

6 Reasons Why Cigarettes Are Far Worse For You Than Pot



Approximately no one needs to be reminded that smoking is detrimental to your health. Just look at any gruesome television ad, or cigarette warning label, or crazy taxes (did you know a pack goes for well over \$13 in NY?) and you'll see just how dangerous they can be. The latest reminder of this fact comes as [CVS announces their decision](#) to stop carrying tobacco products. It's almost as if we are seeing smoking become completely phased out. EXCEPT FOR THE FACT THAT MARIJUANA IS NOW BECOMING LEGAL!

The irony here is almost too much for us to handle. As cigarette profits plummet, legalization is sweeping the nation, with 22 US states offering medical marijuana programs and two more (Colorado and Washington) allowing the drug's sale for recreational use.

So why are Americans so two faced about our smoking? Is it truly possible that a formerly illegal drug might actually be better for you than the mass-produced and globally distributed, legal tobacco? Actually, yes, and here are the reasons why:

#6. Emphysema

Both cigarette and pot smoke [contain the carcinogen benzyrene](#), which, when exhaled, leaves behind a lovely coat of tar on the smoker's lungs. And when smoking comparable amounts of each substance, ol' Mary Jane deposits as much as five times as much tar when compared to tobacco. Scientists posit that marijuana can be more harmful on lung function because of its users' propensity to smoke it unfiltered, aka, in self-rolled joints or glassware, rather than filtered cigarettes. But wait, you might ask, I thought this list claimed that pot is BETTER for you than weed?

Despite the significant difference in tar, the prevalence of emphysema is [surprisingly low](#) amongst weed smokers. In fact, *there's barely any difference in risk than if you don't smoke anything at all*. That's one for the weed column!

Only Turty-tree Mon!

Now, that smaller number may sound comforting, but scientists do warn that lesser carcinogens don't always mean less cancer risk. But when you add in Nicotine, which has the inconvenient side effect of actually [promoting cancer cell growth](#), you tip the scales in favor of pot yet again.

#4. Clean Slate (So Far)

While cigarettes have been seriously linked to various cancers and respiratory diseases, scientists haven't been able to make the same correlations with marijuana. A [recent study](#) found that regular marijuana users (defined as those who have smoked more than the gargantuan sum of 22,000 joints over a lifetime) are no more at risk for lung cancer than a nonsmoker-of-anything. Compare that to two-pack-a-day or more cigarette smokers, who were [20 times more likely to develop the disease](#).

#3. THC

Burning marijuana creates more than just carcinogens. It also creates hundreds of mysterious cannabinoids. Studies suggest that there is something about cannabinoids that *blunts* the effects of those 33 carcinogens in your body. The most potent of these is THC, which has been found to [actually kill tumor cells](#) in mice.

Young teens taking an active role in their health.

Scientists have long known that THC has psychoactive properties and can cause a mean case of the munchies, but some believe it can also [literally cure cancer](#).

#2. Vaporizing

The biggest benefit of marijuana for the health-conscious smoker is its ability to be imbibed in a variety of ways. New ways of inhaling the substance, such as vaporization, bypass the crucial chemical reaction needed to create tar and carcinogens.

Unfortunately, at the heavy price of never again puffing cool smoke rings

"Vaping," as the kids are calling it these days, can be expensive, but users find that it [lessens lung irritation](#) and breathing problems over time. Vaporizing is starting to become popular via e-cigarettes, although we continue to expectantly wait if this has improved Tobacco's overall safety profile.

#1. Lung Function

Whether you debate your risk of cancer or not, everyone can appreciate the smoking cigarettes adversely affects their lungs. Not the case with weed, apparently. Some have even shown that [lung functions actually increase](#) in heavier smokers.

Impressive Lung Function

Now, statistics can be a tricky form of evidence. [Only 4% of all Americans](#) admitted to having sampled the grass in 1969, compared to 38% today. That is to say, not all the science is in yet. Studies on long-term effects are only now becoming possible, but the results so far are surprisingly good.



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