

GUIDE TO LOWERING NICOTINE INTAKE

This guide is not intended to diagnose, cure, or treat any illness or addiction. This guide is not meant to state or imply that vaping guarantees to help quit or reduce nicotine intake. This guide is purely for informational use only and is a tool to help willing people reduce a nicotine habit.

We suggest a few different methods to reduce nicotine intake. These methods will entirely depend on your desire and drive. We also find that education is helpful throughout the reduction process. It can take weeks, months, or years to quit. It takes approximately 3-4 weeks to break a chemical addiction.

First let's learn what's in a vape!

The 4 ingredients in E liquid are

Vegetable glycerine (VG)

Propylene glycol (PG)

Natural flavorings

TFN(tobacco free nicotine) Nicotine

Nicotine is a known carcinogen and can cause cancer. It's also the addictive chemical in vapes. All but one ingredient are naturally derived from fruits and vegetables and are non addictive. Artificial flavoring is not naturally derived. If you've ever eaten a frozen dinner or gone through a fast food drive thru, you've consumed all the ingredients in a vape. Including nicotine. Nicotine can be found in nightshade vegetables in trace amounts.

"But There's still chemicals in 0 nicotine vapes, it doesn't matter if I switch because chemicals are BAD!!" **Technically speaking, all ingredients in a vape are "chemicals"** that doesn't mean all of them are bad for you or harmful. A lot of people associate the word "chemical" with inherent **evil**.

A lot of people don't know much about 0 nicotine vaping and assume that it's just as bad for you as nicotine vaping. Studies suggest the opposite. Don't misunderstand, Inhaling anything foreign is bad for your lungs because your lungs are giant filters that pull oxygen out of air to pass through your bloodstream and into your brain for the purpose of, well, being alive. But as far as long term health risks, there are minimal to none for 0 nicotine vaping so far as studies have shown, unless you have a pre existing condition such as; COPD, Asthma, High blood pressure, ED, upper respiratory illness, an autoimmune inflammatory condition(there could be more, this is what we know of currently). inhaling a foreign substance, which we've already covered, isn't good in general.

Now, vaping in general POTENTIALLY causes a few different things in the short term(these are not guaranteed for each person); Headaches, Nausea, Mouth irritation, Throat irritation, Toxic damage to cells, Increased blood pressure, Lightheadedness.

DISPOSABLES:

Method one is stopping cold turkey and switching to 0 nicotine disposables. You'll still be satiating the hand to mouth, minus the nicotine. After 4 weeks, you can stop all together if you want.

Method two is dropping your percentage gradually. If you're on 5% drop down to 2% and stick with 2%. If that's too steep of a decline in nicotine intake, you can use a 5% and 2% in conjunction to reduce overall nicotine use. To swap between, you need to be self aware enough to know how often you're hitting the disposable throughout the day. Take a day or two and keep a log every time you pull it out to take a hit. Once you know your patterns, alternate between your 0 nic and regular disposable. Keep weaning yourself down until you can switch to 0 nic.

DEVICES:

Whether you're free base or salt nicotine this will be the same information. Whatever nic level you're currently at, start to cut it down with a lower nicotine percentage. Start with a 50/50 split. If you're on 6mg for free base fill your pod with half 6mg and half 3mg. If you're on 50mg salt nic, cut it by 50% with 25mg. Every week, change your ratio until you're on the lower nic level.

Week 1 50/50

Week 2 75/25

Week 3 85/15

Week 4 90/10

Week 5 completely on a lower nic level.

Keep doing this until you're on 0 nic completely for 3-4 weeks. For salt nic, it will be a little more difficult because you're committing to a larger jump between nicotine concentrations. You're going from 20mg/2% to 0. It may be a good idea towards the ends to jump into free base liquid so the availability of 0 nic is there. For someone using salts that wants to stop completely, getting a cheap universal device would be optimal so you can easily switch from salts to freebase.

Here are some further resources and information to help!

<https://tobaccofreeflorida.com/>

<https://www.mayoclinic.org/healthy-lifestyle/quit-smoking/in-depth/nicotine-craving/art-20045454>

<https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/index.html>

<https://vaping360.com/learn/vaping-without-nicotine/>

<https://www.innokin.com/blog/how-to-use-a-nicotine-free-vape-and-be-completely-satisfied>

For additional information and resources, check out our website under the FAQ's and Resources tabs!

