

The Effects of Nicotine on Human Health

By ACSH Staff — January 2, 2014



This year, how about making a truly meaningful, life-altering New Year's

resolution? If you're one of 44 million American smokers, we have one for you: Try separating the smoke from your nicotine fix. Doing so will save your life.

That's because the deadly poisons in a burning cigarette and the spectrum of devastating health effects come from the smoke that's created, not from the nicotine.

Below, you can read the American Council on Science and Health's book, *The Effects of Nicotine on Human Health*, to understand the first major step addicted smokers can take to break free from the insidiously deadly grip of cigarettes. Smokers do smoke for the nicotine, but they die from the smoke because nicotine is not a carcinogen and it is not toxic in the amount delivered by a cigarette. Many smokers, and even some physicians, incorrectly believe that nicotine is the primary cancer-causing agent in cigarette smoking rather than tobacco smoke and burnt paper.

This publication clearly demonstrates that it is the inhaled products of combustion of a lighted cigarette—the smoke—which causes disease and death, and not the nicotine, says Dr. Elizabeth Whelan, president of the American Council on Science and Health. All smokers need to know this.

The publications are available for download below. For mass ordering and hard copies of our technical version, click [here](#) [1]. For the consumer version, click [here](#) [2].

Download the full publication below:

[Nicotine and health](#) [3]

Download the consumer version below:

[The effects of nicotine on human health - Consumer version](#) [4]

[What's The Story: The effects of nicotine on human health](#) [5] by [American Council on Science and Health](#) [6]

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Links

[1] <http://www.amazon.com/Nicotine-Health-Dr-Murray-Laugesen/dp/0972709460/>

[2] <http://www.amazon.com/The-effects-nicotine-human-health/dp/0972709479>

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[4] <http://www.scribd.com/doc/195348573/The-effects-of-nicotine-on-human-health-Consumer-version>

[5] <http://www.scribd.com/doc/201729179/What-s-The-Story-The-effects-of-nicotine-on-human-health>

[6] <http://www.scribd.com/acsh1>