

WacHeading: The Effects of Juuling

Subheading: What does juuling actually do to our bodies?

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Juuling has taken over the teenage world. Nowadays, it's normal to hear about teens juuling and vaping. But do they actually know what it's doing to their bodies?

The founders of Juul; James Monsees and Adam Bowen are Stanford graduates and were aiming to see if it was "possible to make a safe cigarette." Their company is valued at \$38 billion. Although Juuls were supposed to be made for adults, teenagers quickly grasped the idea of an e-cigarette.

Vaping puts nicotine into your body. Nicotine is an addictive substance that can slow brain development in teenagers and affect memory, concentration, mood, etc. E-cigarettes can also irritate your lungs, cause serious lung damage or death, and lead to other forms of tobacco use later on in life.

E-cigarettes are made to heat liquid containing nicotine, flavoring, and other chemicals to create vapor to inhale. Some may say vaping is better for you than cigarettes, but cigarette effects develop after decades of smoking, such as lung cancer and heart disease. As a comparison to vaping, after just a year, there can be signs of serious lung damage and possibilities of seizures. As of October 29, 2019, there have been 1,888 cases of juuling or other e-cigarettes cases of lung injury.

All in all, it is best for teenagers to stay away from Juuls and other e-cigarettes. Your body will thank you in the long run. It's what's best for you to be a happier, healthier individual.

