



Curandera Healing Methods For Your Wellness Journey | Felicia Cocotzin Ruiz

[00:00:00] Guest Intro - Felicia Cocotzin Ruiz

Darin: What's up, fellow Earthlings? How are you? How's it gone whipping around the space Galaxy on this little blue planet, big compared to us, little compared to the infinite space. I bring you today a very incredible friend of mine that I met last year in person on her land barefoot in Arizona looking at medicinal plants, doing some ceremony, having some talks around the fire. Her name is Felicia Cocotzin Ruiz. She has an incredible book out called *Earth Medicines: Ancestral Wisdom, Healing Recipes, and Wellness Rituals* from a Curandera. Felicia and I met in Arizona, and we were shooting some stuff for this great company that I'm an advisor on called Footprint. They are now the largest alternative to single-use plastics in the world. I actually just did a talk among other speakers in front of some of the top businesses on the planet from Walmart, Pepsi, Cargill, you name it. Everyone was there all wanting and striving to eliminate single-use plastics. That was incredible. In our journey last year, we got to meet with Felicia and this incredible indigenous woman. She describes what a Curandera is, and what she has been dedicated to holding this powerful woman energy. I tell you what, it is so necessary and powerful for the feminine, for the earth mother, for the mother, for the feminine energy, the healing, perceptive, intuitive, inclusive energy to be a part of this world in a much bigger way. And Felicia is that powerful, indigenous beautiful being, the strength inherent within her but yet the loving, the ease. She is holding a space, and all of you that are holding this space as a mom, as a mother, as a feminine, I see you, I feel you, and I am so grateful for you. Felicia and I now have a bit of history because we've met before and so we had this incredible podcast. Make sure to like and subscribe and give comments, and check out the youtube so you can see her as well. She's such a radiant being. Her book, *Earth Medicines* is so freaking beautiful. It is so beautiful in the pictures, and there's a bunch of ancestral DIY, do it yourself, remedies, and lotions. You know and we know that health comes from within. When you're powerful and connected and loving and filled full of your spiritual soul nature, then that comes out. We really had an amazing conversation, talking into what her journey has been, the space that she's holding, talked about some things that she can bring you in the book via this Curandera, this lineage of knowledge from her ancestral background. This one was a special one for me, and I hope this is a special one for you. I have no doubt that she will touch your heart and have you looking at your life differently. So, please give it up and take a breath in and receive not only the words, not only the discussion topics but receive the energy of this podcast and maybe where you can receive more of this energy and then project that out in the world because we need more connection, we need more love, we need more sovereignty and freedom within ourselves. Then we need to lift up our fellow man and woman and allow us to be this better human in this crazy journey flying around the sun on this incredible blue planet. Anyway, I'm gonna stop there. I love you all. I am so grateful to bring you these incredible people, and you're incredible. You have incredible gifts. If this helps, I tell you right now, let yourself be free. Let your sovereignty come out, express yourself loving, caring, abundance, and let's send this message to our family, to our



communities, and to every human, every animal, every insect, every elemental thing that we are all connected to. That's where I'm at today and Felicia also brings that out to me. So, enjoy this incredible episode with Felicia Cocotzin Ruiz.

[00:05:30] Podcast Intro

Darin: You are listening to The Darin Olien Show. I am Darin, and it is my life's mission to find and share healthy and sustainable ways of living. In this podcast, I talk to inspiring people and professionals from around the world to uncover ways that we as humans can improve our lifestyles, strengthen our mindsets, and take better care of this beautiful planet we call home. If you're looking for motivation to take the next steps towards a happier, healthier life, then you're in the right place, and I'm stoked that you're here. So let's do this. This is my show, The Darin Olien Show.

[00:06:14] First Part of the Interview

Darin: Felicia, thank you. Again, you made an impact on me and I just want to honor that and honor the space that you hold, especially the feminine Earth mother energy, and so many other things that you hold, and really is a representation of aspects of all of us. I'm just really grateful, and I can't wait for people to dive into and understand who you are, what you're doing, the amazing book, The Earth Medicines book, Ancestral Wisdom, Healing Recipes, and Wellness Rituals from a Curandera herself. So, thank you for joining me here and having a bit of a deep dive on your perspectives and what you're up to. Why don't you kind of unpack just a little bit, the word even Curandera, what does that mean? What do you believe you're representing here, not to mention all the medicinal plants and the recipes and the ways and we're gonna get into that? I want to get into that DIY, do it yourself medicinal expose that you can provide. Talk to me a little bit about your roots and pun intended, and then we can go from there.

