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# Sparta Water

## Become an Immune Warrior

The Greek Spartans were legendary for their battlefield prowess and physical strength. The Spartans used powerful local herbs to maintain their health and recover from illnesses and injuries.

Today, in the city of Sparta, many of those herbal traditions continue. One such immune and health enhancing remedy is an infusion with lemon and oregano that you can easily make at home. Sparta Water harnesses the power of oregano, one of Mother Nature's most powerful antibiotics and immune stimulants, with a shot of lemon juice for extra vitamin C.

This ain't your 'foo-foo' spa water with cucumber and pineapple slices.

To make your own Sparta Water, add one (1) tablespoon of dried oregano and one (1) tablespoon of dried rosemary into a 20oz pitcher of room temperature water. Let steep for 30 minutes. Strain the oregano. Squeeze ½ fresh lemon into the infusion. Then, do as I do, rub the moist cut edge of the lemon all over your hands. Lemon oil and citric acid are natural hand sanitizers, and overtime, will leave the back of your hands as smooth as glass and as shiny as a mirror. A small dose of raw honey may be added for flavor if desired.

Drink Sparta Water throughout your day and enjoy your transformation into an Immune Warrior!

Be Well,

Michael Hirt, MD