt yellow anymore	Tuesday, Dec 23rd 12:43PM

 112,994,014	Because all this has ocured since I started vaping. I don't crave snacks, I don't eat until i'm stuffed. I breathe so much better I'm able to exercise more so I'm leading a much healthier lifestyle.	Tuesday, Dec 23rd 11:48AM
 112,991,103	When I smoked cigarettes, I used my Ventolin puffers several times per day to treat my asthma. I am now significantly using them less and as every day goes by i find my breathing so much better and improving.	Tuesday, Dec 23rd 11:22AM
 112,990,771	Sense of smell and taste coming back since I'm only vaping and not using tobacco	Tuesday, Dec 23rd 11:45AM
 112,990,182	I don't cough at night like I used to when I was smoking and I can breathe when exercising now.	Tuesday, Dec 23rd 11:29AM
 112,984,236	raised my average speed from 12,2 km/h to ~ 13,1 km/h on 10 km. I was fit, even with heavy smoking	Tuesday, Dec 23rd 10:14AM
 112,982,078	My acid reflux isn't acting up as much as it did when I was dipping.	Tuesday, Dec 23rd 9:51AM
 112,981,334	Again, already had quit. However, I am more relaxed when I vape. I find the act relaxing, even without nicotine. It's a mental thing and I find it enjoyable.	Tuesday, Dec 23rd 9:30AM
 112,979,380	I am listed as a "former smoker" on my chart. The wheezing I had when I went to bed stopped within a couple days of vaping exclusively. I am less winded when I exert myself.	Tuesday, Dec 23rd 8:33AM
 112,978,124	I have been able to breath a whole lot better. So much better that I have been able to exercise and I have lost 165lbs.	Tuesday, Dec 23rd 8:54AM
 112,978,006	Chronic bronchitis now clear.	Tuesday, Dec 23rd 8:48AM
 112,977,867	I noticed no decrease in health through smoking nevertheless starting to vape get me a much better body health at all: better condition, better concentration etc.	Tuesday, Dec 23rd 8:07AM
 112,977,512	I feel great! Gained a little weight, but overall I'm exercising now. (still lazy however)	Tuesday, Dec 23rd 8:43AM
 112,976,808	<ul style="list-style-type: none"> - smoker's cough stopped after two weeks of vaping - skin looks healthier - stamina is way up without more exercise - had difficulty walking long distances, they are gone - COPD has vanished from the list of chronic diseases my doctor is treating me for - taste is back - sense of smell is back - can lie down without my nose clogging up instantly 	Tuesday, Dec 23rd 7:46AM
 112,976,092	I think, there's no need to comment my picks. :)	Tuesday, Dec 23rd 7:32AM
 112,975,679	No more coughing	Tuesday, Dec 23rd 8:03AM
 112,975,573	i breath much easier now	Tuesday, Dec 23rd 8:05AM
 112,973,195	I have asthma and since I started vaping I use my inhaler maybe twice a week compared to four or five times a day as when smoking dark tobacco.	Tuesday, Dec 23rd 7:09AM
 112,973,054	after almost two month so much deferent with my body i can breath again	Tuesday, Dec 23rd 6:55AM

 112,968,498	I do not cough at night or day anymore i can taste better i breathe better smell better all round better	Tuesday, Dec 23rd 5:11AM
 112,968,202	Quite awhile before the first ecig came along the amount of smoking was gradually lessening. The feeling of dizziness, gagging nausea type sensations, burning taste in mouth at times, tightness in chest as well as irritated passageways all took to clear once vaping was the full time habit. After 15 months of being smoke free none of those conditions have returned.	Tuesday, Dec 23rd 4:33AM
 112,967,055	Blood pressure back to normal and i can actually run a mile without stopping.	Tuesday, Dec 23rd 4:58AM
 112,966,374	I had no problems with tabac cigarttes (no cough, nothing) so vaping could nothing improve in my health	Tuesday, Dec 23rd 4:43AM
 112,965,634	This space intentionally left blank	Tuesday, Dec 23rd 4:24AM
 112,965,500	My sense of smell is back. Also my smokers cough is gone.	Tuesday, Dec 23rd 4:03AM
 112,964,914	Help me understand why you would ask this question if you didn't think I would answer it on my personal and medical knowledge.	Tuesday, Dec 23rd 3:59AM
 112,964,449	I feel better in general. No morning coughing fits. No weight gain as with cold turkey quitting. More active and better overall appearance of skin. Smoking ages the skin rapidly.	Tuesday, Dec 23rd 3:50AM
 112,964,150	Again... Because that's the right answer.	Tuesday, Dec 23rd 3:08AM
 112,964,118	More energy. Less in bed. Better quality of life. Cleaner teeth. Air quality. Milder headaches. Less sinus related illnesses, colds, etc.	Tuesday, Dec 23rd 3:30AM
 112,963,546	Much more energetic and positive	Tuesday, Dec 23rd 3:21AM
 112,963,330	Prior to vaping I would get at least 2 colds a year. I've had one cold within the 7 years I've been vaping.	Tuesday, Dec 23rd 2:59AM
 112,963,245	Feel better	Tuesday, Dec 23rd 3:13AM
 112,962,614	No mucus :)	Tuesday, Dec 23rd 2:45AM
 112,962,495	I got bad stomach, trouble With breath and chest after a while With one UK brand. After i switched to Dekang it all good. I strongly feel ejuices needs cotrolling, analyzes and regulations.	Tuesday, Dec 23rd 2:40AM
 112,962,194	Don ' t get pneumonia with every cold, anymore. .	Tuesday, Dec 23rd 2:26AM
 112,960,634	Familiar foods and smells began changing as I vaped consistently. The biggest benefit from vaping, honestly, is the increased sense of taste and smell, which only in retrospect did I realize were diminished.	Tuesday, Dec 23rd 1:25AM
 112,960,484	I had hypertension before quitting smoking through the use of electronic cigarettes. It did not go down after switching to vaping, even with the nic reduction.	Tuesday, Dec 23rd 1:16AM
 112,956,710	my life is getting better and better day by day	Monday, Dec 22nd 11:40PM