[00:07:30] What is a curandera?

Felicia: Before I begin, in keeping with the tradition of Curandera, I would first like to acknowledge my ancestors because that is the foundation of what I do. I am Chicana and Tewa. I live here in Arizona, however, all of my family is from northern New Mexico. I come from a lineage of Curanderas on my maternal side and on my paternal side. On both sides, I had women who were known in their community as Curanderas. For your listeners that might not know what that word means, it's just a word that means a traditional healer and specifically a woman traditional healer. Some people might relate it to like a medicine woman or holistic wellness coach nowadays. It's taken on different meanings, but I hold true to the lineage that I'm from and what I was taught by my teachers, which is really keeping the Mexican traditional healing ways as a living tradition. To me, this is very much a living tradition, evolving and changing.

Darin: If anything, we have to and we have to adapt to that kind of thing but at the same time, this grounded Earth medicine aspects. If we're literally not going to bring our past with us in the positive way, then we're lost. I have some questions to ask, but talk to me about your morning kind of balanced rituals that you are doing. Again, people use morning rituals all the time. Everyone wants to know what everyone's doing and all that stuff, but this stuff is



really powerful and it can set us on a course for health balance instead of reactivity always. So, how do you start your day? I'm curious.

Felicia: First, I want to say that in the practice of Curanderismo which is my lifestyle practice, it truly is a lifestyle. I'm not just like today I'm going to be a Curandera from 9 AM until 10 and then I change it over. It impacts every part of my day. It's a lot about deconstructing everything down to its bare bones. That's kind of the premise of the book was based on the four elements. What I mean by that is I really acknowledge that since I was small, I need to be outside in the sun at some point of my day. I also live in the desert, so it's very easy for me to get sun. I feel empty or something feels off if I'm not outside, even if it's for one minute if that's all I have for the day, but generally it's more than a minute. My morning or my days always include sun, but let me backtrack.

[00:10:19] Working the 4 elements into everyday

Felicia: When I wake up, the first thing I do is I have a glass of water. I have it with lemon, that's just what I like. I drink that. As I'm kind of just rising, I have my ancestor altar nearby. I always take a moment to acknowledge my ancestors and depending on what time I have, I might sit down and that's when I do meditation. It doesn't necessarily mean I'm doing any type of meditation or a guided one. It's just really sitting there and just being quiet and still for a moment. Then I go about my day. If my day allows, I'll go out for a walk. I recently lost my dog of many years and that was kind of my morning routine actually, to just go and walk him three times a day. Now I do feel that I recognize more greatly how much he was just part of my daily morning practice. So I've had to get myself out there on that morning walk because I do recognize it. It is so important that I continue part of my practice. Then it's just like moving into my day. I don't know where he came up with this but everyone always talks about getting a coffee break, or I need a computer break, or they'll say even a smoke break. That's not something I do, but you know what I mean. In the workplace, people say I need to go get a coffee or something. With my online community, we started something called the element break. What I do is I have people choose one of the four elements and that's what they do for their, say 10 or 15-minute break, if they're on a computer all day. Depending on what's going on for me, then I might say, I'm going to go and get my 10 minutes of sunshine or am I really focus on hydration in that moment or be misting myself with water. I love turning on the humidifier here because I'm in the desert. I'll really focus on one of those elements. For air, I absolutely love hearing the wind chimes or just hearing something, it kind of resets my day. I guess that's what I'm bringing back because it doesn't cost anything really. It's just deconstructing what holistic wellness is, and that's what Curanderismo is.

Darin: I love that and it's such a great way mindfully to get us back into this present because that monkey mind wants to keep going but I love the idea of the wind chimes in the background, or lighting a candle for fire, or the midst of the water. It's that intentional mindfulness that brings us because we literally are that, we're all of those elements, and I love that practice. One thing I want to go back to just because it's powerful for me, when you say you have your ancestors close by. We were just in Season Two filming Down to Earth, and the aboriginals bring that in a big way. A lot of ceremonies with them. As soon as we were there, I was like, it's really strong. It's amazing. It brings me to feeling and perceiving all of what's going on around me and the ancestors. For you, unpack that a little bit because I think in this culture, whatever the hell this culture is these days, secrets of mind is I do like to



communicate to the invisibles and to the spirits and the ancestors. I want to hear from you, what does that mean to you, and what is that about for you?

