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From: Think Ster <thinkster@hotmail.com>
Sent: November-03-14 7:35 AM
To: Office of the Legislative Counsel
Subject: re: bill 60- flavour ban

I am 37 years old and have been a smoker for over 24 years. This summer I was introduced to vaping by my aunt. Her doctor suggested she try it because she had a really bad cough. It has worked wonders for her. My doctor has been really pushing me to quit so I gave her e-cig a try.

When I first tried it, the cantaloupe flavour instantly got me thinking, this might actually help me quit smoking! I bought a kit and with ease, gradually reduced my cigarettes to 0. I am cigarette free now for over 25 days. This is the longest I have ever managed to quit smoking. And I have no desire to return to the disgusting cigarettes. The flavours that have successfully been helping me up to this point have been cantaloupe, peach, juicy fruit and strawberry. Notice how none of these are even close to cigarettes.

My cessation plan is to gradually reduce my nicotine till I am at 0mg and then quit vaping. I have tried so many things like patches, gums, pills, therapies and programs and nothing has worked for me. I fear if flavours are banned, I WILL return to those nasty cigarettes as I cannot tolerate the tobacco and menthol flavoured e-liquids.

I also need to mention how much energy I have now! I can exercise easier now and regain my breath so much faster. My sense of smell and taste is coming back each day! I don't have the constant rumble in my chest anymore. I do not have coughing fits in the morning anymore. The tightness in my chest is gone. The post nasal drip I have had for over 15 years is gone. In just 25 days the changes in my health have really surprised me and I have not have 1 negative side effect.

I oppose a flavour ban. It will only result in thousands of vapers returning to smoking traditional cigarettes. Unless you work for a tobacco company I cannot see why you would want this for all of us lifelong smokers.

Sincerely,
Christine Lapalme