

# Newspaper



2nd Model Experimental  
School Of Ioannina  
Greece  
D' class

2014-2015

Georgia  
And  
Nikoleta



*Nature gives birth to the strongest aromatics and pharmaceutical plants, where the most extreme climate conditions meet.*

*Such a place is Epirus, the land of ancient Pirrus.*

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## **Camomilla (Manzanilla)**

The traditional Chamomile herbal tea is made from raw material, cultivated in Greece.

Chamomile is traditionally used since Hippocrates and Dioscurides era for the alleviation of a variety of symptoms like constipation, headache, dizziness, insomnia and stress.

**Preparation:** For every cup of tea, put a teaspoon of the blend in the filter coffee machine or boil it. Add honey or sugar. Recommended 1-3 cups per day.





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**Rosemary** (rosmarinus): It is a bushy aromatic plant and typical of the Mediterranean flora. The beverage produced from it has a beneficial effect on the headache and on exhaustion. It contributes to the good function of the memory as well.







