Tobacco Harm Reduction Submission 17

To whom it may concern,

I'm 32 years old and I smoked tobacco for nearly 15 years. 15 years of smoking 25 or more 12mg strength cigarettes every single day. To say that I was addicted would be an understatement.

I tried patches, I tried gum, I tried quitting cold turkey. Nothing worked. I knew I was slowly poisoning myself, but I couldn't stop.

Not until I tried vaping.

I never imagined being able to stop smoking, but it's been over one year since I used tobacco. I can breathe properly again. I have money in my bank. I don't smell like the bottom of a dirty ashtray. I'm not inhaling g thousands of toxic chemicals, and I owe it all to vaping.

I understand the amount of misinformation in the media about vaping makes it hard to separate fact from fiction, but there's a reason that the Royal College of Physicians support and encourage the use of e-cigarettes as a smoking cessation aid.

Banning the import of nicotine and nicotine e-liquids is going to force hundreds of thousands of Australians back to using cigarettes, and while I absolutely agree that the industry needs to be regulated, an outright ban is a recipe for disaster.

I hope you'll consider the weight of this decision very carefully. Many lives will depend on it.

Sincerely.