

Original English Statement:

For over a decade I smoked more than 30 cigarettes a day. I tried quitting multiple times, with different methods, but nothing was able to work for more than 48 hours. After I switched to a vape I immediately stopped smoking cigarettes. Since then, my persistent cough and phlegm has halted, I no longer have any breathing difficulties, and I feel better every day.

That was the result of smoking flavoured vape. I tried many years ago with unflavoured or tobacco scented juices, but I found the taste and experience unpleasant.

Now that I have switched to vape I am able to begin slowly reducing my nicotine intake in a controlled manner, and over time will be able to reduce complete nicotine and vape dependency without the discomfort of nicotine withdrawals.

With a flavour ban I fear that I would eventually grow frustrated with vape and return to smoking cigarettes. Is this the goal of the Dutch government, to punish those engaging with the most successful smoking cessation technique and push them back to cigarettes?

The evidence for flavours being the problem is weak and very limited, and is often completely detached when the packaging of the flavour is reduced to more generic labels.

This ban is stupid, and seems to be encouraging smoking or vaping, when one has been demonstrated repeatedly to be orders of magnitude more dangerous. I am embarrassed that the Dutch government is genuinely considering a law with such clear damages to public health.