

Newspaper



2nd Model
Experimental
School of
Ioannina, Greece

D' clase
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*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.*



CHAMOMILE



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.





Thyme (thymus): It is a native plant which thrives in Greece since antiquity. The ancient Greeks would use it in the temples as incense. Its name is derived from the Greek word “θύω, thi-o” which means “sacrifice”. Thyme has a beneficial effect on the sore throat and on cough.

Instructions: Put a spoonful of thyme into a cup with hot water. Leave the thymus in the hot water for 15 minutes and then use a strainer to remove thyme from the water. Don't forget to add honey before you drink it.











