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back to smoking if your goal is to quit don't go back to smoking as long as you are vaping smoking has a lot more side effects and toxic ingredients compared to vape juices switching back and forth from vaping and smoking cigarettes defeats the purpose of using a vape device to quit smoking
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how to vape thc and cbd the ultimate beginner's guide to vaping Aug 07 2021 web our advice for beginners is to keep it simple at first you'll discover as you investigate the world of vaping that there are a lot of options start out by trying a few disposable vape pens to see if you even like it then graduate to a vape pen

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