

Julie Morris

Subject: FW: Smoking/Vaping Testimonial

From: Andrew Paquette [<mailto:lowtrips@gmail.com>]
Sent: Friday, March 21, 2014 4:09 PM
To: Julie Morris
Subject: Smoking/Vaping Testimonial

Hello

My name is Andrew Paquette. I am a Palmer resident and work at the Matsu Borough as an IT Specialist. I have smoked most of my adult life. I have tried the cold turkey method a few times but it never stuck. I also tried the gum which gave me a nasty itchy cough and also the patch which did nothing for the oral fixation. I even tried the vaping sticks you see at the gas stations now but the technology was nowhere near where it needed to be to get me off smoking. Very unsatisfying! I just recently had a coworker reintroduce me to vaping. I was skeptical because of my past vaping experience but decided maybe it's worth another shot. He took me to Glacier Vapes up Palmer Fishhook and purchased a mod, a couple tanks, and a few eliquid bottles to get started. The flavors and vapor cloud created was amazing! Also the throat feel felt pretty darn close to a standard cigarette which was missing from my first experience with vaping. Since I started using my vaporizer I haven't had one cigarette and I still have half a pack in my truck. Have not even reached for them.

Now like any illogical being I had to look up the possible health hazards of vaping(because regular smoking is so good right?). What I found was very reassuring. There are usually 4 to 5 ingredients involved in making the eliquid. PG(propylene glycol) food grade, VG(Vegetable Glycerin) food grade, Water, Nicotine(if desired), and flavoring (food grade). From what I can tell there isn't much in the way of being hazardous to your health. Nicotine in fact by itself is not that dangerous in smaller doses. About on par with Caffeine or other such stimulants. I believe it can make your heart beat faster and increase blood pressure. My life motto though is moderation. You can kill yourself if you drink too much water! I was also concerned about the effects of the secondhand since I do have a wife and 4 year old son. I found that the studies that have been conducted show that the nicotine in second hand vapor are more than 10 times less than standard secondhand smoke and zero of the other 7000+ harmful chemicals. My child would take in more hazardous chemicals walking through a parking lot into a grocery store with all the terrible fumes coming out of idling vehicles then he would with me vaping in my bedroom.

Bottom line:

I could not be more pleased with my decision to switch over to vaping. My lungs are already feeling better and my wife is thrilled I don't stink every time I come in the house. Vaping is very **misunderstood** because it does look a lot like smoking and people automatically hate and fear it based on lack of education.

I hope this helps

Thank you