[00:14:09] The ancestral connection to being a curandera

Felicia: When I wake up, I think you had said, the ancestors are there or something, my ancestor altar is there, but I feel that my ancestors are all around me at all times. For special moments, I invoke them for guidance and support.

Felicia: Just as an example, since we've had to do so much work virtually, it's really difficult to connect sometimes with people and not everyone even turns their camera on and I'm such an energy reader. I had to think of how could I even connect with people virtually. Before I got on the call with you, I just took a moment to ask my ancestors that are spiritually well to be there with me for this interview, for this call. I don't care anyone else believes in this, it helps me. What I envision is all of them around me, the ones that I knew, and the ones that I don't know that are resonating at their highest frequencies to go have a conversation with yours. Probably like, I don't know, 12:45, sort of recording this at 1, I don't know if you felt anything, but I was sending them over to meet yours so that we could have this really great conversation for the highest good for your listeners, for my people. I feel like they're able to have this cosmic conversation, and that's what unfolds. It's always benefited me when working with people in person, so I figured why not do this virtually. I don't know if you've felt anything and don't feel like you have to say you did, but it's a tool that I use because I truly believe and have been taught that they are everywhere.

Darin: I love that. It's funny because I was on a call with an attorney and another business partner of mine just before this. I'm sitting there and there was plenty of time yet. There was like five minutes left and all of a sudden, I actually got to go. I didn't want to wait till one minute before and then just jump to you. I literally just cut him off and said, hey, I gotta go. Listen, I think that I'll be honest with you, too, it's such a powerful part of me that I've never shared it, I've never really talked about it but my father passed away 21 years ago. He's around all the time. I've laughed with him. The moments that happened and I'm like, I wish he was here physically. Then he taps me on my proverbial shoulder and I start laughing. It's such a blessing, but it's so easy for us to just blow off that stuff, that feeling because I bet everyone listening has lost a very special person in their life. I guarantee you 99.99999% of the people are feeling them at some point, hair stands up in the back your head, something happens, it happens too much to discount.

Felicia: I agree with you, and I would disagree and say 100%. I feel like as an American culture specifically and that I'm not including the indigenous people of what is now America, but we've been desensitized. We've been misled. For me in my culture, we really do honor these ancestors so much so that first ceremony, we set out a plate of food for them so that they can nourish the essence of the food. It's ingrained in what I do, and it would be strange if I didn't include them in all of the beautiful things that are unfolding for me now, including meeting you. Perhaps those were our ancestors, mine or yours or them working together, putting us in the same space when we met last year.

Darin: All of those things are beyond the mind. The mind has been misguided to lead our life as opposed to the heart and I go through my own process with that all the time. I'm a guy,



I've got to do stuff, I'm trying to figure it out but in fact, the super-secret sauce and power always have been when I listened, and it wasn't being guided. I guarantee you if I look through my life, all of the destruction or businesses blowing up, or people not working out is all because I'm trying to force something.

Felicia: There's definitely a surrender to some degree where you just have to know with absolute clarity and faith that your ancestors, at least for me, as a brown person, I'm practicing things now that although they were part of my culture, just until 1978, we weren't allowed to practice many of the things that we do. We had to in secret, and so I feel like even those ancestors arrived in times to remind me or to guide me to say like, hey, now's your time. We really need people that are motivating and inspiring others to go back to these traditional ways. 1978 was not a long time ago.

Darin: I was eight years old. That's freaking scary. That's petrifying. Well, at the same time, you see things going on today. That is so horrifying that people are doing to people and no longer can you say it's just unconscious. There's conscious choice being made. It's insane. It kind of brings me into this question that popped in my head before. What is The most important thing you think for people to be doing right now in this day and age, right now, from your perspective for their own independence, their own sovereignty, their own well being, what do you think the most important thing is?

