Hi my name is Nathan I was a pack a day smoker for 20 years. I'm now in my 30s and have been vaping for a year and a half. Since I've been vaping my blood pressure has returned to a normal level and I don't feel short of breath, I can now engage in activitys with my children and run around with them. I believe vaping has saved my life and will continue to save lives. Thanks for reading a little about my story