

My name is Charles K Wilson, I am 59 years old. I started smoking around 11 years old. I would buy cigarettes out of machines for one dollar a pack. I would always smoke a pack a day. Did this for 45 years. Tried quitting around 10 times at least. Always ended up needing my nicotine though usually within 2 days. Without it I am really a jerk, very high strung. Tried gum, that is a joke cause nobody can put that much gum in their mouths. Then tried the patches at least 3 times. Problem there is that they are not strong enough, and if you need relief now forget it because they take awhile to get into your system. During my 45 years of smoking I had managed to go from full flavor to Ultra lights (less nicotine). When I first knew I might have a chance of quitting was when the E cigarette brand called Blue came out. I got down to about 8 cigarettes a day, had never done that before. So I would go back and forth with this for a couple of years. My lungs were getting worse, starting to get shortness of breath pretty easily. Then had this e vape shop move in next door to my store and I would go in and talk to the guys that ran it. What I figured out was that the Blue e-cigs were not strong enough. So a little over 4 years ago I got my first device where you add your juice. Started at 12mg now down to 3 mg of nicotine. The difference in my breathing is like night and day. I use strawberry, grape, blueberry flavors. Only used tobacco flavor once it was the first flavor I got, did not even finish it. Worst flavor ever and can not stand menthol.