

### How I quit Smoking

I am 55, I have smoked for over 40 years, I was always in denial of the length of time that I did smoke and was afraid to add those years up. I was conscious of the harm that smoking may do to me, but I always pushed those thoughts away. As every addicted smoker does, I was always in denial of the health issues due to smoking.

Ever since I turned 50, smoking was a daily worry for me and my loved ones. I was always getting sick and knew if I was not a smoker, I would not be as sick as I was. At the age of 52, I received custody of 2 young grandchildren; it was a challenge to keep up with them because I was always out of breath. As I would read a night time bed time story to them, I was constantly coughing; just the look of disgust on my granddaughters face was so embarrassing.

I loved everything about smoking, the flavor, the inhale and exhale. I hated the stink it left around, the dirty ash trays and not being able to smoke when and where I wanted to.

In my mind set there was no way that I could give up the smoking, until I became aware of e-cigs.

I did lots of research, found both negative and positive information about e-cigs, but I knew this could be my way of quitting the smokes!

I filtered out the good and bad research, the reasons behind the bad and good, then went to more up to date information and knew I had to give it a go!

From the moment I took my first puff on an e-cig, I gave up cigarettes and I had 4 packets of 40's on hand. I huffed and chuffed on that e-cig device (which did contain some nicotine, just like the patches do), my smokers cough was gone in 2 days! Breathing became easier; I was even brave enough to take my 2 young grandchildren for a walk to the park as I knew that I could keep up with them if they tried to run away. I gave up smoking on the 18<sup>th</sup> of March 2017, I will always remember that date as it is one of my 5 daughter's birthday. I'm surrounded by non smoking family members, because that is the way I educated them, DON'T SMOKE! They are my A team and my largest support group for me not smoking and vaping instead. I'm so much healthier and happier!

Yours truthfully

31/05/17