

Dear Committees Members,

I turned 50 in May and I am a mother to two adult children and a grandma to a nearly 2-year-old. I have been smoking since I was 13 years old, it was all the norm in those days. Everyone smoked, movie stars, sporting heroes, news readers etc It was freely advertised on commercial television, promoted at most major sporting events and throughout nearly every form of print media.

In the past 20 years I have tried to quit smoking, using just about everything that was available to me, with no luck!! My health was suffering, I was coughing and wheezing and most nights I woke up finding it hard to breathe and coughing frantically! I knew I had to do something not only for me but my family, especially my grandbaby.

Well September 3rd, 2019 I had my last smoke!! 407 days ago, I cannot believe it, I am super proud of myself, my family are super proud of me too! I don't cough and wheeze anymore, I sleep peacefully, I don't smell like an ashtray anymore, I'm not out of breath anymore, life is GREAT!!

How did I and 300,000+ other Australians give up smoking?? Vaping!!

* Vaping is not without risk however as a tobacco harm reduction tool it is by far the most successful and effective method ever produced.

I could never have given up the cigarettes if it wasn't for vaping, I am grateful for all the support and information there is from many vape groups that helped me achieve my goal of becoming a non-smoker.

My next goal is to slowly cut down on my nicotine levels and one day soon, be nicotine free and then vape free.

Kind regards