

To whom it may concern,

I would just like to share with you how vaping has helped me in many ways. Where to begin...? I started vaping in Scotland on my most recent visit. The convenience of having a shop to be able to walk in to and casually chat with people experienced in the field was amazing. They listened to my needs and I left with the [REDACTED] with 5ml [REDACTED] tank. My E Liquids were 18mg nicotine, which curbed the cravings a lot. Initially It didn't stop me smoking but heavily reduced it (going from 30 Winfield Blues a day to 25 a week.)

It took me about 2 months of part time smoking and vaping to eventually find myself opting for the vape over smokes. My sense of smell and taste were coming back and for the first time in 10 years I could actually taste how bad the cigarettes were. Since then I have not touched a smoke and don't even think of them anymore. I am currently vaping the [REDACTED] with 1.5mg nicotine which is sufficient to deal with any cravings.

Since I have quit smoking and started vaping my life has had many benefits. My fiancé is always praising me for quitting and not constantly reminding me to change my clothes and wash my hands before picking up and playing with my year and a half old daughter. I enjoy not stinking of smoke and not passively passing on my smoking to my child. I have been training and exercising and noticed a big difference in my lung capacity.

The only down side to vaping in Australia in my opinion and many others is that the nicotine is not included in the e liquid. If countries all around the world (American, Uk and New Zealand) why aren't we doing it. Australia is always behind the times!

Please allow us as Australian people to decide how we want to quit smoking and don't make it hard for people to attain vaping goods as in my experience it can become a huge help and fantastic tool to quit smoking!

Thanks for your time

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