

My name is \_\_\_\_\_, I'm 39, I work in IT support, in a relationship with no children living in \_\_\_\_\_. I started smoking at the age of 15 and have smoked for 20 years since that. I paid \$10-20 for a pack of cigarettes until the price hikes, and kept paying when they were \$30-35 a packet, and I'd go through a pack a day.

Due to smoking I had issues with varicose veins, diabetes and other respiratory issues. I tried quitting with gum, patches, sprays and none of that worked for me. I may have attempted 2-3 times before going back to smoking, until I tried vaping. I started dual usage of cigarettes and vaping in 2016 in which I weened off the cigarettes as the more I vaped, the more the cigarettes tasted terrible. That period took me two weeks of completely quitting smoking tobacco.

Since then my health has improved, my breathing got better, been able to work out at the gym, my diabetes is in control (Type 2) and my varicose veins have disappeared. Thanks to vaping I've been able to appreciate tasting and smelling things more, and my girlfriend prefers the smell of fruits and desserts than tar and smoke. I still look to this day that I'm glad, shocked, and relieved that I'm no longer a smoker after a 20 year habit.

Due to my experience and success with vaping, I am a strong believer that this product should be available from a vape shop with highly knowledgeable staff, proper product regulation with safety standards, strict identity checks like a bottle-o, childproof caps and much more. These new regulations will not work for me due to having to find a certified practitioner that will supply me a prescription so that I don't lapse on my smoke-free lifestyle.

To have the freedom to be able to obtain liquid with nicotine at a respectable vendor or supplier that follows proper regulations will not only help me stay smoke free, but allow many others to quit smoking with an alternative choice.