

## Alternative Medicine: Electronic Cigarettes- The Real Scoop

By Dr. Michael John Badanek, BS, DC, CNS, CTPP, DACBN, DCBCN, MSGR./CHEV

Electronic cigarettes is the big rave these days.

Many people addicted to regular cigarettes are under the false assumption that these electronic smoking devices are safe.

Wrong!

Unfortunately, the FDA has failed to do their due diligence to do adequate research on its safety.

From a functional medicine perspective, electronic cigarettes may in fact produce a silent but deadly symptom.

I am referring to INFLAMMATION.

With the fact that E-cigs contain diethylene glycol used in antifreeze and carcinogenic nitrosamines, don't believe the innocent looking commercials advertising their safety.

I would challenge the big e-cig companies to have a dozen or more of their electronic consumers get a Cardio-ION test.

Here is what I suspect will be seen:

Their lipid peroxides (serious cell damage), 8-OHdG (cancer gene damage), hsCRP, and other indicators of inflammation and accelerated aging will go up while various nutrient levels go down.

Not good news.

Think twice about the safety of electronic cigarettes.

**Dr. Badanek has been and currently is 40 years into active/private practice in the Ocala/Marion County, Florida region. Dr. Badanek practices Natural/Holistic Medicine through the use of Functional/Integrative Models for diagnostic and treatment protocols for the health challenged. Find him online at [Dr.Badanek.com](http://Dr.Badanek.com) and [www.alternativewholistic.com](http://www.alternativewholistic.com), and see what the facility has to offer the sick and health challenged. To schedule an appointment call 352-622-1151**