 112,955,213	I started vaping for relaxation. I had some compulsive habits which have completely stopped since I started vaping.	Monday, Dec 22nd 10:57PM
 112,954,676	I feel better I have asthma and I can actually run and play with my kids again. ..	Monday, Dec 22nd 10:39PM
 112,953,970	My teeth and gums ate healthier.	Monday, Dec 22nd 10:20PM
 112,953,772	I was boarder line copd when i started vaping, 46% lung capacity.. I have 87% today and I can run....	Monday, Dec 22nd 10:09PM
 112,950,874	I think I may still be listed as a smoker on my medical charts. But I think where I live, people don't understand what vaping really is.	Monday, Dec 22nd 9:01PM
 112,950,653	Regeneration of my breathing,fitness, taste buds back to full working order.Skin complication improved. Cheaper insurance cover granted as non smoker.	Monday, Dec 22nd 8:51PM
 112,949,589	Found out I have a PG allergy, have to stay above 80%vg	Monday, Dec 22nd 8:47PM
 112,949,568	I feel better. I am fairly certain I will not recover the lungs of a person who never smoked after 49 years of smoking, but I breathe much better than I did. Not a patient of a doctor, so this is my opinion only.	Monday, Dec 22nd 8:22PM
 112,948,535	I check my blood pressure at least once a week. My systolic number has dropped 20 points since I started vaping.	Monday, Dec 22nd 8:18PM
 112,947,364	no more coughing in the morning	Monday, Dec 22nd 7:54PM
 112,947,070	Obviously	Monday, Dec 22nd 7:51PM
 112,946,342	I don't know if cops or blood pressure is better, thing is I just feel better and I can do things where I had to make some breaks when I was a smoker	Monday, Dec 22nd 7:32PM
 112,945,573	started to feel much better a few weeks after i started vaping	Monday, Dec 22nd 7:25PM
 112,945,207	When I was a smoker I suffered allot from throat and lung infections. After I started vaping I'm not sick nearly as often as I was before. And overall I feel healthier and in better shape now than when I was a smoker.	Monday, Dec 22nd 6:47PM
 112,945,201	Because it is the thruth	Monday, Dec 22nd 7:13PM
 112,944,070	i beleive i feel healthier in myself also and i dont smell like an ashtray anymore	Monday, Dec 22nd 6:46PM
 112,942,446	No more coughing up brown yuck every morning, no more colds that hang on for weeks, no more bone recession in my jaw (my dentist is very pleased!)	Monday, Dec 22nd 6:18PM
 112,942,235	It's nice being able to run up a hill. Went for years without experiencing it. (And everything else that might wind you. ;))	Monday, Dec 22nd 6:13PM
 112,942,193	No Colds since I started vaping.	Monday, Dec 22nd 6:19PM

 112,941,246	Over all better health. Remarkable.	Monday, Dec 22nd 5:57PM
 112,938,970	Exercise tolerance is much improved too	Monday, Dec 22nd 5:15PM
 112,938,093	My doctor has written in my papers " non smoker " . But notice : In some countries (for example in germany), health insurance and insurance companies listing vapers as "smokers" with all its attendant disadvantages :(Monday, Dec 22nd 4:51PM
 112,936,558	Since my parents stop smoking I am not encountering second hand smoke.	Monday, Dec 22nd 5:03PM
 112,933,729	Canker sores and feeling like i have the flu	Monday, Dec 22nd 4:21PM
 112,933,362	Stress tests on my heart show I am in better heart health now after switching to vaping.	Monday, Dec 22nd 4:14PM
 112,933,179	I don't wake up with a wheezing cough, I don't phelgm up and nor does my throat hurts after a night of socializing.	Monday, Dec 22nd 3:43PM
 112,931,949	Everything is better. I think it was on the third week when I woke up. I just took BIllllG sip of air to my lungs and it went in so smoothly that I started coughing. It was weird to have air in like that. Much better though. Feeling like I have been "cleansed".	Monday, Dec 22nd 3:52PM
 112,931,657	The junk that came out of my lungs!!! People are telling me I look healthier than when I was a smoker. I'll chock that up to my cells getting more oxygen	Monday, Dec 22nd 3:42PM
 112,930,865	Results speak for themselves. I can now exercise because I am not out of breath.	Monday, Dec 22nd 3:44PM
 112,930,845	Because I have noticed better breathing with deeper breaths and less shortness of breath, better endurance, and no more pressure on my chest from shortness of breath.	Monday, Dec 22nd 3:53PM
 112,930,750	Breathing and tastebuds recovered good. I can smell and taste much more & better since I started vaping.	Monday, Dec 22nd 3:36PM
 112,929,117	I can smell and taste again, I don't get as winded when I exercise, I don't cough up crap all the time, my dr. noticed a difference when he listens to my lungs.	Monday, Dec 22nd 3:04PM
 112,927,314	I live unhealthy anyway, still love junk food and chocolate, I never expected health benefits from vaping and if there are any, I wouldn't notice.	Monday, Dec 22nd 2:15PM
 112,920,052	Sleep improved after years of disruptive sleep. Energy level much higher! No more chronic cough No more wheezing Less colds and flu	Monday, Dec 22nd 1:21PM
 112,900,765	The only negative effect from vaping for me was an irritated throat in the first month, this has completely disappeared after increasing the VG percentage of my e-liquid. This irritaion was caused by using e-liquid made entirely with PG.	Monday, Dec 22nd 9:24AM

 112,896,592	<p>My doctor is on board with me vaping with or without nicotine for the rest of my life. My blood pressure dropped 30 points in one month. I am a chronic pain patient who is permanently disabled. To have a normal blood pressure even when in severe pain is mostly a dream to people like me but it is now possible since I quit smoking. One downside my pain is worse, cigarettes have alkaloids that help many people in chronic pain. Nicotine juice supplies none of that. People in severe pain have bodies that are extremely efficient at gleaning ANYTHING to fit into their pain receptors. I have had to go on much higher pain medication after giving up smoking and dairy. Dairy also has a positive effect on pain in some ways.</p>	Monday, Dec 22nd 8:20AM
 112,894,361	<p>Don't feel like I've been punched in the chest after a night out!</p>	Monday, Dec 22nd 7:58AM
 112,893,793	<p>Usually I would cough daily. Since Vaping, I don't have a smoker's cough anymore. Also, my breath is 100% better. My Dentist & Dental hygienist noted I no longer have yellow, hard to remove staining on my teeth. Vaping has definitely improved my physical and oral health.</p>	Monday, Dec 22nd 7:14AM
 112,890,219	<p>Because I wanted to ok!</p>	Monday, Dec 22nd 6:54AM
 112,875,131	<p>Prior to switching to vaping, I had the following issues when smoking:</p> <ul style="list-style-type: none"> Shortness of breath when climbing stairs High carbon dioxide levels in my blood High white blood cell count Low red blood cell count Benign cysts in my breasts (this occurs normally in many female smokers). One had to be surgically removed. Snoring while sleeping. Waking up every morning feeling like I had no rest. <p>All of these problems ceased and returned to normal after 4 months of exclusively vaping.</p>	Monday, Dec 22nd 12:56AM
 112,873,359	<p>Quit mainly for the cost - but hopefully will enjoy a longer life because of Vaping</p>	Monday, Dec 22nd 12:03AM
 112,872,846	<p>True answers.</p>	Sunday, Dec 21st 11:40PM
 112,871,937	<p>well, i can breathe easier.</p>	Sunday, Dec 21st 11:12PM
 112,866,590	<p>I do a very physical job and have noticed that i can work a lot harder without getting breathless at all, I had to stop every hour or so when i smoked.</p>	Sunday, Dec 21st 9:31PM
 112,862,557	<p>Better breathing, less coughing, no phlegm, less colds, better skin, better general condition, better smell & taste.</p>	Sunday, Dec 21st 8:45PM
 112,861,562	<p>I can breath better, work out longer, and I've lost weight.</p>	Sunday, Dec 21st 5:08PM
 112,857,333	<p>Smell & taste are much better. No more dry mouth!</p>	Sunday, Dec 21st 7:03PM
 112,855,491	<p>I no longer wake up with a soar throat, coughing up phlegm and constantly have a dry mouth. I also feel that my breathing is no longer labored during strenuous activities, like walking up 1 flight of stairs or mowing the grass.</p>	Sunday, Dec 21st 5:23PM
 112,846,673	<p>I've started running long distance, work outs have become more effective and stamina has increased. Breathing is better, teeth are whiter, taste and smell is better, and mind is clearer</p>	Sunday, Dec 21st 4:22PM
 112,844,619	<p>In the military it is important to be healthy and in shape! Since I traded smoking for vaping I feel better, look better and run faster!</p>	Sunday, Dec 21st 3:55PM
 112,844,583	<p>Running, climbing and cycling much improved. Every single day positively enhanced by not smoking and feeling good about it.</p>	Sunday, Dec 21st 2:51PM

