

# Newspaper



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

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Zoe  
Konstantina

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.

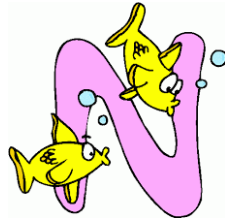
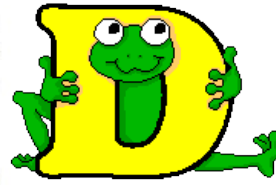
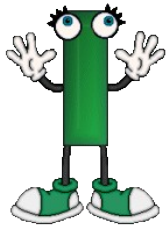




**Preparation: For every cup of tea, put a teaspoon of the blend in the filter coffe machine or boil it. Add honey or sugar. Recommended 1-3 cups per day.**

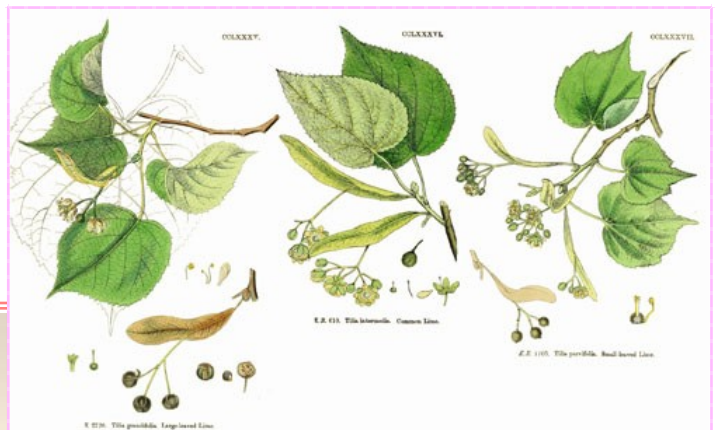


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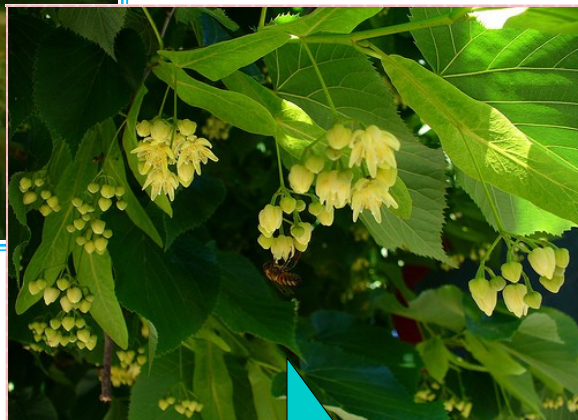
**Linden (tilia):** It is a perennial deciduous plant, whose blossoms and leaves have healing properties. It is particularly popular with children thanks to its sweet taste and quietens them when they are anxious. It is also useful for people suffering from flu/fever, because it causes perspiration and relieves symptoms.











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