

# *NEWSPAPER*



2nd Model Experimental  
School Of Ioannina  
Greece, D' class

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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.





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.



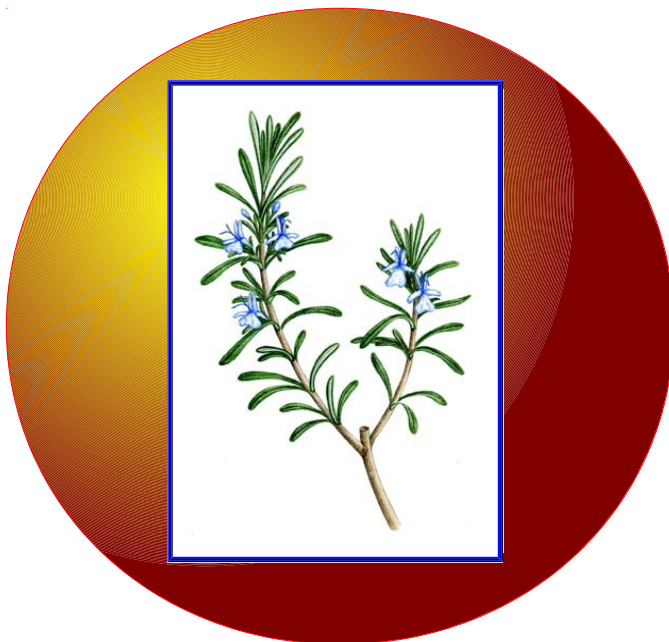


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**Rosemary (rosmarinus):** It is a bushy aromatic plant and typical of the Mediterranean flora. The beverage produced from it has a beneficial effect on the headache and on exhaustion. It contributes to the good function of the memory as well.

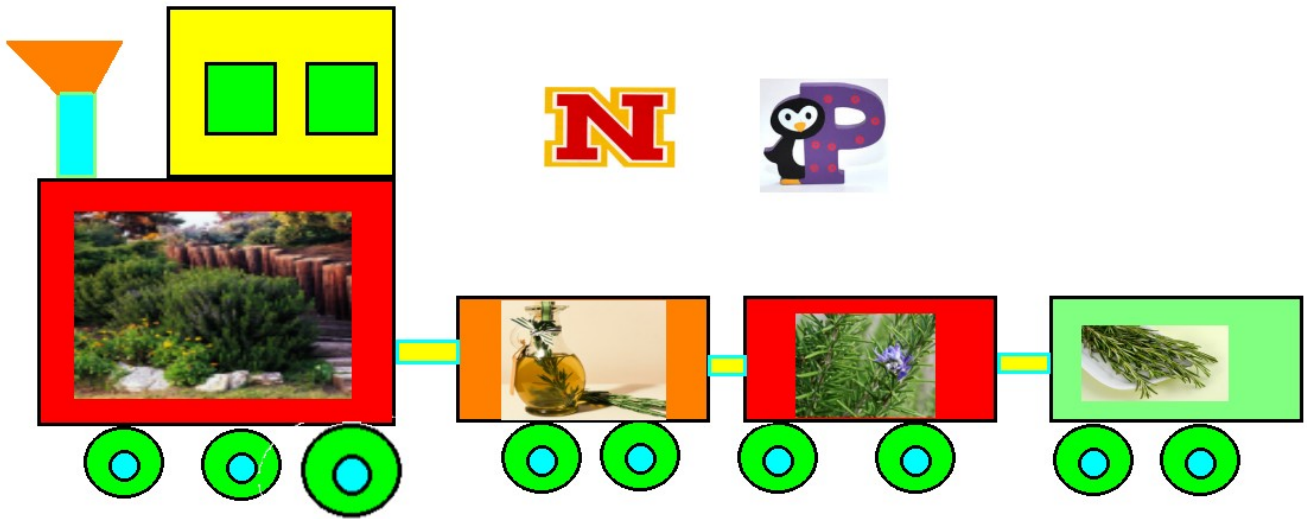






Rosemary





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