 112,841,819	Breathing is a lot better. Doctor even thinks I am better.	Sunday, Dec 21st 2:55PM
 112,841,008	Never had high blood pressure Never had copd	Sunday, Dec 21st 3:03PM
 112,837,453	I feel much healthier in general since I've started vaping and quit smoking. I have a better condition, breath better, cough less, pretty much no colds to speak of. I'm really happy about it!	Sunday, Dec 21st 1:53PM
 112,836,876	I used to wheeze badly at night and had troubles with my nose being stuffed up. Both have gone away since I started vaping only.	Sunday, Dec 21st 1:48PM
 112,825,541	Rx is thrilled. So is the dentist.	Sunday, Dec 21st 11:05AM
 112,825,032	I started running. I ran two half marathons since I quit smoking.	Sunday, Dec 21st 10:55AM
 112,824,697	Zoals eerder vermeld geen verzuring in de benen,fietsen,traplopen,geen enkel probleem meer.	Sunday, Dec 21st 8:41AM
 112,822,837	I was not experiencing any health problems from smoking but looked at vaping because the smoke was bothering my never smoked spouse who is doing chemo treatments	Sunday, Dec 21st 10:23AM
 112,822,399	my breath is more fresh, i don't cough like a old dog anymore	Sunday, Dec 21st 10:16AM
 112,818,875	able to walk longer distances without losing breath/becoming tired. Started waking up without the need to cough my lungs up after a few weeks.	Sunday, Dec 21st 9:01AM
 112,817,547	dents qui tombaient	Sunday, Dec 21st 9:01AM
 112,815,074	I can sing, taste, don't ccough in the morning, saving money.	Sunday, Dec 21st 8:22AM
 112,813,561	Taste, sent, Total conditioning is much better	Sunday, Dec 21st 7:53AM
 112,812,482	I can walk stairs again, without thinking I;m dying after 3 flights of stairs.	Sunday, Dec 21st 7:14AM
 112,811,501	Allergies and asthma do not bother me anymore. Never used an inhaler again, and it is rare to take an allergy pill nowadays.	Sunday, Dec 21st 6:06AM
 112,811,398	It's the truth, what more is there to say?	Sunday, Dec 21st 6:34AM
 112,809,786	personal experience	Sunday, Dec 21st 6:16AM
 112,809,337	i know from my breathing tests that more lung capacity has increased since stopped smoking and now vaping and vaping is not harming me.	Sunday, Dec 21st 6:02AM
 112,807,761	better taste, better smelling, better everything..	Sunday, Dec 21st 5:20AM

 112,807,246	My gums are much healthier	Sunday, Dec 21st 5:05AM
 112,807,030	afaik I do not suffer from COPD, and have not had my BP checked either before or after starting vaping. I do feel good though, I have more energy, I can do chores and DIY without feeling blown	Sunday, Dec 21st 4:50AM
 112,805,666	Not only do I not smell of cigarette smoke, I can play tennis, jog, and swim underwater holding my breath. None of this was possible after years of smoking conventional cigarettes.	Sunday, Dec 21st 3:59AM
 112,804,481	Way more energy, Breathing easy, no wheezing can sleep on my back again	Sunday, Dec 21st 3:41AM
 112,804,408	No cough	Sunday, Dec 21st 3:42AM
 112,804,376	Its amazing. I have a phone job where my calls are monitored. My sup used to tell me he was worried about my wheezing on calls. no wheezing anymore! I can also walk up hill, or even the stairs (haha) without heavy breathing	Sunday, Dec 21st 3:33AM
 112,802,481	Have never felt better. Redid medical test for life insurance and now classified as nonsmoker	Sunday, Dec 21st 2:11AM
 112,801,587	Certain juices/flavourants(high PG/or with Alc) cause chest pain,pre existing asthmatic condition.	Sunday, Dec 21st 2:11AM
 112,800,521	Still early days for me but feel I'm improving daily.	Sunday, Dec 21st 1:32AM
 112,800,184	Because it's the truth.	Sunday, Dec 21st 1:21AM
 112,799,871	I have had a slow decline in asthma related issues. The first few months when i switched to vaping were really rough. I had to switch medications so im unsure if the changes are from medicine or vaping.	Sunday, Dec 21st 1:05AM
 112,799,353	Don't break down with coughing fits whilst mowing lawn. Don't wake up coughing at night....	Sunday, Dec 21st 12:55AM
 112,799,084	I saw the Dr. the day I was to quit. He said he was on board with vaping as a method to quit. My chest tightness has drastically decreased and I'm now breathing freely. Also, my tastebuds seem to have reverted to their pre-smoking state, resulting in better tasting food and pleasant breath.	Sunday, Dec 21st 12:33AM
 112,799,031	I used to end up in hospital with pneumonia and severe chronic asthma 3 or 4 times a year. Haven't even had a cold since started vaping. I don't need the Ventolin anymore or the 'Prednisolone" (steroid/corisonone mix) in 18 months. Still use preventative 'Seretide' once a day instead of twice a day.	Sunday, Dec 21st 12:39AM
 112,798,407	My breathing and energy levels are much better!	Sunday, Dec 21st 12:21AM
 112,797,490	Energy levels are increase due to the fact my lungs are not working harder to cleanse the chemicals contained in tobacco smoke. I have noticed an increased lung capacity and I am going to start an exercise regimen to decrease body weight.	Sunday, Dec 21st 12:06AM
 112,796,495	I can sing better now.	Saturday, Dec 20th 11:33PM
 112,796,069	because its the truth? Fuck!!	Saturday, Dec 20th 11:27PM

