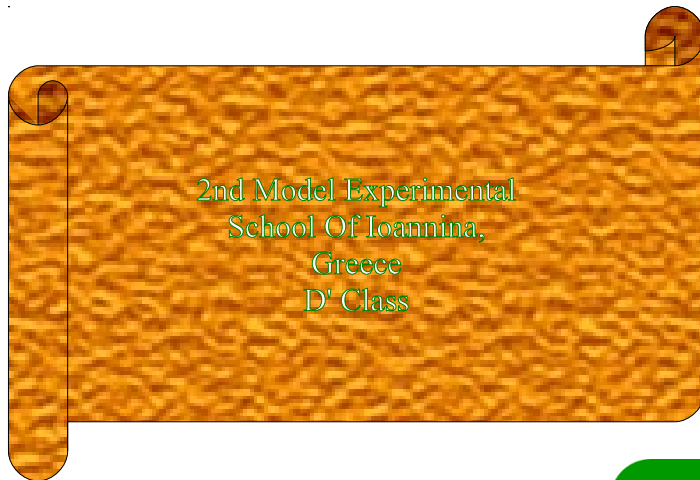
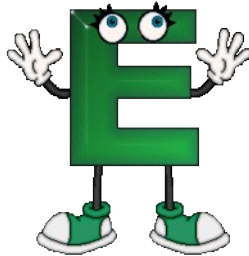


# Newspaper





*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.*



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.



3





4

# MOUNTAIN TEA

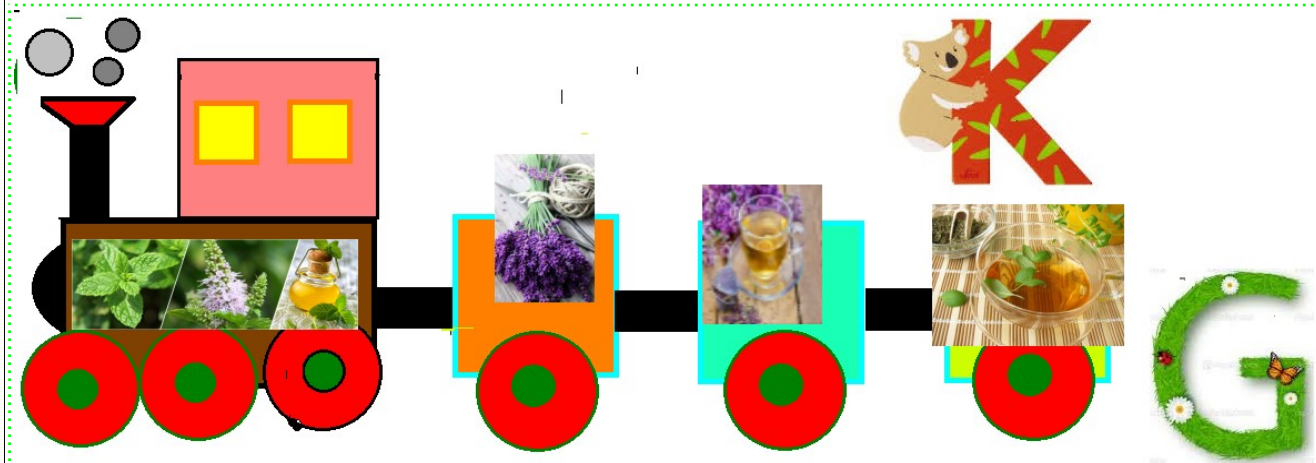


**Mountain tea (sideritis):** It is a native plant in rocky areas with a high altitude. It has a bright green color and a characteristic odor. One can find it in the kitchen of every Greek house and it is one of the first beverages that somebody with a cold or an inflammation of the upper respiratory tract drinks.



**Instructions:** Boil the tea with water. When the water has boiled, leave the tea in the water for other 3-4 minutes and then use a tea strainer to pour the water into a cup. Add honey and drink the tea when it's still hot.





**Gregory  
And  
Konstantinos**

