

Newspaper



Vasilis

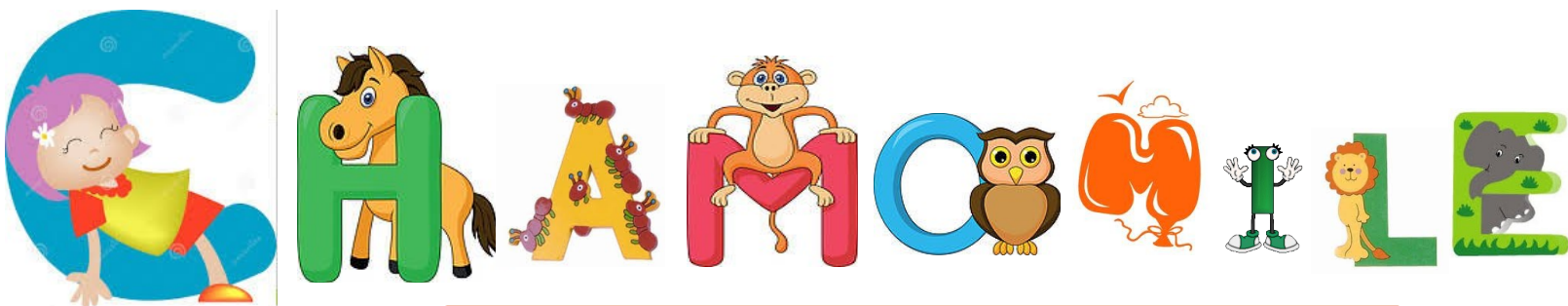
2nd Model
Experimental
School of Ioannina,
Greece

D' class

2014-2015

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 coffee machine or boil it. Add honey or sugar. Recommended 1-3 cups per day.



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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.



