



# Ask The DOCTOR

## Alternatives For Smokers

*by Dr. Michael Miller*

(NAPSA)—At a time when opportunities to smoke in public venues are disappearing and the health concerns of smoking are receiving wider attention, more and more smokers are looking for alternatives.

One new option is a thin light wafer, a pleasant-tasting disc of edible paper that contains the same amount of nicotine as a cigarette. Placed under the tongue, it dissolves and releases its nicotine in less than a minute. As a result, cigarette cravings can be quelled for 30 to 60 minutes. Smokers can use the product in restaurants, on airplanes, at work, at sports venues, and in other areas, eliminating second-hand smoke where smoking is not permitted.

Health experts point out that the dangers of cigarette smoking are in the smoke and include carcinogens, carbon monoxide and tar. Nicotine itself does not cause cancer or other diseases, but is the main reason that smokers choose to smoke. The new wafers, from NicotineWafer.com, deliver nicotine without the health risks.

Nicotine wafers are priced at 25 cents each and are sold in child-resistant vials in quantities of 100. Due to current federal government regulations, nicotine wafers cannot be sold over the counter and are available only through online purchase by adults over the age of 18 at [www.NicotineWafer.com](http://www.NicotineWafer.com). Purchasers must answer a very short health and smoking questionnaire to determine eligibility for purchasing.