

Like many boys growing up in the 50s and 60s, smoking was perceived as being cool and tough; so like an idiot I joined the behind the bike shed crew along with all the other wannabes!

I smoked through university and on into my working life. My wife was a smoker (CRC) and our children were/are too.

In April 2017 I was trying to save money for a trip to the USA, and was struggling to save as fast as I wanted. The previous year I had spent 6 months trying to get rid of a hacking cough and constant cold; after some 45 years I was also getting sick of yellow fingers, stink breath and clothes and a smelly flat.

This gave me the motivation to do something about the whole situation. My workmates, who sat outside as pariahs, were split into smokers and vapers. I was fascinated by their gear and when they explained the cost benefits I was sold. And that was without even discussing health benefits. Halfway through a pack of Menthol 30, I decided enough was enough and that day after work called into Hello Banana, and for \$30 got a pen and 15ml of menthol 12mg. Fortunately enough charge to use that evening. The half pack I gave away at work the next day. I soon learned 15ml of liquid was not the best way to buy juice!! So graduated to 100ml bottles, and now spend about \$1.00 (not a typo) a week on juice. I get new tanks and batts from China at \$1.50 each. (No exploding batteries in nearly 3 yrs either)

So moving to the health benefits from the obvious financial advantages!!

No yellow fingers, no stink breath, fresh clothes, sweet smelling flat and vehicle. No colds or coughs of note, good BP results, eating better now I can taste food and have even lost weight and apart from my non related other ailments actually feel almost spritely!! Well very almost. My dog Minty and I can now walk 3kms a day, his 12 and my 63 need the exercise, and we enjoy this in the morning together.

This has been the 2<sup>nd</sup> best thing I've ever done in my life (marrying my wife will always be the first!) and a call I would highly recommend to any current smoker who is considering finances or health. Go for it, call into your local vape shop (not a convenience like me!!) and get some really experienced advice.