

Rosemary Tonic for Cold Air

BY FELICIA COCOTZIN RUIZ

*This circulation-stimulating tonic is excerpted from
Felicia's book, Earth Medicines.*

ingredients

- 1-1 ½ cups fresh rosemary, chopped (leaves and stems)
- 4 cups bottom-shelf vodka
- 1-quart glass jar with lid

directions

1. Put the chopped rosemary in the jar and cover it with vodka.
2. Place the lid on the jar and label it.
3. Put your jar in a cool, dark cupboard for at least 1 month. After 1 month, you can strain the mixture or use it straight from the jar.

Yield: About 4 cups

This alcohol-based remedy will last indefinitely.

To use, pour a spoonful into your hands and massage it into your muscles and joints to stimulate circulation.



HERBS
with ROSALEE



FELICIA COCOTZIN RUIZ



Felicia Cocotzin Ruiz is an author, indigenous foods activist, natural foods chef, and curandera (Mexican traditional healer) educating and supporting others in reclaiming the kitchen healer approach to health with Indigenous wisdom and whole food cooking. Her holistic wellness background spans over 25 years in which she has had the opportunity to work with grassroots activists, tribal leaders, top wellness resorts, and professional athletes—helping people (re)connect to their ancestral foods, earth medicines, and health practices.

Felicia's work has been featured in *Spirituality & Health*, *Food & Wine*, *Bon Appétit*, and many other media platforms including “The Original Americans” episode on Padma Lakshmi's *Taste The Nation* (Hulu). Felicia presents frequently around the country on Native American healing practices, holistic wellness, and Native American food sustainability at community events, universities, and museums—including the Smithsonian National Museum of the American Indian.

Find more from Felicia on [Instagram](#) and at her website, [Kitchen Curandera](#).