 112,795,624	<p>I haven't seen a doctor since I began vaping. Since I smoked so long I do want the doctor to be alert to possible smoking related issues that may be present now or in the future.</p> <p>High blood pressure went away when I lost a significant amount of weight.</p>	Saturday, Dec 20th 10:48PM
 112,795,366	<p>All round I feel better, I am not racing for a nicotine dose as soon as I wake up. Not feeling bluh when I wake up. I feel calmer(may be due to more oxygen in my system) not so anxious(anxiety disorder)</p>	Saturday, Dec 20th 10:26PM
 112,794,939	<p>I used to get throat infections and bronchitis a few times a year. Since I quit smoking and started vaping I haven't been sick once.</p>	Saturday, Dec 20th 11:01PM
 112,794,163	<p>I'm now listed as a nonsmoker on my medical chart and my doctor has noticed that my blood sugars (diabetic) are more even and controllable, my blood pressure is well within the normal range, and I've lost 15 stubborn pounds.</p>	Saturday, Dec 20th 10:31PM
 112,791,634	<p>when i smoked cigarettes i would get this "condition" if you will, i believe due to blood pressure but am uncertain as a (few) doctor(s) have ben unable to assist in finding the cause, or "condition" in a book term. (cant find a name for whats wrong so they dont know how to diagnose the issue)</p> <p>for reference i will call them "episodes"</p> <p>before vaping, i would get these episodes 3-9 times a day randomly atleast 100 of the 365 days in the year.</p> <p>since vaping, they have reduced dramaticaly. 2-4 times a day randomly out of maybe 40 days a year</p>	Saturday, Dec 20th 9:22PM
 112,789,754	<p>Only positive effects.</p>	Saturday, Dec 20th 9:04PM
 112,789,365	<p>I'm not out of breath as much I feel better in every way since I stopped smoking cigarettes</p>	Saturday, Dec 20th 8:58PM
 112,785,518	<p>My sense of smell has returned. My sense of taste has returned. I don't tire as easy. No more hacking cough.</p>	Saturday, Dec 20th 7:47PM
 112,782,545	<p>I feel better and breathe better, that's all that counts. More relaxed.</p>	Saturday, Dec 20th 6:34PM
 112,779,598	<p>Doctor says my lungs are night and day cleaner than they were back in 2010. (Before I started vaping.)</p>	Saturday, Dec 20th 5:52PM
 112,778,917	<p>I'm much more active. My dentist says my teeth are cleaner. My doctors says my lungs are clearing up. My sense of smell and taste are off the charts. I no longer have burnt holes in my clothes, car, or bed.</p>	Saturday, Dec 20th 5:27PM
 112,778,559	<p>It's like a b12 injection :D</p> <p>Better health, I breathe more smoothly, I don't wake up in the night coughing.</p>	Saturday, Dec 20th 5:36PM
 112,778,019	<p>All round feeling better.</p>	Saturday, Dec 20th 5:27PM
 112,777,663	<p>N/a</p>	Saturday, Dec 20th 5:19PM
 112,775,102	<p>better skin and general well being</p>	Saturday, Dec 20th 4:34PM
 112,773,269	<p>I have used an inhalator for broncitis when I was smoking. 14 days after I began to vape I could schrow it away ;-)</p>	Saturday, Dec 20th 3:56PM
 112,770,354	<p>Overall, my health is better and my well-being</p>	Saturday, Dec 20th 3:20PM

 112,768,398	Because it's true	Saturday, Dec 20th 2:32PM
 112,766,909	My teeth used to be stained because of smoking. My dentist cleaned my teeth after I quit smoking and started vaping, and the stains never came back.	Saturday, Dec 20th 2:05PM
 112,765,310	much more energy too	Saturday, Dec 20th 1:50PM
 112,765,307	much more energy too	Saturday, Dec 20th 1:50PM
 112,763,690	Don't have all that awful tar and other chemicals killing me.	Saturday, Dec 20th 1:21PM
 112,763,088	Improved my life 100%	Saturday, Dec 20th 1:27PM
 112,761,630	See the previous post. I have asthma, so quitting smoking is a no brainer, my health has greatly improved since then	Saturday, Dec 20th 12:43PM
 112,758,052	My dentist also says my oral health is much better.	Saturday, Dec 20th 12:15PM
 112,755,778	My puffer use has gone down significantly since I quit smoking and started vaping. My breathing is clear, I don't cough any more, and I haven't been ill in more than a year. I used to be very susceptible to colds.	Saturday, Dec 20th 11:30AM
 112,755,677	Violent morning coughing - GONE !!!	Saturday, Dec 20th 11:45AM
 112,755,451	All around feeling healthier and smelling better, what more can anyone ask for !	Saturday, Dec 20th 11:21AM
 112,754,625	I don't get the nicotine headaches that used to with chew and cigarettes.	Saturday, Dec 20th 11:34AM
 112,753,143	My biggest thing is my mental health. I longer suffer from low self esteem or depression. Also the ridiculous all day coughing is gone!!	Saturday, Dec 20th 11:06AM
 112,751,716	I don't wake up in the morning coughing, I don't smell like an ashtray, my car doesn't stink, I no longer have burn holes anywhere.	Saturday, Dec 20th 10:48AM
 112,750,767	have multiple sclerosis,and other health issues benifited	Saturday, Dec 20th 10:31AM
 112,750,452	My copd and asthma are profoundly better. My family doctor wants to re-test for copd because my symptoms are so greatly reduced.	Saturday, Dec 20th 10:14AM
 112,748,634	One of the main reasons I needed to quit is because I felt my health starting to deteriorate after the almost 26 years of smoking. My doctor to me several times to quit, but for me it was very difficult. I have a very addictive personality and I really enjoyed smoking socially. My doctor suggested the e-cigarette. I asked him if it was safe and I will never forget his response, "how much worse can it be than a cigarette" Little did I know that this device would restore my health!	Saturday, Dec 20th 8:46AM
 112,747,895	I personally feel much better, More energy and just better in general,	Saturday, Dec 20th 10:00AM
 112,747,750	Skin better. Smell less. Sense of smell and taste improved. Don't honestly know if am listed as a non smoker on my medical chart	Saturday, Dec 20th 10:07AM

 112,747,650	asthma only bothers me now if I have a cold of flu, otherwise I rarely use my inhaler.	Saturday, Dec 20th 10:03AM
 112,746,460	Beter taste, smell again!	Saturday, Dec 20th 9:34AM
 112,746,332	Because I was on steroids and antibiotics 2 or 3 times a year plus emergency admissions for pulmonary infections which exacerbated asthma and needed oxygen. No longer prescribed seretide and use 2 puffs of atrovent before bed which I am not sure I need really.	Saturday, Dec 20th 9:06AM
 112,746,145	My overall body wellness has significantly improved. Teeth are becoming white again. My face has a healthy pink color.	Saturday, Dec 20th 8:50AM
 112,745,850	Sadly I can't say I feel better	Saturday, Dec 20th 9:44AM
 112,743,931	My COPD symptoms are greatly reduced - I can now climb stairs, walk for miles and do all sorts of things I haven't been able to do for years.	Saturday, Dec 20th 9:14AM
 112,742,883	I just physically feel better, have more breath, don't get winded as easily. When I was a smoker, I would have a cough almost all fall/winter, but now I don't, and I love it!	Saturday, Dec 20th 8:53AM
 112,742,138	+ No more smell, phlegm in the morning, etc	Saturday, Dec 20th 8:57AM
 112,741,317	Year before i went to the vaping, i was in the army. On army i had every morning 30 minutes of coughing and puking because of the cigs. Now my mornings are nothing like that.	Saturday, Dec 20th 8:45AM
 112,740,781	Yes, but they are minor because in other ways I'm still living the lifestyle of a smoker so I don't exercise as much as I should.	Saturday, Dec 20th 8:19AM
 112,740,141	Hair seems to grow faster, same with nails	Saturday, Dec 20th 8:22AM
 112,739,306	Massive improvement in health - beyond anything I could have ever dreamt of when I was smoking. For me this is the most important thing and the overwhelming reason for trying e-cigs. I have 'before and after' medical records which confirm the improvement so it's not imaginary	Saturday, Dec 20th 7:21AM
 112,737,628	My taste is back, I dont cough in the mornings, no more phloem and my sense of smell as improved slightly.	Saturday, Dec 20th 7:27AM
 112,737,465	Still coughing after 8 months vaping	Saturday, Dec 20th 7:32AM
 112,737,091	Breathing without wheezing, not coughing up phlegm in the morning, less breathless when brisk walking	Saturday, Dec 20th 7:13AM
 112,735,117	No more coughing. Cycle much easier.	Saturday, Dec 20th 6:42AM
 112,734,696	I wanted an alternative to anti-depressants and reading the latest data on nicotine in that area made me think it was worth a try.	Saturday, Dec 20th 6:33AM
 112,732,787	I bike commute, i don't own a car as well as run. I can tell you without a doubt that my breathing and endurance have benefited	Saturday, Dec 20th 5:30AM

