Jennifer Wurfel Brunswick

Thank you for allowing me to share my personal experience. This is very worrisome for me to hear that you are looking to ban flavored vape nicotine products. I had started smoking cigarettes when I was 15 years old. I attempted numerous times to quit without success. 2.5 years ago my best friend gave up cigarettes and was using a vape. I was clueless about vapes. She showed me what to buy and I gave a try. I did not mean to quit smoking cigarettes. I was trying vaping and said try while at work and when I got home and tried to smoke a cigarette I couldn't. It tasted so nasty! I was shocked! I did not expect this but what a huge gift! After smoking cigarettes from age 15-40 I finally was able to quit cigarettes! But all because of vaping! I didn't know about vapes, I thought they were "just as bad" for our health as cigarettes. But after a lot of research and personal experience vaping is much less harmful! I went thru all the withdrawal symptoms when I quit cigarettes. That was confusing since I was still using nicotine. But I learned nicotine isn't the harmful part of smoking. It's inhaling lit fire substance and all the additives that are most harmful. Yes nicotine is addictive! I don't think or want teens to pick it up BUT for adults like me who started smoking cigarettes 20+ years ago vaping mainly nic-salts are a major life changing positive that helps us reduce our risks! Studies out of the UK have proven vaping nicotine is much more better for a person than smoking cigarettes. The cells regenerate just like a nonsmoker! That was what really helped me to understand vaping is risk reduction and has substaincial benefits! Last year we heard on news that there was teens and others being admitted into the hospitals around the country for "vape related lung injury" it took months to learn it was from "black market" items mostly THC cannabis products. I do not want to be driven to having to buy risky black market nicsalts. Or find myself back on cigarettes! Please please please do not take this from me and the many others who successfully got off cigarettes by this method. I have already been frustrated by not being able to order my nic-salts and vape supplies online. It's frustrated. Kids usually do not have credit cards or order vaping materials online (juuls were big with teens but not purchased online!) I also use a nicsalts that taste and smells pleasant. It's strawberry kiwi and if you ban flavors I won't be vaping and do not want to return to smoking cigarettes. So I was able to quit cigarettes because I saw my best friend do it. Now I have influenced at least 8 different friends aquaintances by sharing my success. They now have quit cigarettes and are vaping. The ripple effects just keep going! It's pretty great to see. My mom is suffering from copd and she will not quit smoking cigarettes. She's tried and failed. She has recently begun asking about vaping and is open to trying. This would help her health tremendously! Please I am begging you to not take this option from us. This has greatly improved my health in so many ways. Is it ideal no but it is a dramatic improvement vs smoking a lit fire substance (cigarettes). I used to think vaping was just as bad but now I have learned it's what our society wants us to believe with ty commercials and advertising. I get it teens kiddos do not pick it up! But for all the cigarette addicts vaping has been can be a vast improvement risk harm reduction!

Thank you for your time and hearing my story.