

Julie Morris

Subject:

FW: E-Cigs: A TRUTH

From: Angelina Roskam [mailto:angelina.roskam@hotmail.com]

Sent: Saturday, March 22, 2014 5:33 AM

To: Julie Morris

Subject: E-Cigs: A TRUTH

To Ms. Julie Morris,

Please, hear me out on this- I understand the fear in many, over something they may believe will cause more harm than good. But I can not understand why these respected individuals fail to see the amount of good and positive behind the alternative to straight tobacco filled cigarettes, emitting constant toxins to not only those who smoke, but innocent bystanders.

Coming from a former cigarette smoker: vapor e-cigs have saved my life. I went from a pack (sometimes more) a day, inhaling toxins AND emitting them to others around me, to being introduced to e-cigs and VAPOR- the *healthier* alternative to help aide in quitting.

Vapor has changed my life. Instead of having to go through the chewing gum constantly, or wearing a patch that doesn't stay put through daily activities- I was introduced to a more reasonable way to wean me from the grips of nicotine. That blessing has not only saved my life, but for once in over 5 years- I am able to *breathe* again, I can run or swim without coughing or wheezing! I am not having to cut time out of my work day to smoke a cigarette away from the general population (which gags most). I am not having to in ANY way modify my life anymore, to the grips of cigarettes.

Because, the **BEST** thing that ever happened to my quitting process- vapor. Let me explain why:

1. I could **CHOOOSE** the nicotine level! (Start with what I was accustomed to, and work down each week, etc... to **0mg!**)
2. There are **NO** toxins! What you have is a small amount of sugars & molasses- some artificial flavor, and **ONLY** nicotine! Absolutely no arsenic, charcoal, etc... **HARMFUL** chemical agents found in cigarettes.
3. **VAPOR**. Key word. There is **0** smoke!!! No one is harmed from vapor. Standing by= **NO** toxins!

Society, these days, is too focused on "taboo". Smoking is absolutely one of them. What so many fail to understand, are how these vapor alternatives are actually helping **SO** many quit, and also improving the environment in more than one way. For starters- there are less toxins in the air. Not to mention, that improves the air quality overall, along with eliminating second hand smoke from a handful of those who would otherwise still be smoking classic cigarettes. Medical bills go down, because there is less cancer and other harmful medical conditions related to smoking. Speaking up front- my blood pressure has come back down to a normal level (with my doctor congratulating me) on switching to vapor! My family members applaud me for quitting what made them sick to see and smell. My employer applauds me for not walking in smelling like an ashtray and not having to take the allotted 15 minute breaks twice a day. I am not taking up space in a hospital room or emergency room being treated for chemical ailments that were otherwise killing me and wasting the time of patients who did not choose their disease.

Please, before you are **SO** quick to ban something that has saved **SO** many lives, already, without taking the

time to REALLY see the inside outlook of those of us who use it for the **RIGHT** reasons, just consider this: You have a 13-17 year old young adult at home. They become curious and find a pack of cigarettes, but also find an e-cig (or vaporizer)... WHICH would you rather them try? The one that is filled with chemicals, toxins and everything addictive/destroying... or would you rather them try a much less harmful vapor, containing 18mg or LESS (down to 0) of only nicotine, which is proven to be the lesser of two evils in traditional cigarettes? If I were a parent, YES, I absolutely would educate my child, but I also was once in those years, and I would have much rather tried an e-cig than gotten addicted to what has sucked SO much of my health, life and pay away.

I have wanted to quit for years. Everyone who tries the patch or gum... never works. Everyone who seems to go on the pharmaceuticals seems to get angry & violent. I don't want the failure or side effects. I want to be able to say I switched to something healthier to aide me in quitting for good. E-cigs and vapor has done that for me. I am grateful. And not only that- I have a community of others, just like AA, that understand me and support me. We all support each other and we all have the same goal- to leave the carcinogens/toxins behind and be HEALTHY, just away from cigarettes! I am not sure why that is so hard to understand. If I were dying of a disease- I would also hope for a health alternative to save me. Vapor saved me, years before it cost me and the public a lot more.

It is a shame to see anyone become addicted to anything. But, please do not be so quick to ban and look badly upon something that is literally saving lives in many ways. Something that so many have broken the addiction with. Maybe it is right to ban them in certain places- understandable not everyone is comfortable with them. But, if some bars still allow smoking- why is vapor not allowed? Especially if it is BETTER for the air and everyone?? I can understand prohibiting them in certain areas, but placing them in close proximity as cigarettes and completely banning them is not beneficial. I am afraid it will drive more to relapse... SO many have *finally* found something that actually works and HELPS in quitting- why take that away and punish those who have worked SO hard to clean up their act and get away from cigarettes?! It isn't just a favor to those who use e-cigs 7 vapor... it is a favor to everyone around, who would otherwise be inhaling the leftover toxins from a habit nobody should have to experience. We can stop the evil in this, but not if we turn our heads at what is helping.

I thank you for taking the time to read this. I hope it may be of some insight to why it has helped to many of us begin living a better life in a more healthy way. And I ask, please, instead of shunning this new alternative and assuming the worst- hear the benefits and see the success stories. We need to support each other in battling our addictions rather than going against one another, not fully understanding we all experience different struggles. Not everything works for the same person, but this has helped many, and I would much rather see something less harmful helping than watching more pick up what will literally kill them.

Best regards-

Angelina Roskam