

**Submission
No 10**

E-CIGARETTE REGULATION AND COMPLIANCE IN NEW SOUTH WALES

Name: Mr shixing li

Date Received: 26 October 2023

Dear Sir/Madam

I hope this message finds you well. I am writing to express my strong support for the use of vaping as an effective smoking cessation tool, and to share my personal experience with the positive impact it has had on my life both physically and mentally.

As a former smoker, I had struggled for many years to break free from the addictive grip of traditional tobacco products. Various methods and treatments yielded limited success, leaving me feeling frustrated and trapped in a cycle of nicotine addiction. However, my introduction to vaping proved to be a transformative moment in my life.

Vaping offered me a viable and considerably less harmful alternative to traditional cigarettes. With the help of vaping, I was able to gradually reduce and eventually quit smoking altogether. This transition not only improved my physical health but also had a profound impact on my mental well-being. I experienced a sense of liberation, knowing that I was no longer subjecting myself to the myriad health risks associated with smoking. The freedom from tobacco's grip significantly boosted my self-esteem and overall quality of life.

I am not alone in experiencing these benefits. Vaping has emerged as a valuable tool for countless individuals seeking to quit smoking. Research and numerous success stories attest to its efficacy as a harm reduction strategy. It is important for policymakers to recognize the potential of vaping in promoting public health and providing smokers with a safer route towards quitting.

I kindly request that you and your fellow members consider supporting and promoting vaping as a legitimate and beneficial smoking cessation method within the state of New South Wales. This will not only facilitate the healthier choices of current smokers but also contribute to reducing the long-term health and financial burdens placed on our healthcare system.

I appreciate your time and attention to this matter, and I am confident that your advocacy for vaping as a smoking cessation tool will positively impact the lives of many individuals, just as it has in my case. I would welcome the opportunity to discuss this issue further if you have any questions or require additional information.

Thank you for your dedication to public service and for considering the perspectives of individuals like me who have experienced the tangible benefits of vaping as a means to quit smoking.

Sincerely,

Shixing Li