

# Flu Recovery Tea Recipe

SOURCE: MARYANNROLLANO.SUBSTACK.COM |  
SERVINGS: 1



## INGREDIENTS

7 grams (1 ½ tsp) in equal measure:

- red rose petals
- lavender flowers
- oregano leaves
- thyme leaves
- mountain tea
- dittany (diktamos)

- 8 ounces water
- 1 teaspoon thyme honey

## INSTRUCTIONS

- Bring water to boil
- Pour over blended leaves
- Steep for 10-15 minutes
- Add thyme honey
- Enjoy!

## NOTES

### Flu Recovery Tea Recipe by Botanist Dimitris Kallimanis

Thyme honey, which has antimicrobial and warming actions.

Lavender, thyme and diktamos have strong antibiotic properties and are effective in treating fever, infections and respiratory ailments.

Red rose petals also help to reduce fever, while mountain tea acts as a tonic and detoxifier for the internal organs.

*Dimitris Kallimanis is a graduate of the School of Pharmacy and has been studying plants and herbs for over 24 years. He is also the author of the book: "Cosmetics and Therapies from Ancient Greece and the Byzantium to the Modern Day.*

**Source:** Amvrazi, Alexia (April 18, 2017), GREECE IS HEALTH, [8 Healthy and Delicious Greek Herbal Teas](#).