 112,731,460	I was having massive spikes of pain in my chest and lungs before I picked up vaping, and they have gone away, with an increase in lung capacity.	Saturday, Dec 20th 5:19AM
 112,730,323	I used to have trouble walking up multiple flights of stairs, or running long distances. I'd also wake up in the morning any my chest felt too tight to take a full breath. Now all of those are symptoms are significantly better; and best of all my lungs feel twice the size.	Saturday, Dec 20th 3:59AM
 112,729,698	I had a nasty smokers cough, that has now gone.	Saturday, Dec 20th 4:42AM
 112,726,423	I do a lot of mountain walking and have a physical job. Since starting vaping my endurance levels are much higher.	Saturday, Dec 20th 3:25AM
 112,718,284	I even started doing 3 mile runs and joined a gym for the first time in ages since I can finally breathe again.	Friday, Dec 19th 10:47PM
 112,717,322	Sore throat	Saturday, Dec 20th 12:04AM
 112,716,270	When the liquid gets into my mouth that's all i taste. it burns my lips. apparently this is common. its called over vaping?	Friday, Dec 19th 11:26PM
 112,708,983	I have copd with out vaping I would have started smoking again I was on the verge .	Friday, Dec 19th 9:26PM
 112,708,890	I can taste food again!	Friday, Dec 19th 9:22PM
 112,708,587	i had chronic bronchitis. it's gone.	Friday, Dec 19th 9:20PM
 112,707,240	My health has vastly improved since I made the switch to vaping. I can breathe better, I no longer have a constant cough, and I don't wheeze while working or at the gym. Also, my blood pressure has gone back to an even, normal level, and the circulation in my hands and feet has greatly improved.	Friday, Dec 19th 8:54PM
 112,705,014	Health issues were short term and involved the usual side effects of quitting smoking. Aside from the cravings, the side effects of quitting smoking are one of the barriers I was never able to overcome. Plus, I gained a little weight as my senses of taste and smell returned.	Friday, Dec 19th 8:01PM
 112,702,842	I know longer have smokers cough which used to affect me badly especially in the mornings. I used to cough to the point or retching every morning when I smoked.	Friday, Dec 19th 7:41PM
 112,701,374	My chest does not feel tight when I wake up in the mornings	Friday, Dec 19th 7:17PM
 112,699,188	Breath better was the first thing I noticed. With that came more energy. Then I started noticing my sense of smell had improved. Most notably from smelling smokers for the first time and thinking "I used to stink like that?"	Friday, Dec 19th 6:13PM
 112,699,104	can now expand lungs to the full, which couldn't do with smoking. don't smell of smoke: clothes and at home. breath is better, generally feel healthier.	Friday, Dec 19th 6:35PM
 112,696,172	I can run much further, faster, and longer, since switching to e-cigs	Friday, Dec 19th 6:03PM
 112,695,686	I will put this in my own words. I am feeling better . I can breath better when going up stairs or running. I am sleeping better and I am not getting sick with colds. I dont have headache like I use too.	Friday, Dec 19th 5:55PM

 112,694,213	My health has suffered through ageing. I truly believe I would be less healthy had I not stopped smoking.	Friday, Dec 19th 5:03PM
 112,689,373	I was a healthy smoker	Friday, Dec 19th 4:33PM
 112,687,844	I am not winded anymore...can run up stairs without feeling ill. I missed my sinisitis/bronchitis infection this year (which lead to pneumonia now) I no longer have a constant wheeze in my chest for it is gone. I don't wake up choking on phlegm. I feel healthy.	Friday, Dec 19th 3:49PM
 112,686,146	Stress is more in control along with my anxiety.	Friday, Dec 19th 4:06PM
 112,682,530	true	Friday, Dec 19th 3:25PM
 112,681,673	Colds don't last as long or affect my respiratory system as much as when I smoked. I've always had blood pressure on the lower side, so I can't say anything changed there.	Friday, Dec 19th 2:43PM
 112,681,338	I feel like a new person now thanks to vaping, Still get my nicotine but with none of the death.	Friday, Dec 19th 2:59PM
 112,681,149	I no longer cough and my gums are in better shape.	Friday, Dec 19th 2:49PM
 112,680,773	Keep in mind, I am dual user, but as I smoke moderately, I do notice better health which I attribute to my strong preference for vaping.	Friday, Dec 19th 2:55PM
 112,676,190	Things I haven't been able to enjoy for a number of years, like hiking in the Rocky Mountains are a breeze for me now. I don't get winded anymore....so obviously the stair in my house are no longer an issue! My home doesn't sound like a tuberculosis ward in the morning anymore either. No more phlem choking me to the point of vomitting either. I can taste my food now and my nose does its job way better now too!	Friday, Dec 19th 1:45PM
 112,676,168	Sleep better and happier mood too. Smoker's cough disappeared after a week. Do stairs without a rest stop half way. More energy to do chores.	Friday, Dec 19th 1:16PM
 112,672,972	i was on 2 inhalers up to 6 times a day with copd,i now only need 1 inhaler 2 or 3 times a week	Friday, Dec 19th 1:17PM
 112,672,734	I would not have stayed with vaping if my health did not improve. I stopped wheezing, I have more energy, I stopped snoring (my wife told me this), my overall health is better, less colds and flu.	Friday, Dec 19th 1:02PM
 112,671,901	The only ill effects I've noticed from vaping are occasional sore/scratchy throat (diminished greatly since switching to VG-dominant ratio), dehydration and headaches associated with dehydration.	Friday, Dec 19th 1:02PM
 112,670,732	I feel sharper in my thoughts and i feel that there is more jump in my step.	Friday, Dec 19th 12:26PM
 112,670,592	I feel cleaner and more energetic.	Friday, Dec 19th 12:37PM
 112,669,201	Feel so much better, plus my teeth and cloths stay clean.	Friday, Dec 19th 12:12PM
 112,668,359	I feel 1 billion times better than I did when I was smoking cigs. I can take big deep breaths without pain, something I could not do while smoking cigs. I no longer have the chronic cough I used to have. I haven't had chronic Bronchitis since I started vaping and my yearly sinus issues have diminished greatly and my doctor attributes these changes to my swapping smoking for vaping.	Friday, Dec 19th 12:08PM

