

Newspaper



*2nd Model Experimental
School of Ioannina
Greece
D' class*

**Amalia
and
Panagiotis**

2014 2015

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





4



Mint (menthe): It is an herbaceous aromatic spring plant with many therapeutic properties. It is a digestif and relieves indigestion and intestinal colic.







