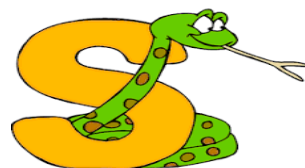
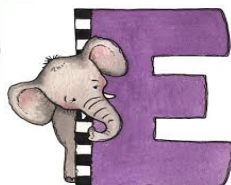
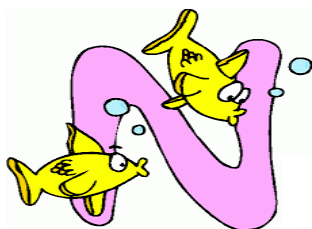
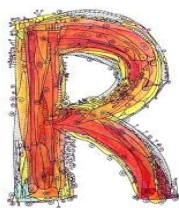


# Newspaper



2nd Model Experimental  
School of Ioannina,  
Greece  
D class

George S.

Lefteris K.

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

# CHAMOMILE



The traditional Chamomile herbal tea is made from raw material, cultivated in Greece. Chamomile is traditionally used since Hippocrates and Dioscorides 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

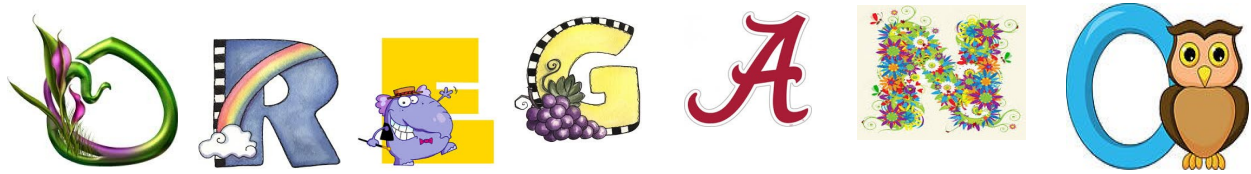


**Preparation:** For every cup of tea, put a teaspoon of the blend in the filter coffee machine or boil it. Add honey or sugar. Recommended 1-3 cups per day.





4



It is the most widely known aromatic herb of Greek nature. It's a basic ingredient of the Mediterranean cuisine. Use oregano in cooking and add flavor to your meat, fish, sauces and salads. Apart from its characteristic aroma and flavors, oregano is also known for its salutary effect on human health and its antioxidant activity.