 112,667,684	Play baseball and not dying running the bases able to hike and travel difficult wood paths	Friday, Dec 19th 12:06PM
 112,666,627	Because I've noticed health benefits from vaping. Breathing is easier, blood pressure is down, and my doctor says I'm much better.	Friday, Dec 19th 11:47AM
 112,665,568	I used to get at least one (or more) respiratory infections, every year. I've had one (two years ago) in the last 3 years.	Friday, Dec 19th 11:31AM
 112,661,480	Walk a dog daily and I've noticed the significant improvement in cardiovascular ability.	Friday, Dec 19th 10:16AM
 112,661,002	Don't get winded walking up steps to 3rd floor apartment like I used to.	Friday, Dec 19th 10:19AM
 112,659,127	I started exercising regularly at the time I quit smoking, so it is hard to say what benefits came from stopping smoking.	Friday, Dec 19th 9:48AM
 112,658,390	I even sleep better nowadays because of vaping.	Friday, Dec 19th 9:35AM
 112,656,912	Wheezing in bed has gone completely.	Friday, Dec 19th 8:54AM
 112,656,901	I didn't have many health issues to begin with, but I had noticed I'd begun to wheeze some and have some shortness of breath. I no longer have these issues.	Friday, Dec 19th 9:04AM
 112,656,508	my taste buds are better now	Friday, Dec 19th 9:00AM
 112,656,103	PG caused tonsil stones from topical dehydration. ENT diagnosed and in treatment.	Friday, Dec 19th 8:55AM
 112,654,854	When I still smoked I often woke up during the night because my throat was full of disgusting slime. I was also sick quite often, but now I haven't even had the flu for a long time.	Friday, Dec 19th 8:19AM
 112,654,786	I was listed as a former smoker, I had quite several times and it coincided with my appointment with my PCP. Most of the benefits I have noticed myself.	Friday, Dec 19th 8:10AM
 112,653,349	I am an asthmatic and have mild COPD from cigarettes. Even though I'm still both of those things and they will probably never go away entirely, I'm not nearly as bad as when I was on cigarettes. Vaping doesn't affect them.	Friday, Dec 19th 7:53AM
 112,652,355	I do breathe better now, though there is still a long way to go. I'm not as stressed out or pissed off anymore, so it's made me more relaxed that's for sure. Plus, no fixation on having to smoke on breaks at work, I don't even had a want to smoke.	Friday, Dec 19th 6:37AM
 112,644,949	I haven't been to the doctor for a checkup since I started vaping 3 months ago, but I have noticed that the skin on the fingers that used to hold cigarettes is healing.	Friday, Dec 19th 4:45AM
 112,644,461	Because it's true.	Friday, Dec 19th 4:35AM
 112,643,772	I'm less often sick (flu, etc.), I recover more quickly, I didn't gain weight. Maybe I breathe better but I don't know.	Friday, Dec 19th 4:12AM
 112,643,174	Nothing much to elaborate on. I said most of it in my previous answers.	Friday, Dec 19th 3:32AM

 112,642,604	Every morning upon waking up, I noticed that if I took a deep breath and filled my lungs with air my chest would hurt. After a while I noticed this has gone and filling my lungs has become easier!	Friday, Dec 19th 3:08AM
 112,640,772	Not necessarily a health benefit, but I and my breath smell much better.	Friday, Dec 19th 3:11AM
 112,638,940	I can taste and smell a lot better (like a non-smoker). I can do sports far better. I do not have headaches anymore (which I had from smoking). Over all feel better and healthier.	Friday, Dec 19th 2:04AM
 112,637,967	I don't cough anymore. My coughing used to keep me awake at night when I smoked. Now, when I feel a cold or other virus coming on, it seems like I can fight it off in a day or two. I believe the nicotine or pg is killing the viruses.	Friday, Dec 19th 1:24AM
 112,637,539	I can run, walk long distances, without becoming out of breath. Hold my breath longer, no longer waking up coughing.	Friday, Dec 19th 1:10AM
 112,637,154	I can't believe the difference in how I feel it's wonderful.	Friday, Dec 19th 1:12AM
 112,637,022	I've always had blood pressure in the low/normal range. Even after using 2 packs a day I hadn't developed COPD. My old doctor has retired and my current one hasn't known me long enough to comment. Having said that, when I ran into my old doctor he was absolutely ecstatic that I had quit smoking and had no issues with my vaping.	Friday, Dec 19th 12:41AM
 112,636,574	Pretty much every aspect of my health has improved. I have not seen a doctor since quitting smoking. Just FYI, not boasting.	Friday, Dec 19th 12:31AM
 112,636,167	Better stamina, lung function measurably better, fewer respiratory infections/inflamations, better immunity to colds/flu.	Friday, Dec 19th 12:19AM
 112,635,733	Have not been clinically checked, would say the lack of tobacco smell is important	Friday, Dec 19th 12:22AM
 112,633,767	Why do you have these little red asterisks next to each question as if to indicate footnote, additional info or disclaimer yet they provide nothing?	Thursday, Dec 18th 10:27PM
 112,632,767	I didnt have health issues when I started vaping	Thursday, Dec 18th 10:57PM
 112,632,182	Because it's the answer that applies best.	Thursday, Dec 18th 10:38PM
 112,631,798	I just started vaping, so I'm weening myself off analogs	Thursday, Dec 18th 10:25PM
 112,631,654	I have feel better and breathe better	Thursday, Dec 18th 10:15PM
 112,631,438	After 3 years off cigarettes, you should see my lung x-rays. It almost looks like I never even smoked a cigarette in my entire life! Doctor says my lungs should be back to a "non-smokers" status within the next year =)	Thursday, Dec 18th 10:10PM
 112,630,798	Both of my doctors approved. My tests are all better and I feel better.	Thursday, Dec 18th 9:43PM
 112,630,137	I can taste flavors in food better and smell scents better	Thursday, Dec 18th 9:06PM
 112,630,105	just generally feel better in myself, more able to exert myself without getting breathless.	Thursday, Dec 18th 9:24PM

 112,629,899	Fewer lung infections/illness in general reduced.	Thursday, Dec 18th 9:24PM
 112,629,767	this is after only one month	Thursday, Dec 18th 9:14PM
 112,629,392	I never smoked, but I don't feel anything negative while vaping. If anything, I've made more friends vaping and am happier because of those friends.	Thursday, Dec 18th 9:04PM
 112,629,390	A smoker spends the first 10-15 minutes of their morning coughing and blowing their nose. That stopped for me after 2 weeks of vaping.	Thursday, Dec 18th 8:53PM
 112,629,245	I am in decent shape but when I was smoking I had hypertension (age 23) now I do not have issues with my Blood Pressure.	Thursday, Dec 18th 8:53PM
 112,628,788	I had a persistent feeling of fluid in my lungs for 9 months. Two weeks after starting vaping it cleared up.	Thursday, Dec 18th 8:50PM
 112,628,627	Even after one week i felt better and the wheezing had stopped. While i was a smoker I was getting chest pains at night which stopped after about a week as well.	Thursday, Dec 18th 6:15PM
 112,628,448	I've also started to get my rate back, as smoking cigarettes have altered my taste buds over the years. Everything is more tasteful, with more intense flavorings.	Thursday, Dec 18th 8:34PM
 112,628,287	started feeling better after I stopped inhaling all of thw poison	Thursday, Dec 18th 8:28PM
 112,627,837	The improvements were quite notable. I'd had a persistent cough for several months before switching to vaping - that disappeared within a few days after making the change. I'd had migraines fairly regularly for about 8 years before switching - they went away shortly afterward. I no longer get winded when doing yard work or shoveling snow. My senses of taste and smell returned fairly quickly.	Thursday, Dec 18th 7:06PM
 112,627,743	Besides breathing better my sense of smell returned and no more sinus infections either. I feel much better over all.	Thursday, Dec 18th 8:15PM
 112,627,444	I no longer wake up in the morning hacking!	Thursday, Dec 18th 8:10PM
 112,627,263	i can run more than 5 feet and not get winded lmao	Thursday, Dec 18th 8:11PM
 112,626,932	My hiatus hernia symptoms are much lessened, to the point where I no longer require prescription meds and even my arthritis in my toes is far less painful.	Thursday, Dec 18th 7:40PM
 112,626,850	No more coughing, or wheezing when lying in bed at night.	Thursday, Dec 18th 7:50PM
 112,626,786	What is said above, and I just generally feel overall better. (Plus I don't smell like a bon fire gone wrong).	Thursday, Dec 18th 7:52PM
 112,626,716	The initial coughing from quitting tobacco helped clear my lungs. I can feel my breathing change.	Thursday, Dec 18th 7:50PM
 112,625,413	I've never had high blood pressure but my GP is thrilled I've finally given up smoking. The practice nurse was also delighted with/for me. I don't wheeze and whistle anymore. My yellow fingers and black tongue have gone. I don't stink like an old ashtray and I'm not a nervous wreck.	Thursday, Dec 18th 7:00PM
 112,625,385	breathing, energy, taste of smell and being able to taste food and drink clearer	Thursday, Dec 18th 7:17PM

