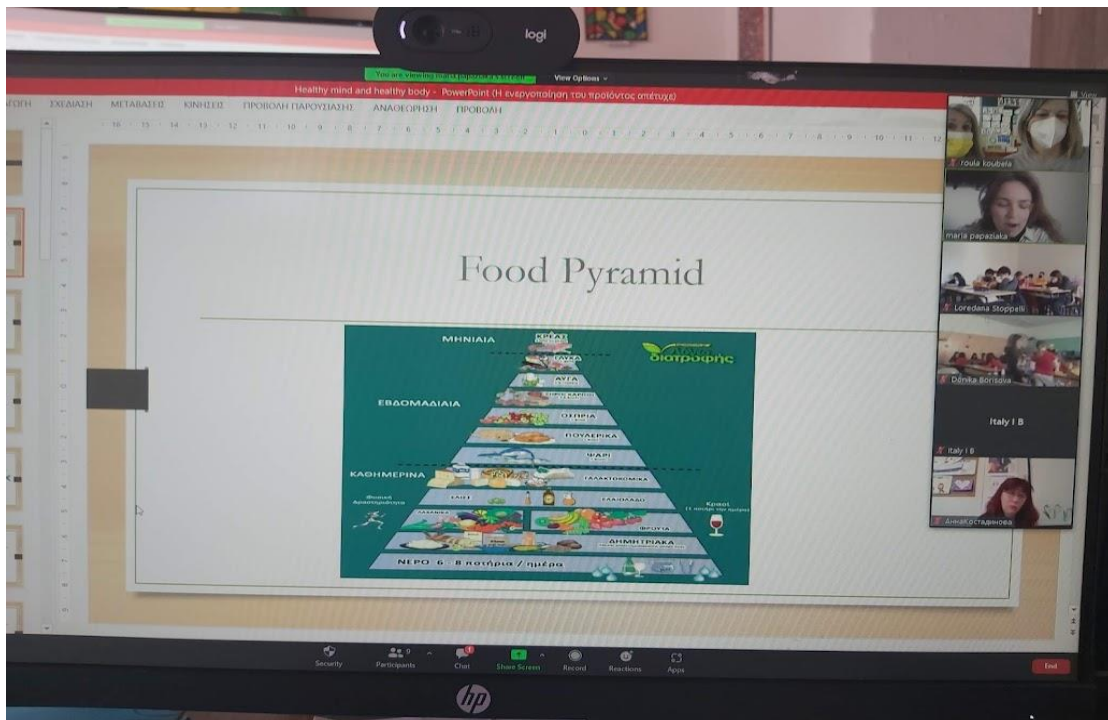
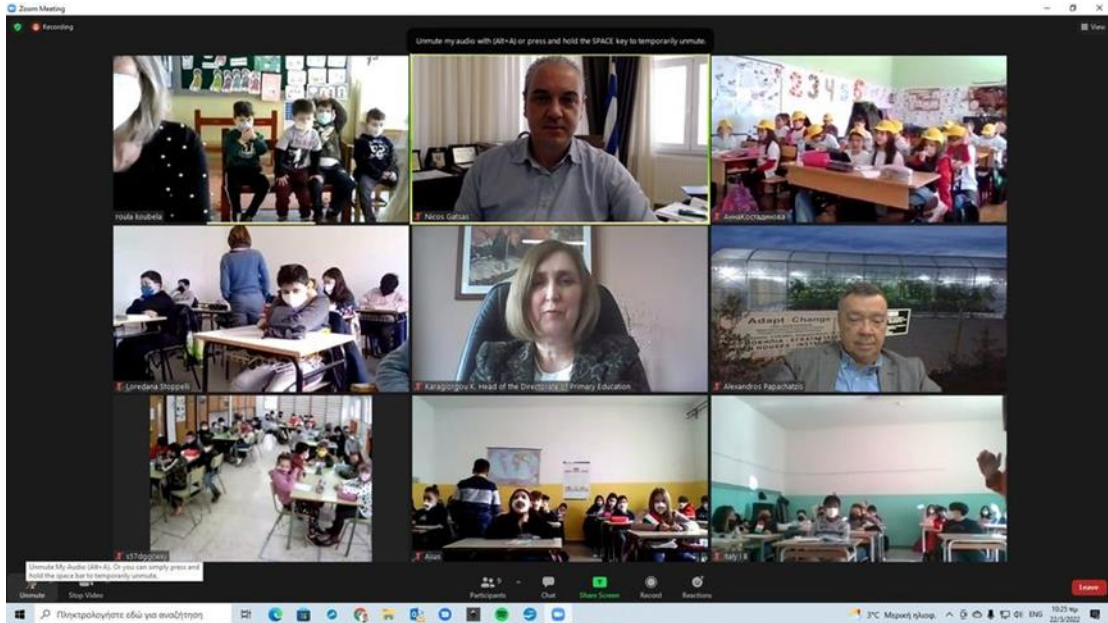
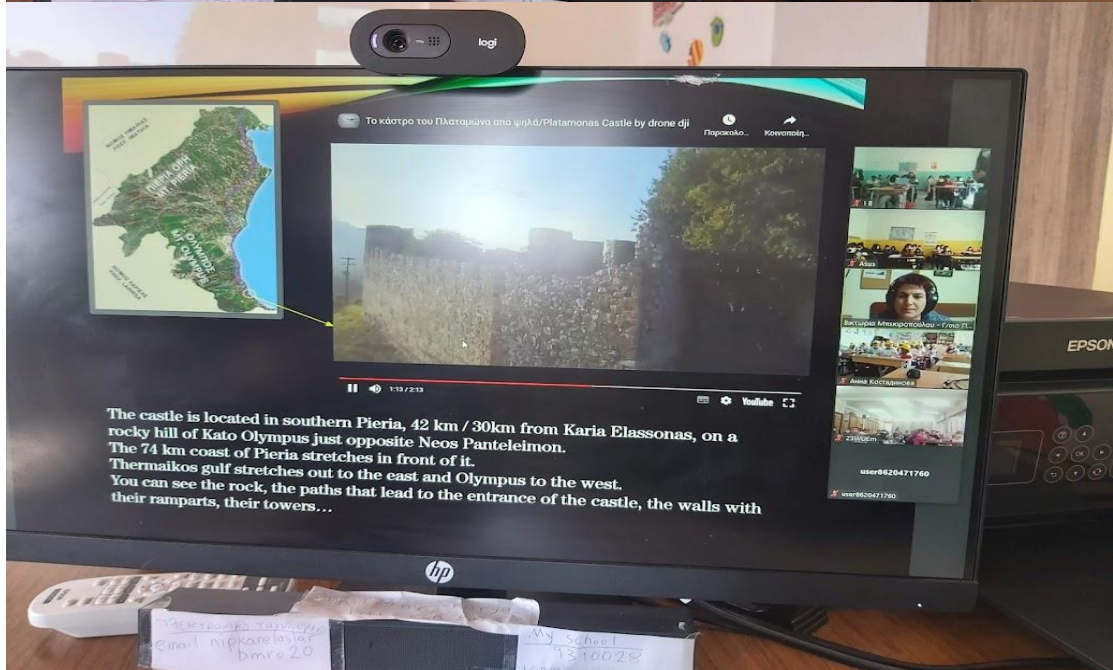
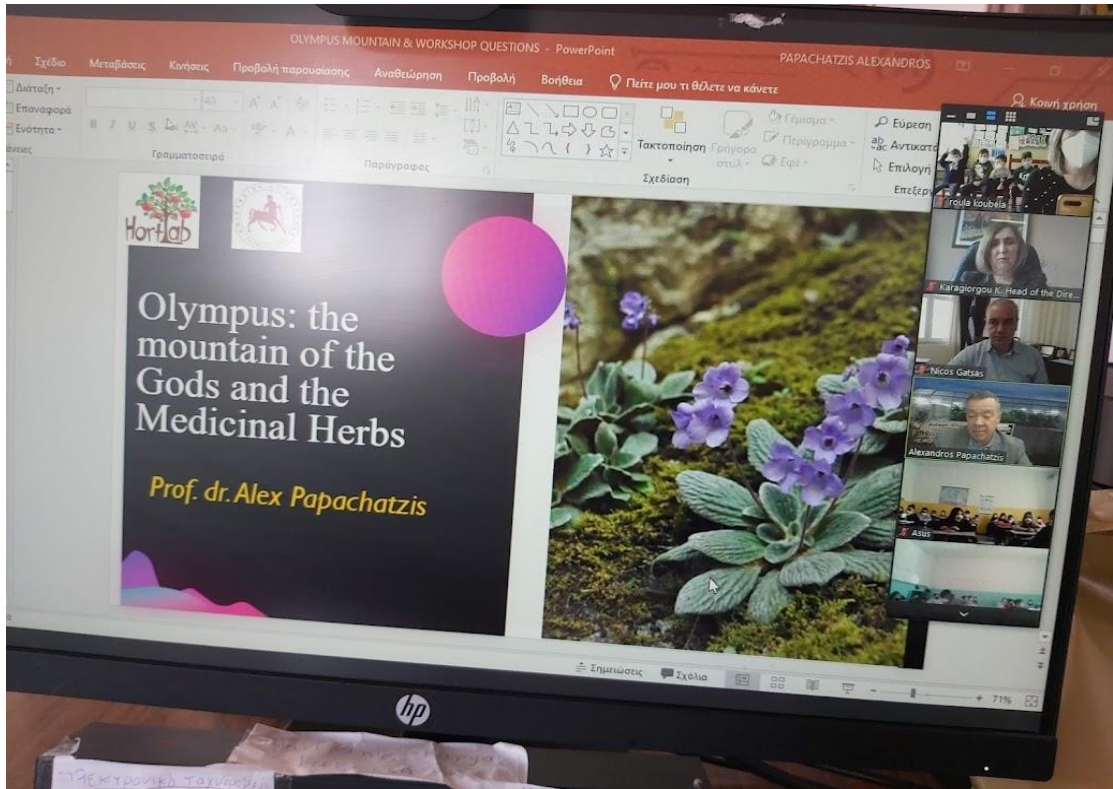
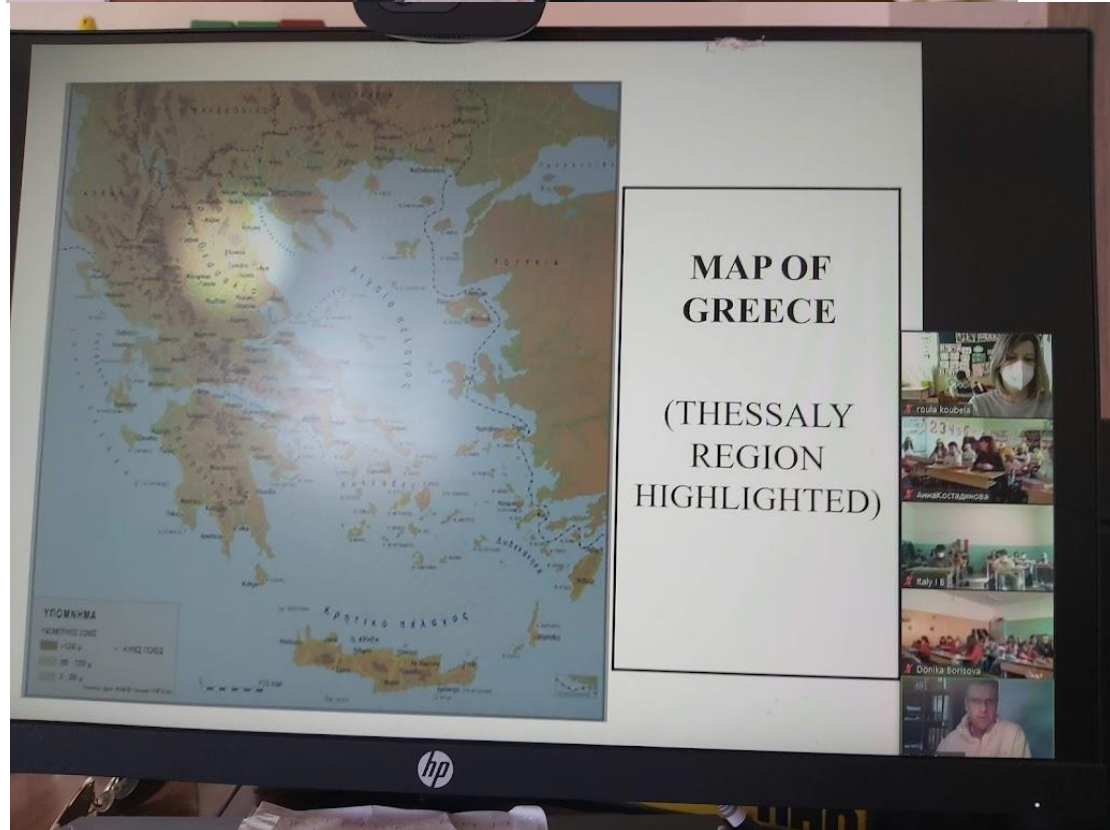
