Tobacco Harm Reduction
Submission 20

I am a 59 year old female who has been vaping for 7 years, I now can breathe much better no more coughing better sense of smell less visit to doctor my chest has clear right up. I use to be very heavy smoker 50g packet tobacco in 2 days was smoking for 40 years. Try many things to stop Doctor put me on tablets that made me sick and vomit very bad mood swings nicotine patches was useless for me also nothing I tried worked I also have bad anxiety and depression, witch made matters worse But vaping has help me so much. I know if I can not get nicotine vape I will have to go back smoking and I really do not want to do this. PLEASE do not take this from me I beg you. I am a pensioner and vaping has all so save me money to put towards bills and a better life.