

MARISSA HERMER

HOME ABOUT ME NEWS BRANDS PRESS CONTACT SOCIAL



MY MORNING RITUALS

June 24, 2015 By Marissa Hermer

0

I love my morning rituals. Starting the day with a morning cleansing boost always makes me want to continue on as I've started. For the last year, I've started with a scoop of ginger and a bit of squeezed lemon in warm water. I suffer from RSI (repetitive strain injury) in both arms and hands, and ginger reduces inflammation which is a good thing for my sore arms! And, if I've been wining and dining friends the night before at **Bumpkin** – or a night on the **Boujis** dancefloor – ginger is a gift to my digestive system – so I load it in! Wakaya Perfection is the best of the best – pure organic ginger with nothing added. Buy it [here](#).

But what is a morning ritual if you can't share it with your loved ones? Our children always want to have the same thing that I'm having – so a scoop of Wakaya Perfection for me, and a scoop of Zita West x MYBABA multivitamin and multi biotic powder for the babes. My dear friend Leonora Bamford, has just launched this super powder and it contains 12.5 billion (!) Lactobacillus and Bifidobacterium and 15 essential vitamins and minerals plus fruit extracts that support the immune system, support strong bones and teeth, support brain health and development, help with release of energy from foods, contains no artificial colours, preservatives, gluten or yeast. Two scoops in Max and Jake's morning babyccino and they are set. And they feel good and strong. And so do I, because I'm doing my job as their mummy. Click [here](#) to buy.

LATEST TWEETS

- [@emmabaldry](#) great pix! ❤️👍👍👍
#fuellinggoodtimes #FuellingProudTimes
[@TopDogSoho](#)
- [@eddichen](#) [@TopDogSoho](#) #yum! ❤️👍👍👍
thanks for your #PrideHeroes support and come again soon for dogs n drinks x
- RT [@CatherineStreet](#): Desk lunch done properly 🍴 [@TopDogSoho](#) And for a brilliant cause [@DiversityRM](#) #fuellingproudtimes
<http://t.co/3sTse6zC...>

CATEGORIES

Featured

News

Boujis

Bumpkin

Eclipse

Fashion

General

Ladies of London

Must Have

Press

Recipes