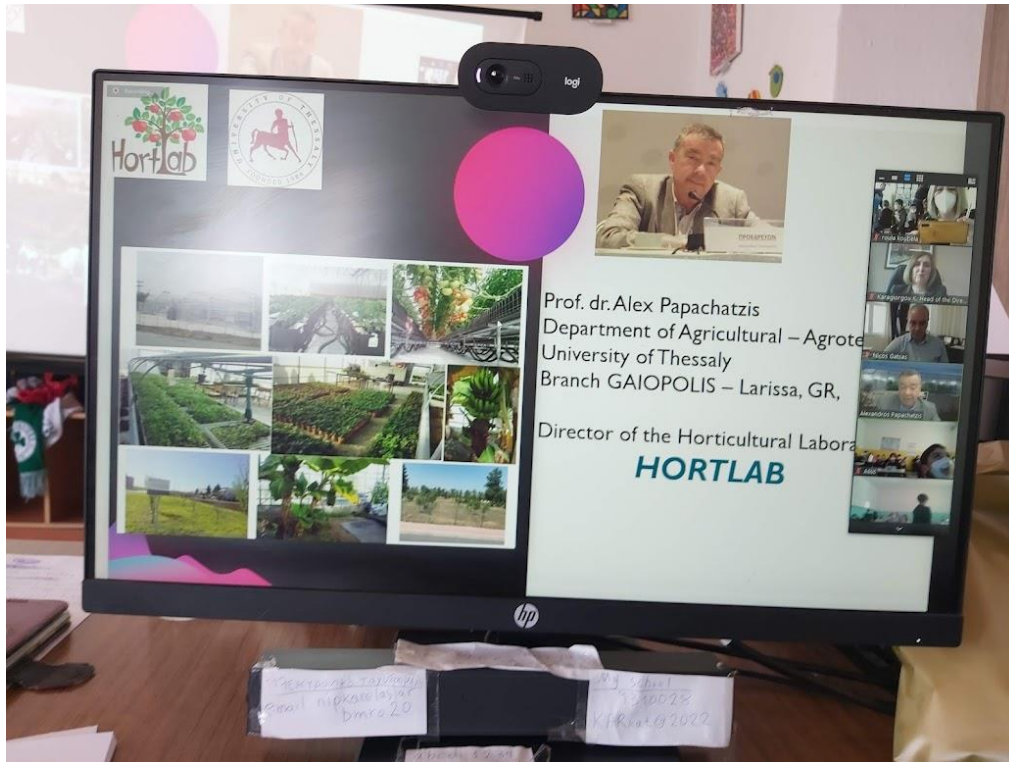




# Erasmus+







## Mount Olympus Tea - Sideritis



*Sideritis*, also known as ironwort, mountain tea and shepherd's tea, translated as "he who is made of or has iron".

It is a genus of flowering plants well known for their use as herbal medicine, commonly as an herbal tea



Ironwort has been traditionally used to aid digestion, strengthen the immune system and suppress common cold, the flu and other viruses, allergies and shortness of breath, sinus congestion, even pain and mild anxiety.

It is known scientifically to be anti-microbial, anti-inflammatory, and anti-oxidant.

