

I started smoking properly at eighteen years old, by nineteen, I was a smoking a pack of 25 a day.

I would always joke to people surprised by the amounts I smoked that 'pack a day smokers were a dying breed'.

At twenty two, I discovered a friend was 'vaping' it was interesting, but just a fad and too complicated to get into.

At twenty four, I learnt my partners brother was also a vaper and could help me with information.

I didn't intend to quit for health reasons, my health was fine, but the financial strain was ridiculous,

Heath was spending 20 a week on vaping, myself 100+ a week on smoking.

In all those years of smoking I did try to quit; patches, gum and spray.

All these NRTs cost more upfront than smoking.

The vape set-up? Cost me \$30.

With enough liquid and coils to keep me going for a week.

It took me a while to trade it off, from a 25pack a day to a 20pack a month took me around a year.

I joined vaping community's, and was able to help people around the country quit smoking and give practical advice on vaping.

I have spoken to elderly people who are a 40pack a day smokers who can barely breath but still continue to smoke. Vaping has given them an opportunity.

I have spoken to nurses, doctors and respiratory specialists who have seen first hand the benefits vaping has had on people.

In all these years, I have had more people stop and ask for help with finding a vape for them, than I ever thought possible.

Hell, I have handed kits to people just to get them half way there.

The problem with all of this?

I am now 4 years cigarette free,

I have cut my nicotine down from 18mg to 1mg.

I can now hold my newborn nephew, and look forward to being alive for my son's futures.

The problem is, even with all the studies proving e-cigarettes are safer than smoking all the deaths annual from cigarettes, damages of second hand smoke.

I am potentially seen as a criminal for vaping.

I am potentially seen as a criminal for helping a 70+ year old man make a slightly healthier option.