

Who told me
that I don't have an allergy?



Someone told me
I can't be having an allergy
Because my reaction
Was not strong enough



She looked me straight in the eye
No concern of how I would feel
Stomach pain is not enough
You can't be allergic
Well.. I appeal?



What is an allergy then
If not a strong negative
reaction to a food or thing?
Define to me an allergy
And I will let you know if I
fall within



In our ten second conversation
She wiped away my years of
experimentation
And, excuse me miss, but no
I won't be taking
your word for it just so



All I respond to is cow milk
Every time it is in food
Do you wish for me to use a
different word?
One you haven't used or heard?



What about a sensitivity
Nicely vague and grand
Not big enough for an allergy
Not small enough to be
missed or non existent



So here we are
At a T split or fork in the road
If this food component affects me
Who gets to label me accordingly?



I think it will be me
Who stickers myself this time
Next time I have an idea for a sticker
I'll let you in and chime



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