# Clare Foges: From Chief Speechwriter to Paleo Advocate and Dedicated Mother



Clare Foges, previously the chief speechwriter for Prime Minister David Cameron, has transitioned from the political hustle to motherhood. At 43, she is now focused on her family, including her five-month-old daughter, Romy. Foges' life took a dramatic shift from her career's peak a decade ago when she experienced severe anxiety and panic attacks, notably one during the 2013 Tory Party Conference in Manchester. This stressful period culminated in a significant panic attack on the floor of Oxford Circus tube station in London.

Her struggles with anxiety inspired her to write "The Paleo Life: Stone Age Wisdom For Modern Times," advocating for a simpler lifestyle reminiscent of Stone Age living to combat modern life's hyper-anxiety and burnout. Foges now practices a paleo lifestyle, which she claims has significantly improved her health, parenting, and overall well-being.

Married to Sean, a surgeon, Foges balances her time between being a hands-on mother to her four children, journalism, hosting a weekly LBC radio show, and authoring works. The couple met at university and have been married for eight years. Despite her career's demands, Foges prioritizes family activities and continues to explore ways to simplify life, inspired by ancestral living wisdom.