[00:20:14] What you can do to tap into the curandera spirit

Felicia: Wow, that's a difficult one because I could name many. Just from working with as many people as I have, I really feel one of my missions here is to remind people that we are our own healers. A lot of people don't even believe that of themselves, or that it's even possible. It's like taking back that kitchen healer. I mean, that's such a big part of my platform and to really just feel it. Everybody, no matter where you're from, we all come from beautiful traditions and healing ways but somehow, things were severed for so many people. What I really feel is if people can just step back for a moment and look what we've already addressed, the ancestors, go back and see what healing modalities were your ancestors practicing. You don't have to adopt other people's or just go back a few generations, see about their gardening ways, see about their home remedies, see about all of these things, and all those are so empowering. Perhaps it all just goes back to just empowering to turn your life back on.

Darin: That's a perfect way to say it. I think innately within all of us, it is that sovereignty because maybe at some point, we gave away. By talking about like fatal conveniences all the time, it's so easy for us to kind of, I'm in this world and it's easy for me to act out to not own my own emotions, easy to get angry, it's easy to just buy this deodorant, it's easy to spray this perfume on, it's easy to just buy stuff, do it, not think about it. I don't think that that's a good plan anymore because there are consequences to all of that stuff. I think there's no person from what you just said, there's no person that can understand that empowerment feels good. Having the sovereignty yourself so that if things happen, you have yourself under control, your family, your community, you've got the herbs growing in the backyard, you get the plants in the ground, you've got the emulsifiers, you have the oils, you have the ancestors, you have it all, and I think everyone can understand going back.



Felicia: I don't want people to feel like they all have to become living off the grid homesteaders. You can take baby steps and just start in your own kitchen with what is it that I can at least begin with because it can seem overwhelming. I've seen people feel like they are overwhelmed, like how do I become sovereign? It's just one little baby step at a time. Then all of a sudden, you start having different perspectives in all forms.

Darin: Totally, and it's that thought that's first, asking that question, and then the willingness to go, hey, what would it take for me to be sovereign? I know you have incredible health skin remedies I want to dive into. I want to have you give a couple of these DIYs to people, deodorants, and this stuff that people can do because when you realize the horrible, unbelievable LEDs, and endocrine disruptors and chemicals that are in most of this stuff, you would have like, I don't really want to put that in my body anymore now that I know it. So what are some of your go-tos?

Felicia: Well, because I live in the desert, hydration is so important. I mean, water and hydration, all of those things, those are important, no matter where you live. But I feel like in our summer when it's 120 degrees you really feel it. I've always been an advocate for body care products that were nourishing to the skin, moisturizing, hydrating, but also protective because I'm in the desert. I've never been afraid of the sun. I've never been a sunscreen person. My first, I guess, active defense against the sun has always just been to stand in the shade or to wear a hat because that's what works for me. I'll be 51 this year and I feel like it's worked out for me. I think the oiling of the skin, it's something that I wish more people would do no matter where you live because I think that we as a culture tend to not want dry skin so everyone's slathering on lotions and things like that, but I prefer and I've always made my own body oil since I guess the mid '90s is when I went to massage school and I realized early then, one, it was less expensive for me to make my own blends, and I knew everything that was in them. I could tailor them to my clients, but that's one thing. I think that's so easy like anyone could do it as long as you have olive oil, coconut oil, avocado oil, whatever type of oil you use. I primarily use avocado and jojoba oil because jojoba is an ancestral oil for me, and it's all over our Sonoran Desert. I already mentioned a humidifier and that's something that a lot of people might not think about. It's like a cool mist, like if we have our air conditioning on here in our desert, opening windows, getting fresh air, all of those things. Most of what I recommend to people or suggest really don't cost much. I was taught long ago by one of my elders and plant teachers that the American way is to know about every imaginable plant, and you feel overwhelmed. As a consumer, you need to buy every single plant for an apothecary, but I was taught the opposite that you should really know five plants and to know them well. Know how to steam them, know how to create an oil with them, know how to perhaps make a tea to ingest them, cook with them. I would say if that was a takeaway that would be definitely one I would have for people that hear this.

Darin: It's great. I mean, I know you work with more than five. What are some of your top five that you're working with right now?

