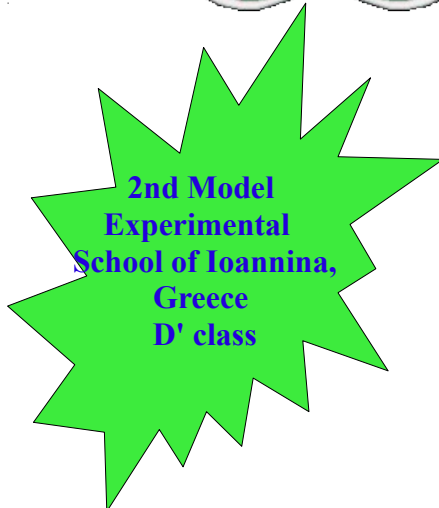
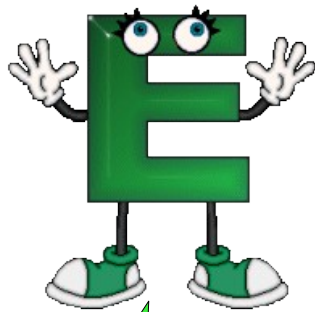


Newspaper



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.



2

CHAMOMILE



3

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.



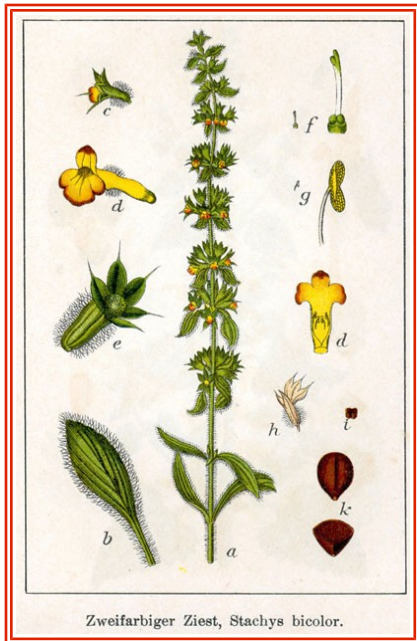
Preparation: For every cup of tea, put a teaspoon of the blend in the filter coffe machine or boil it. Add honey or sugar. Recommended 1-3 cups per day.



4

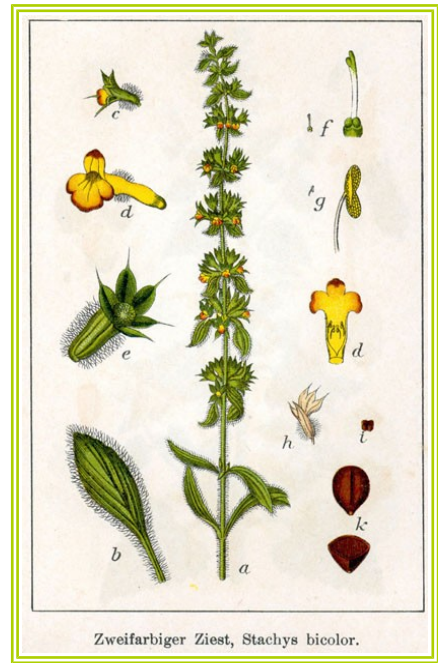
MOUNTAIN

TEA



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.

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.



Zweifarbiger Ziest, *Stachys bicolor*.





ALMENE

