

**Even the British aristocracy are eating the same chemical food as almost everyone else!**

The British aristocracy you would think would be healthier because they are land owners that own farms and many of them have estates in the countryside but the reality is that country food seems to be no better than regular food.

Out of ten charity balls that I attended, only two were able to offer me fully organic food for each course.

Summer in England is a world of parties and social functions and with the weather being in the high 80's we are taking advantage of the hot spell. Ascot, Polo matches and important charity balls all pushed together on the social calendar before the August migration. However, it is SO difficult to eat healthily. One charity ball for the British Forces foundation where I can say that I had wonderful food was at the sumptuous Savoy Hotel. I phoned the chef in the afternoon and he said he would try to accommodate my requirements, although he did say I hadn't given him much time to source the food for my organic meal. He did a fine job though. I had a fully organic three-course meal with excellent service. It was made to look very similar to the main menu so that I didn't feel I had to explain anything. Another event I attended was a buffet organised by the Bulgarian embassy with a choice of organic food. I tell the chefs that I am allergic to chemicals so I know they are obliged to be honest. My body gives me the signs of how much pesticides and additives I can tolerate.



Watching Polo at the famous Cheltenham club where Prince William won for his team for Highgrove. English Polo is very laid back and gentle



With Lord Leitrim at the Polo ball in Cheltenham. He is looking forward to visiting Palm Beach in January.



With Prince Kyril of Bulgaria



With the Bulgarian Ambassador and his wife and Valentine, psychic to the aristocracy. Bulgaria is a country very strong on 'real' food.

Although the Cheltenham Polo Dinner held at the lovely Foxcote Manor was sumptuous and elegant and littered with sterling billionaires I am sorry to say that the food was the usual chemical stuff and to make matters worse it tasted bland. When I mentioned it to the organiser, she was very disinterested and just offered me the alternative of 'not eating'. However, despite this complaint and even though the service was dreadful maybe it was the magnums of champagne that did the trick.

Ascot was much better in the respect that we had control over our own food as we could take our own picnic and in the Royal enclosure on Ladies Day the champagne was of good quality.

I was delighted to find the Bulgarian Charity Ball serving some organic food for their delicious buffet. It was a fun evening introducing some of their culture with singing and lively entertainment. Set in the wonderful Carlton House Terrace, we disco danced until late. I was also able to talk to Prince Kyril of Bulgaria about healthy food, who explained that his country is very supportive of growing organic food. I may have to buy a home there just to be able to eat out!