

“Eat everything. Do not eat just what you like.”

Your parents have said this, haven't they? They say it because they hope you will grow healthy and strong. Nutritionists say we should eat 30 kinds of food a day to be healthy. But, if I eat 30 kinds of food a day, I might die.

When I was 3 years old, something happened that changed my life. I was playing with my friends and suddenly, I stopped playing and couldn't move. I was breathing very little. My family rushed to see me and they thought I might die. Fortunately, I recovered.

What almost killed me, you ask? It was an egg. A very tiny piece of a quail egg.

Yes. I have allergies, very serious allergies.

I was deathly allergic to eggs for a long time. When I was 5, I was inoculated with the flu vaccine for the first time. It contained some egg materials. Soon, I started breathing strangely. When I was 6, I tried to be inoculated again, but I got a rash over my whole body. Fortunately, I got better when I was 8 and I could eat pudding for the first time! But I was forbidden from having nuts, shrimp, and flour.

There is so much food that contains flour! Bread, ramen, pizza, and so on. Flour is also used in curry and stew roux! I have never eaten those dishes that Japanese people love very much.

How do you feel about my life with allergies? Am I a poor boy? Do you sympathize with me? I have never felt that I am a poor boy or wished that I didn't have allergies.

Thanks to my allergies, I noticed some important things.

First, I get to know every processed food that is made from more than 10 ingredients. When I buy something, I always look at the ingredients. I can get lots of information about the goods. Now, I can say what ingredients and food additives are used in “Calbee Potato Chips”. Also, I have to be familiar with home economics, so my grades in that class are always good.

Second, I can substitute some other things for flour or eggs. I can enjoy wheat dishes without flour. I like bread and ramen that are made from rice powder, and what's more, I can eat omelets with no egg! I'm sure most of you have never tasted one, but my mother can make it. I think she should open a restaurant for allergic people.

Lastly, I have noticed that many people support me. Doctor Chiba, my family doctor, teaches me a lot about my allergies and tells me how to enjoy life. My friends erase bad things from my mind. I can be very positive because of them. And I can't forget my family. Especially my mother. She sometimes worries too much about me, but I can feel how much she loves me. She would never have dreamed that her son would be born with such bad allergies and she has gone to the hospital so many times that she knows all the doctors' and nurses' names and hobbies. She has spent most of her time on me. But she has never complained.

I want the opportunity to give people as much help as others have given me. I do know that without their help, I would not be standing here today.

I'm not sure what I will be like in the future, but I want to encourage and help people who are suffering from allergies.

If you or your family are anxious about allergies, please come and see me. As Charlie Chaplin once said, “You'll never find a rainbow if you're looking down.” I will be your guide to finding a better life with allergies and feeling better about being allergic. Also, I will tell you a recipe for omelets with no egg.

That is my mission.