

# Vaping is Bad For You

by David

In the news, people always talk about how vaping is bad for you and how it causes kids to start smoking and do drugs.

Basically, a vape is like a mini fog machine, and it works the same way too. The liquid inside gets heated up beyond its boiling point and gets turned into steam.

So essentially, it's just water vapor and the reason why it looks like a cloud is because of the **glycerin** that is inside the mixture.

Glycerin is a very thick **sweet-tasting liquid** that is usually made from refining vegetable oil, you can find this in pharmacies.

Glycerin is found in basically every cosmetic product, soap, and even in food.

## Make your own Liquid Mix

To make a good fog liquid for a real fog machine, you just need to mix **70% distilled water** and **30% glycerin**.

To make a good liquid for a vape, it's a bit different, as you need the mixture to be mostly glycerin.

## Problem with Vaping

The problem with vaping is that most liquid sold in stores contain **additional flavoring, nicotine and Propylene Glycol**

The problem with flavoring is that some butter/custard tasting flavors may contain small amounts of **Diacetyl** and **Acetoin**, both which cause bad lung damage if inhaled.

As vaping is also used by people to quit smoking, some liquids may contain nicotine, which is a very addictive drug that hooks people on cigarettes.

Propylene Glycol is another liquid added to some mixes to help you notice the flavor, however, this is a product made from refining petroleum, and while it's used in asthma inhalers, the long term effects are still unknown.

## Conclusion

In conclusion, vaping should be safe for you, but be careful and know that most flavorings found in vape liquid aren't exactly good to inhale.