

To whom it may concern,

I am \_\_\_\_\_, \_\_\_\_\_, working as community service driver.

I have been a smoker for 35 years and a vaper for 6. I have started smoking when i was 15 years old.

When I was a smoker i had serious breathing issues and my general well-being was terrible. Over the years I have tried everything to stop, from Cold Turkey, Hypnosis, Zayban, Champix, Nicorette rubbish, multiple times. Nothing worked, My longest period without smoking was 7 months but then i found that I have replaced one health problem four new ones( gained 24 kg, started drinking excessively, bladder problems from all that weight, and nervous and unsettled like hell, a nightmare to be around). I have decided to go back to cigarettes for my well-being and good of my family.

In comparison, when I have discovered vaping my breathing has improved, i am more fit ( i can walk now 10 km without a problem), food intake is under control and eat a healthy diet, stopped drinking.

And i am way more fun to be around.

I have my nicotine addiction under control, the hand movements and lung movements are as they are supposed to be for last 35 years. I found a new hobby with building my own vaping gear

I am a better and healthier man in my middle fifties looking forward to see how children grow and grow into healthy individuals. God know where i would be if i have not switched to vaping.

As an employee in community services I found a huge interest in Vaping from our lifelong smoking customers in their 70s and 80s and they like it, but the whole process of making the switch and how to get nicotine in Australia is too complicated for them.

My recommendation regarding tobacco harm reduction is Legalise the sale of liquid nicotine for the purpose of vaping or use for electric cigarettes.

The easiest way would be just give the already established vape shops the same rules and regulations as for the sale of alcohol. Or just implement the same UK or NZ model.

At the end nicotine in reasonable quantities is mild addictive stimulant same as alcohol, caffeine.

As an ex-smoker I have found access to e-cigarette/nicotine vaping products under Australia's current regulatory framework is extremely difficult and under the proposed framework

unworkable for the following reasons:

The Chemists Chains are given a blanc monopoly on sales of nicotine, which will bring price gauging and low quality products, the employees are not qualified to deal with the different customer base, in the 10 years vaping has evolved into multiple branches and even if they start selling vaping gear it would take a large part of their shops. Not mention that they have no training and knowledge about huge product range.

Doctors will generally give the patients just a pat talk about the harm smoking does and prescribe the prescription that has to be renewed year after. It a waste of everybodys time and money.

Australia has already the infrastructure to endorse legal nicotine sale and help smokers make the switch.

All the negative publicity about vaping comes from the US and only from the US. The studies about negative effects are debunked, shamefully retracted, or could not pass peer reviews.

Thank you for taking the time to read my letter.

Sincerely.