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Thursday, February 12, 2015

I've Got a Secret...Shhhh!

I received a deluxe e-cig kit from *Nuvo* in order to facilitate an honest review. All opinions are my own.

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About Holly



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Got it!

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I'm mom or z who tries to learn something new every day.

Our family loves to play together, travel, and try new things, and I blog all about it. Welcome!

[View my complete profile](#)

I have a dirty little secret: I am a smoker. I have been smoking for a long, long time, and I've quit multiple times only to start again a few months later. I've used gum, patches, a particular antidepressant, and twice gone through the hell that is Chantix.

It's bad for your health, smells terrible, and I have to be super-sneaky so the kids don't see me doing it. Have you ever seen 'This is 40'? It looks something like what the mom does in that, but outside around the side of the house, in freezing weather, and minus the towel turban.

It always starts the same way: I'm super-stressed and I just want one. cigarette. Just one. Which turns into "Just a few", which turns into "I might as well finish this pack." You can see where I'm going with this.

The last time, I had the brilliant idea to try a zero nicotine e-cig. After a frantic search of all of the stores in our area, I found a little tobacco shop that had the refillable pen and liquid combo. I took it home and was so disappointed; It barely had any vapor, and didn't feel like I was smoking at all. I figured they were all like that, so I went out and bought a pack of cigarettes...and the cycle started again.

When I told my brother about it, he was so disappointed that I had failed (again), and told me I had just

bought a bad e-cig. He'd actually quit combustible cigarettes in favor of e-cigs and has been smoking them for a while. He's been encouraging me to quit tobacco for the last few months, so when I got the chance to review an e-cig kit from **Nuvo**, I took them up on it. I've had the really bad experience, so now I'm looking for something better.

I'm looking for something that will feel like I'm smoking without inhaling the cancer-causing carcinogens from the burning tobacco. I already went organic and chemical-free (and super-expensive), so now I'd like stink-free too. I need it to feel like I'm smoking...without actually smoking. Dumb, I know, but after smoking for around 25 years, it's a hard habit to break, and an even harder one to keep broken through thick and thin.



I was sent the **NuvoCig Electronic Cigarette Deluxe Kit**, which comes with 1 pack of e-cigarette cartomizers (5 per pack, you choose the flavor and strength), 2 standard batteries, and a USB/Wall charger set.

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You start by charging your battery either through a USB port with the USB charger, or plug the USB charger into the wall charger to charge through any wall outlet.

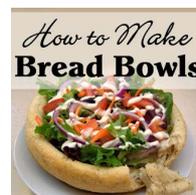
The cartomizers come in 22 flavors, and screw onto the batteries. You can choose from 5 levels of nicotine, from Super High to Non-Nicotine.

They come in packs of 5, and each cartomizer is the equivalent of 2 packs of traditional cigarettes, so a 5-pack of cartomizers equals about a carton of cigarettes. A 5-pack of cartomizers costs \$19.99, so you can do the math. They also offer discounts on buying multiple packs.

Once your battery is charged, you just have to open the cartomizer, remove the plastic pieces from the ends, and screw it on to the backside of the battery. Done. When you pull a puff, the end of the battery lights up so you know it's charged and working. It also helps with the real-feel.



I chose 5 different flavors to try: Tobacco, Cappuccino, Peach, Vanilla, and Spearmint. Weirdly, I wasn't crazy about the tobacco flavor, but loved the other flavored options. I'm a huge fan of peach-anything, so I knew that one would be my favorite.



DREAMPAD 26 PILLOW GIVEAWAY



9/11 - 10/02
HOSTED BY: L'L' BLOG AND MORE

Dreampad 26 Pillow (\$179) (US) Ends 10/2

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Ultimate RC Speedway by VTech (US) Ends 10/8

It wasn't a wimpy vapor, like my previous experience; It felt more like drawing on a traditional cigarette, but with a faint, delicious smell to it. There is no smoke smell to the vapor, so no smoky-smelling hands or clothes, and no smoke aftertaste in your mouth either. I am a fan!



They also sent along the **NuvoCig Ultimate Battery** for me to try. This one has a more powerful vapor hit. It also lasts a lot longer between chargings than the slim batteries. You screw in your cartomizer as with the other battery, then screw a metal piece on over that. Instead of pulling on it to activate the battery, this one has a button that you push (it also locks so you can throw it in your bag.)

This one was nice, but I think I like the simplicity and the cigarette feel of the other batteries, so I'll save this one as a backup.



Overall, these were a hit with me, and I'm slowly becoming tobacco-free. My plan is to lower the nicotine level of my orders until I'm nicotine-free too. I will definitely keep these **Nuvo** batteries and some nicotine-free cartomizers around for those super stressful days. I wish I had found these years ago; I wouldn't have started smoking cigarettes again. Oh well, I guess I'm prepared for next time.

Do you smoke or know someone who does? Do you think they would benefit from e-cigs as an alternative or a way of quitting altogether?



Exposed Skincare "Expanded" Acne Treatment Kit (US) Ends 10/9

Mutts Giveaway!

Win a cozy **Mutts** nightshirt and a copy of **The Mutts Winter Diaries!**



10 winners!
September 28th - October 12th
Hosted by Southern Mom Loves
The Mutts Winter Diaries Book and a Mutts Nightshirt
10 winners!
(US) Ends 10/12



Furlesse Wrinkle Patches 3-month Supply (US) Ends 12/8

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