

Dear Parliament and to whom this may concern,

I'm writing directly to express concerns regarding the consideration of banning online sales and advertising of Vaping equipment and electronic cigarettes. While I completely agree with the ban of sales to persons under the age of 18, I do however worry about how the government are labelling E-Cigarettes as a tobacco product, along with the alleged dangers of Nicotine in the dosages found in E-Cigarette Liquids.

It has been scientifically proven that vaping is 95% safer than Tobacco-based smoking. I have references on that percentage based on readings from the Royal College of Physicians in the United Kingdom.

<https://www.rcplondon.ac.uk/news/next-steps-long-journey-tobacco-harm-reduction>

<https://www.rcplondon.ac.uk/projects/outputs/nicotine-without-smoke-tobacco-harm-reduction-0>

<https://www.rcplondon.ac.uk/news/promote-e-cigarettes-widely-substitute-smoking-says-new-rcp-report>

<https://www.gov.uk/government/news/e-cigarettes-around-95-less-harmful-than-tobacco-estimates-landmark-review>

A little bit of my background: I'm a 35 year old former smoker and I smoked for almost 20 years. I quit over seven months ago after a health scare and I am now 100% Cigarette free.

I have vapes to thank for that. I have been able to breathe better, go to the gym 3 times a week, move around a lot easier, lose weight and be more active and enjoying life. Many of these things I was unable to do easily while I was a smoker.

I should add another concern that I have, is that sales of vaping liquids for consumers does not allow Nicotine in them. While it is legal in South Australia (where I live) to import the nicotine content for personal use and mixing it in to my juices, it does have potential harm in the sense of putting in the incorrect amount leading to potential overdosing and poisoning from Nicotine. That is another matter that I would like to see looked in to regarding ALLOWING sales of electronic cigarette liquids with Nicotine, thus disallowing self harm from mixing, and helping even more people quit smoking.

To not allow Australians to buy eLiquid for vapes with Nicotine is like not allowing commuters to purchase their morning Coffee with Caffeine.

Parliament, I urge you to please look closer in to put aside the stigma surrounding this topic, and seeing the health benefits of Vaping and Electronic Cigarettes over regular cigarettes, visit the vaping stores right around the state and help more Australians get healthier and eventually smoke free.

It has worked so well for me, and I yearn to see others follow suit and giving up on cigarettes for good.

Kindest regards

Former smoker