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My name is Aaron Scherbarth, I am an Iraq War Vet. I smoked for over 16 years. I tried one of my fathers Cigarettes when I was 12 years old and I remember it tasting very nasty. 4 years later, however at 16, I started ~~smoking~~ in High school with my friends.

5 years later at 21, I find myself in Iraq. One of our many details (or jobs) we had to do was burn trash and, yes, our own poop. The trash was burned in large pits. Tires, plastic, old computers, broken parts, anything & everything!

We took care of our "business" in self made Port-a-Johns made out of Plywood and a 55 gal. drum cut in '4 to use as a toilet. In order to get rid of our "business": We pulled the drum out, filled it ~~with~~ fuel, and lit it on fire. After the flames die down we had to stir with long metal bars into ash. It takes about 4 hours, then we could bury it. Breathing in all this "stuff" was unavoidable and there is no way of telling what kind of damage this did to our lungs, but I do know that me smoking on top of it all didn't help.

I finally quit smoking 11 years later using e-cigarettes and fruit flavored e-liquid. It did not take long for the health benefits to start. Within 6 months my ~~taste~~ came back! I could take full breaths again! Run! And I didn't stink like cigarettes anymore!

I visited my family about a month ago. My mom and my sister still smoke. On a whim, I tried a ~~drag~~ of my sister's cigarette just to see what it was like after 5 years. Let me tell you.. WOW! It was just like that cigarette I tried when I was 12! Nasty!

I put my life on the ~~line~~ for this Country, and for 'We the People' to tell me that I have no choice ~~over~~ how I choose to make myself healthier is not Freedom!

Thank You,

Aaron Scherbarth