

My Smoking Story

I have smoked for 31 years. I am now 42 and started when I was 11. The main reason I started to smoke is because it was what the 'Cool Kids' did and I wanted to be cool. The shows on TV and the Movies in the theatres always showed smoking as being sophisticated and adult. I had little knowledge at that age of the implications of smoking on the human body.

By the age of 18 I was heavily addicted to cigarettes and smoked 2.5 packs a day. I coughed all the time and often was sick from bronchitis. As the eighties melted into the nineties; more and more information about the dangers of smoking surfaced but by this time I couldn't give them up. I had tried nicorette gum and just cold turkey. I would never quit for more than a couple months. Fast forward into the 2000's and a new product emerged on the scene. E-cigs were pretty much unknown at this time but being the curious person I started using them about 5 years ago. I liked the fact that I could smoke them and not intrude on the often rude personal space of other people. This was the biggest clincher for me. I hated the fact that I was invading people's personal space with my nasty smelling cigarettes that I couldn't seem to give up.

as of 72 days ago I gave up cigarettes completely. I have noticed since I have went to just ecigs that my health, lungs, taste and smell has vastly improved. Now I know how nasty those analog things are and I am so happy to be rid of them. I know for a fact that if ecigs are banned that I will go back to smoking real ones because of my addictive personality. I would like that to NOT be the case.

I urge Congress and all the other powers that be to consider Us the American people when deliberating on whether these things are safer. My ecigs contain three chemicals. Cigarettes over four thousand. Please stop the money game and just treat people as people. It is all we want. Thank you for listening.