 112,624,827	Not waking up and hacking up black phlegm is the best health benefit, by far.	Thursday, Dec 18th 7:08PM
 112,624,523	No issues	Thursday, Dec 18th 7:06PM
 112,624,506	I had the smoker's cough you'd expect after 43 years of heavy smoking and had developed a noticeable wheeze when I went to bed at night. All that disappeared within a week or so after just reducing cigarette consumption to a hal dozen a day. I can out walk my Golden Doodle. I'm pretty darn healthy considering my smoking history.	Thursday, Dec 18th 6:48PM
 112,624,296	Cardio and breathing are much better. Mile time has gone down by over a minute and a half for 3 miles (6:30/mile now)	Thursday, Dec 18th 7:01PM
 112,623,673	able to breath better and have better stamina when it comes to labor	Thursday, Dec 18th 6:41PM
 112,623,646	I can travel and bring my medicine with me and be discreet.	Thursday, Dec 18th 6:47PM
 112,623,072	.	Thursday, Dec 18th 6:37PM
 112,622,082	More energy and smell much better!	Thursday, Dec 18th 6:13PM
 112,622,033	I haven't gotten a cold since I started vaping. Used to get 3-4 a year.	Thursday, Dec 18th 6:10PM
 112,622,002	I'd already stopped smoking some time before I started to vape!	Thursday, Dec 18th 6:10PM
 112,621,870	I am no longer winded and more active. My breathing has improved. And again because of the flavor options I have lost 33 pounds and stopped snacking. The experience has been great!	Thursday, Dec 18th 6:10PM
 112,621,102	Cause I feel awesome since switching!!	Thursday, Dec 18th 5:53PM
 112,621,101	Because the change I noticed in my health within a week of switching is enormous. Plus, I know I'm far from the only one.	Thursday, Dec 18th 5:50PM
 112,620,785	I feel like I can take a load off while vaping	Thursday, Dec 18th 5:48PM
 112,620,746	I used to have high blood pressure, and my heart rate used to average 123bpm. My blood pressure is now perfect and my heart rate now averages 65bpm.	Thursday, Dec 18th 5:45PM
 112,620,136	My gums are pink again!	Thursday, Dec 18th 5:43PM
 112,619,715	my body loves me again	Thursday, Dec 18th 5:35PM
 112,619,639	I wish the Pharmaceutical Companies could list some good side affects from some of the products they market.	Thursday, Dec 18th 5:04PM
 112,618,793	Same as giving up smoking	Thursday, Dec 18th 5:17PM
 112,617,550	nothing noted yet.	Thursday, Dec 18th 5:02PM

 112,617,204	My breathing is better, I no longer wake up coughing heavily. No more flem coughing up either. I feel more energized, my smell and taste improved tremendously as well.	Thursday, Dec 18th 4:55PM
 112,616,856	I notice a difference in breathing, especially when active. I can run around more. I also believe my lung capitivity has increased as the result of vaping. I've stopped coughing. No digusting mucus in the morning. Or hacking up other things. It's really amazing, how my health has changed.	Thursday, Dec 18th 4:46PM
 112,615,852	Improved sense of taste and smell. Able to take deeper breaths and hold my breath longer. No more morning cough. My wife says I don't snore anymore.	Thursday, Dec 18th 4:13PM
 112,613,811	I am so much better! I have converted quite a few people due to my benefits.	Thursday, Dec 18th 3:58PM
 112,613,556	I have gotten dry mouth more often and my gums bleed more while brushing my teeth since I started vaping.	Thursday, Dec 18th 3:50PM
 112,612,679	My asthma is much better since I quit. No wheezing, no gasping, I can do things like climb stairs, etc., without running out of breath...	Thursday, Dec 18th 3:31PM
 112,612,632	I was starting to get short of breath before vaping. Now I feel much healthier and medical check-ups prove that I am healthier now.	Thursday, Dec 18th 2:02PM
 112,612,500	I still use a CPAP through the night but my consultant says my readings have improved greatly (he is unaware that I Vape) My blood pressure has change to "very good" since I swapped to vaping and I have not taken any medication for high blood pressure or statins since March 2013.	Thursday, Dec 18th 2:18PM
 112,612,066	I chose the "yes" category because I haven't had any negative side effects to vaping. The improvements have been noticeable.	Thursday, Dec 18th 3:09PM
 112,611,778	I've always been active and never had any smoking related health problems but now I feel much healthier and don't worry about the negative effects of smoking which is good for my mental health	Thursday, Dec 18th 3:33PM
 112,611,305	When I was smoking I would suffer from acute bronchitis at least twice a year in flue season I would be confined to bed for at least a week. Since Ive been vapeing the past 12 months I have been exposed to colds and flue and got a bit of a sniffle once that lasted 3 days hardly noticeable this has been one of my biggest improvement in health	Thursday, Dec 18th 2:09PM
 112,611,147	A few days after I started vaping I noticed that I could breathe much better and my terrible smokers cough wasn't as bad. A year and a half later I feel like I did before I started smoking. I can breathe normally and I no longer have a cough.	Thursday, Dec 18th 3:12PM
 112,609,669	Don't get as winded while goin to pound town.. Know what i'm sayin.	Thursday, Dec 18th 3:08PM
 112,609,581	Generally feel better. Have gained some weight, but am working on getting that back off again now	Thursday, Dec 18th 2:59PM
 112,609,424	I was already dehydrated before I started vaping; vaping made it so much worse that my electrolytes got completely out of control; I had to decrease caffeine and sodium, while increasing potassium, to solve this problem -- now I'm healthier than ever.	Thursday, Dec 18th 3:04PM
 112,609,126	More energy and I sleep less which means my wife has me doing more around the house... my car doesn't stink so I have to drive the kids around more and I am expected to spend my extra money on my family so...	Thursday, Dec 18th 1:46PM
 112,608,813	nasal irritation	Thursday, Dec 18th 2:44PM

