



“Eosinophilic esophagitis (EoE) is a chronic, allergic inflammatory disease of the esophagus. It occurs when a type of white blood cell, the eosinophil, accumulates in the esophagus. The elevated number of eosinophils cause injury and inflammation to the esophagus. This damage may make eating difficult or uncomfortable, potentially resulting in poor growth, chronic pain, and/or difficulty swallowing.”

At three years old I was dignosed with EoE. Over the past several years it worsen to the point where I was temporarily put on a formula diet. This journal of that experiance.

This box held all of my formula. My bed was often unmade as I was unwilling or unable to make it.



The inability to eat left me isolated. I never before noticed how engrained food was in our culture.



Yet the thought of eating was terrifying.
It's hard to associate something so basic with pain.



There were few things I was allowed to consume.





After 3 months, I was able to go to the Childrens Hopsital in Cinncinati for an upper and lower upper and lower endoscopy. Perhaps this would explain while my condition worsened.





I've been seeing the same doctor since I was 3 years old. He's been one of the most constant things in my life.



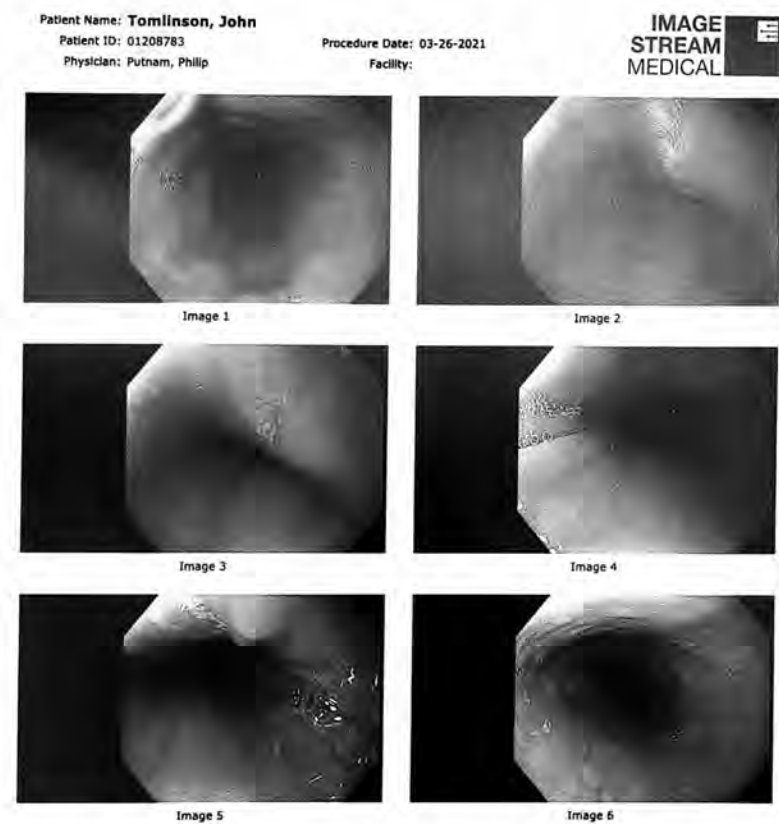
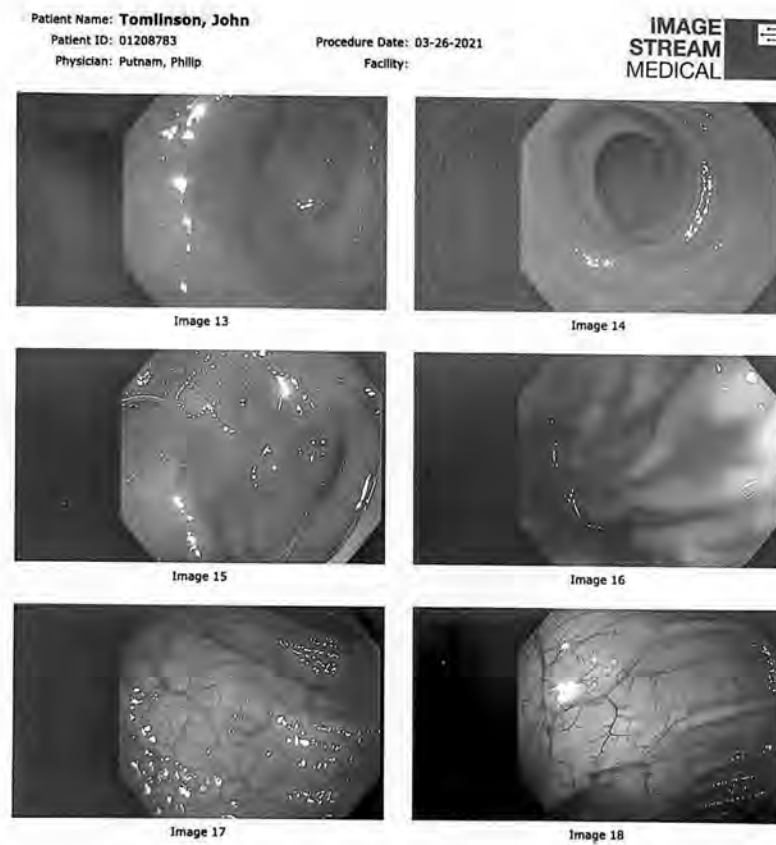
Eating food again was liberating.





Yet food still disgusts me at times.





I just recived word back from the hospital. They provided me with two options.
 1) Go on a formula diet indefintely
 2) Began a routine of oral steroids
 I don't know what I'll choose yet.

This semester I've been growing sage from seed.
 There's something comforting about it.
 If I can't eat food, maybe I can grow it.