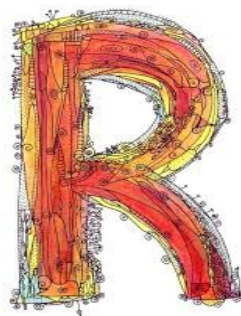
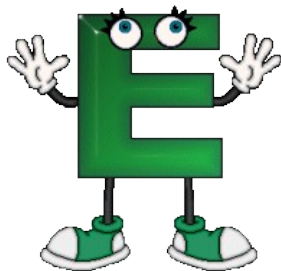


NEWSPAPER



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

2014-2015

Kostis

Ts.

1

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.





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.

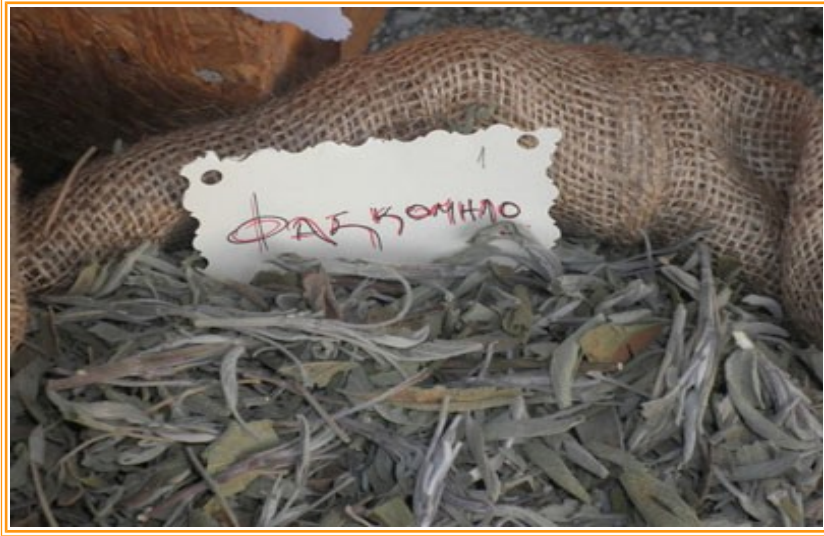


Preparation: For every cup of tea, put a teaspoon of the blend in the filter coffe machine or boil it. Add honey or sugar. Recommended 1-3 cups per day.



4





Sage (salvia officinalis or dalmatian sage): It thrives in dry and rocky areas on islands of the Aegean Sea.

As a beverage it has healing properties on diseases of the mouth, such as stomatitis and gingivitis.



K O S T I S