[00:26:36] Felicia's top plants to use for healing

Felicia: Because I live in the desert and I have access to it, I do work with, it goes by many names, but the name that I'm familiar with in English is creosote, some people call it Chaparral. I use that during any kind of cold or flu season. I use it for foot washes and things



like that, especially if I have a cut from outside and cut my foot, but I use it for so many different ways. It's extremely potent and so it's something that you want to use with great attention to. But then I don't always work with just indigenous plants. I also work with one of my favorites, which is Rosemary. Rosemary was brought with the Spanish colonists, but our grandmothers really recognized its medicinal properties. It's one of my absolute favorite plants that I use in my culinary and to make as an infusion for tea. It's so antiviral. I adore the scent and so I'll use it for different things like to air out a room maybe with the essential oils. But then spiritually speaking and my Curendera practice, we also will use rosemary to do what we call limpieas, which are, for lack of a better description, like a smudging, but with fresh plant material. So we'll use that to brush the body with, and rosemary is definitely one that we use often because it grows so well here.

Darin: Yeah, beautiful. That's the thing, you get some olive oil or avocado oil and you get some fresh herbs or dried herbs, and you can literally put them in the olive oil, let them seep there, and you're getting medicinal plant extraction. It can be that simple.

Felicia: It's so easy. Again, you're working, you're harnessing the energy of the sun. Your energy is going into that remedy as well.

Darin: That's powerful. Maybe we can create a little movement here, people picking five of their favorite plants, and then just make a little challenge of people saying, hey, I found what this is used for or that's used for. That would be really fun and empowering thing to do for people to do that. You're helping so many people. By the way, your book is so stunning, and so beautiful, which is great because it has so much great, solid information that people can use today but also, it's just so enjoyable. It's amazing when you see that kind of effort going into a book. It just brings this whole other element to it. It's an experience rather than just words. So I just want to say that whatever you did to put that together, it's really stunning. You're doing so many things and what's the most exciting thing right now that you are doing specifically and/or working on?

Felicia: I would say decolonizing wellness.

Darin: Please tell me more. I can't wait to hear this.

[00:29:45] Decolonizing wellness

Felicia: Decolonizing wellness, I speak on various panels and give presentations as I have for many years but I think virtually, I feel like now I'm doing it more so even since the release of the book. With so much out there about holistic wellness, what I'm seeing in the wellness space is a lot of cultural misappropriation. I know there's a lot of talk about cultural appropriation but even in my own practice, what I talk about is I acknowledge all Earth medicines from around the world. It's about using them with respect and even breaking down Curanderismo, it was absorbing all of these beautiful cultures because of colonization. So, medicine ways from the West Africans, medicine ways from the Spaniards and the Portuguese blended with indigenous Mexican. In some ways, we appropriated each other's medicine ways to come up with our own solid practice of Curanderismo. What I'm seeing in current times is that people are taking other medicine, traditional medicine ways and misappropriating them, and what I call Columbusizing them as their own. I do speak a lot on



this, and it's something that I'm very passionate about, and that has really just taken a big part of my platform now is helping people understand that indigenous living is holistic living.

Darin: What's some of the examples of that, that you see are not correct and that need to be shifted?

Felicia: Well, decolonizing wellness, I don't solely speak on just my own culture but I'll bring in examples. For instance, let's just use yoga because that's a platform that many people practice that many people are familiar with. I think what has happened with yoga is that it's lost in many circles and communities it's absolute core and foundation. Now we see wine and in yoga at night. It's become so commercialized in the sense that it's lost its foundation for the people that are new to it. I want people to understand these old traditional ways from around the world, there's a reason why they've been around for so long. Once they start becoming commodified, that's when I see that their soul is almost lost. It's the decolonizing wellness is about saying, first let's acknowledge that traditional people medicine ways from around the world. We've been implementing these things for a very long time. We don't need certain medicines. Like in my own practice, we have activism happening right now with let's say, amaranth. Monsanto wants to get rights to certain seeds so that they have access to our medicine ways but then it's like we somehow started to lose in our medicine ways because they're being sold in a fashion that's not to benefit the community it even came from. It's very complex. That to me is like a whole podcast in itself.