 112,608,532	<p>I have also had way less colds than I used to have and on the couple of colds I have had they have been brief and over quickly. In my smoking days I had loads of colds and it almost always became a chest or sinus infection afterwards ... This doesn't happen now!</p>	Thursday, Dec 18th 2:50PM
 112,608,528	<p>Taste and smell have returned.</p>	Thursday, Dec 18th 2:19PM
 112,607,364	<p>I no longer cough: therefore I no longer wet my knickers.... I can feel my toes on my left foot again. My muscle tone has improved. Sleeping more soundly at night. Skin and hair appearance improved. Breath doesn't stink.</p>	Thursday, Dec 18th 2:28PM
 112,606,790	<p>Because its the facts.</p>	Thursday, Dec 18th 2:17PM
 112,606,391	<p>better breathing, more energer</p>	Thursday, Dec 18th 2:24PM
 112,606,222	<p>Breathing, energy, blood pressure, dental health all better after switching to vaping.</p>	Thursday, Dec 18th 2:12PM
 112,605,750	<p>Had a heart attack before switched to vaping. Now ALL of my previous health issues have returned to normal. Also I taste food much better and no longer become out of breath walking distances or climbing stairs.</p>	Thursday, Dec 18th 1:45PM
 112,605,185	<p>I am not going to say I had COPD but I will admit I was close--2 inhalers, constant wheezing, using air cleaners full time, constant coughing, chest ache...all gone of course I blamed it on allergies lol come to think o it I don't use the allergy meds anymore either</p>	Thursday, Dec 18th 1:49PM
 112,604,939	<p>It's easier to breath and doctor doesn't count me as a smoker anymore.</p>	Thursday, Dec 18th 2:00PM
 112,604,697	<p>All the benefits of not smoking which I have experienced several times with the bonus of the enjoyment I got from smoking and more</p>	Thursday, Dec 18th 1:11PM
 112,603,881	<p>I have emphysema. In less than two weeks I already notice a significant improvement in my breathing.</p>	Thursday, Dec 18th 1:49PM
 112,603,851	<p>My lung capacity at my last Dr. visit has increased exponentially, I no longer get winded jogging and working out. I can smell and taste food again. I don't reek of a stale ashtray, Plus the psychological benefit of not being a smoker anymore is great! I don't get stared at and looked down on anymore.</p>	Thursday, Dec 18th 1:10PM
 112,603,663	<p>Exercise and physical exertion is drastically easier and less frustrating now that I can breathe.</p>	Thursday, Dec 18th 1:37PM
 112,602,335	<p>My constant hacking cough is gone and I have more energy.</p>	Thursday, Dec 18th 1:20PM
 112,601,802	<p>Vaping doesn't make me as tired as cigarettes do. I don't cough at all and haven't been sick in a year. I also breathe much better. On the negative side compared to NON-smoking (not compared to smoking), vaping increases my resting pulse greatly (from 55bpm to 75bpm) and my blood pressure slightly. Verified using my own blood pressure meter.</p>	Thursday, Dec 18th 1:05PM
 112,601,627	<p>Suffered severe chest infections (twice pneumonia) annually all my adult life. Fewer colds since vaping & none have developed into chest infection as before (even when vaping & still smoking fewer cigs than before)</p>	Thursday, Dec 18th 1:09PM

 112,601,576	I feel better many ways, breathing is better, I can taste and smell much better, my libido has grown, a lot! Haven't seen a doctor for years, so I don't know what they would say, but I feel better.	Thursday, Dec 18th 1:12PM
 112,601,472	Heart problems and difficulty to breathe deep.	Thursday, Dec 18th 1:15PM
 112,600,594	Asthma is much better, feel fitter and generally healthier.	Thursday, Dec 18th 1:00PM
 112,600,237	Blood pressure went down when I quit nicotine but went up when I added it back and increased it for health reasons that are helped with nicotine.	Thursday, Dec 18th 12:54PM
 112,600,172	I developed a skin rash after 6 months due to PG in the e-liquid. I manage this by cutting the PG level down.	Thursday, Dec 18th 12:57PM
 112,599,954	Doctors absolutely love it	Thursday, Dec 18th 12:33PM
 112,599,945	Started exercising regularly, fitter than ever.	Thursday, Dec 18th 12:46PM
 112,599,577	Others not tested/checked	Thursday, Dec 18th 12:50PM
 112,599,394	Get sick a lot less now also!	Thursday, Dec 18th 12:42PM
 112,599,225	In later years of smoking, my coughs & colds always seemed to chesty coughs. Happens rarely (once) since switching.	Thursday, Dec 18th 12:18PM
 112,598,681	Within weeks of switching from smoking cigarettes to vaping, my smokers-induced asthma and severe sleep apnea were completely gone. I can also walk my dogs further than a block before being short of breath and having to turn around and go home. As a result, happy dogs!!	Thursday, Dec 18th 11:57AM
 112,596,777	Doctor and Nurse are happy with my change	Thursday, Dec 18th 10:53AM
 112,594,051	I get a bi annual medical for my job, last medical showed my lung composite had been restored	Thursday, Dec 18th 11:15AM
 112,593,589	Asthma although only mild has almost disappeared. Mental health has improved as I have more money and hence an improved lifestyle.	Thursday, Dec 18th 10:48AM
 112,593,414	As I said before I got bad asthma and I've been without medication 1yr and my medicines were 700€ per 3 months	Thursday, Dec 18th 11:24AM
 112,590,734	Sense of taste, smell also improved Sleep much better due to no coughing all night No colds or flu since starting, other than the odd sniffly nose 1st thing on most mornings Improved memory	Thursday, Dec 18th 10:51AM
 112,589,910	I can also smell and taste a lot better since quitting smoking.	Thursday, Dec 18th 10:55AM
 112,589,423	I had some gum bleeding at the start of my vaping career	Thursday, Dec 18th 10:46AM

 112,564,876	I can run again. No short breath.	Thursday, Dec 18th 1:29AM
 112,555,005	My lungs have improved %60 since I started vaping in july 2014 and I no longer have the coughing fit in the morning and did not have congested sinus' this fall like I usually do. I am also able to jog over 45 minutes whereas before when I was smoking I could not jog for more than 10 minutes without my head throbbing and sweating profusely	Wednesday, Dec 17th 8:13PM
 112,553,994	Not had to see my doctor since I switched completely so not sure about BP	Wednesday, Dec 17th 8:10PM
 112,544,961	Once again; truth	Wednesday, Dec 17th 5:19PM
 112,544,567	Take the stairs to the 3rd floor became easy :-D	Wednesday, Dec 17th 4:57PM
 112,540,210	Since starting vaping and quitting smoking: * my blood pressure has never been lower (still on medication, but high blood pressure runs in my family) * feel in better condition, especially when climbing 8 flights of stairs - wouldn't have got halfway without a rest when I was a smoker * not one migraine since switching to vaping - had migraines on average every 8 -10 weeks since menopause	Wednesday, Dec 17th 3:23PM
 112,536,551	My wife insists that my complexion is much better	Wednesday, Dec 17th 3:03PM
 112,533,983	Taste is improved. Skin improved. Fewer colds. Never had health problems while smoking.	Wednesday, Dec 17th 2:37PM