Darin: We should talk about at some point. Going back to that, it's a good example. Yoga is a great example. I bet you if you talk to anyone currently practicing a consistent yoga practice, they're doing it for what? Do those people really know what it's about? Then they do shavasana for 30 seconds or a minute and it's like, okay, well, it just flipped. Again, we're not here to demonize yoga, you're gonna get benefits from just showing up for with yoga and wine but it's the point, I think, is what you're making and that is, well, where's the soul of it? That's the separate thing that's over there, when in fact, the genesis of it was really rooted in the truth of who and what we are and how we can be better humans.

[00:33:55] Beekeeper's Naturals Ad

Darin: As a vegan and a plant-based guy, guess what? I love honey. Yes, you heard that right. There is a right way to harvest and utilize the power of bees. One company that does this outstandingly is Beekeeper's Naturals. Their products can offer some real boost to your health that are packed with essential vitamins and compounds that are only coming from the bees that are clean and effective ingredients. My schedule is pretty insane most days, so I need to have a routine to set myself up in a way that leaves me feeling ready. When I started incorporating Beekeeper's Naturals' B. Immune Throat Spray into my routine, it made a huge difference to my throat because propolis is such a powerful medicinal part of what the bees use. This immune-boosting anti-inflammatory compound that the bees naturally create and that we can use is incredible for my everyday health. Yes, I'm constantly talking to people or into a microphone, so this throat spray helps throughout the full day. Bees play such a crucial role in our environment, and Beekeeper's Naturals are truly appreciative and honor that at the forefront. Their number one necessity is that the bees are happy and healthy. They even partnered with UC Davis Honey Bee Research Facility to raise awareness for and support the pollinator protection. They also send their products to undergo important



third-party testing to make sure that their products are free from pesticides and herbicides. So, try Beekeeper's Naturals today. They have an exclusive offer, head to beekeepersnaturals.com/darin, or enter the code DARIN at checkout to get 25% off your first order to start feeling great by including something that's good for you, good for the bees.

[00:36:18] Second Part of the Interview

Darin: From your angle, from your perspective, what are you excited now from what you've seen and where you think we could go?

Felicia: Well, I got my book deal in 2019, so I was kind of deep in writing right when the pandemonium happened. As I was writing it, I couldn't help but to think what was going to be on the other side because this work that I'm doing, I mean, there's a reason why I wanted to write the book. I didn't write the book because of the pandemonium, I wrote the book because I already got the book deal but then the pandemonium happened. So it was really validating for me that this was an important piece of my purpose, I guess, here on this world. I was watching everything around me unfold, and I would have people emailing me or messaging me for suggestions on different things. At the time, I still had my 100 foot long garden row at the community garden and then everything got shut down. Everything was happening, and I was really feeling that what we were experiencing as horrible as it was for so many, I also saw that for me. Again, this is not to diminish any one that went through hard times that this was divine timing for me because I acknowledge that so many of the elders in my community were saying we need this information out just for people to feel their power, to call their power back in. By time the book was done, and we were able to take photos, it was like when it was born back in November, I felt like if this book had come out even two years ago, it wouldn't have the same impact at anytime I think I've ever had. I'm watching people, reassess, recalibrate, reclaim all of it, remember, re-indigenize, all of this. So I'm thinking okay, this is why I'm so busy right now because I think that's exactly what the book is doing for people.

Darin: I love that. I mean, I think of that and listening to that, it's perfect timing actually as your started in on it and then you had this, I love that pandemonium occur and it also informed you as you're writing this thing. It's all these elements that we're talking about and more. I love that remembering and the empowering and just gathering our insights, our knowledge. It shook us all. It shook us all to the core and to be able to have that as a society, of course, we don't want harm to people. We don't want people to die, all of those things but it did shake us all. What an opportunity to spin and look and apply different information to your life. I think that's what's so great about the knowledge that you're giving in this book, the ways to empower the small steps you can take to gain back a whole bunch. You see that in people when they take steps towards what they know to be true for them. Their eyes change, their spirit comes out and it's like, wow. If people can gain that more and more and more and by tapping into your book, clearly the energy of that book is all in this thing. What popped in my head was, there had to be a point in your life where you were probably getting some information and you made a decision and your decision was like, I'm gonna do this, I'm gonna step into this thing where I may not know where it's gonna go, I may not know what it looks like, but I know I need to do it. When was that and how did that happen?



Felicia: Well, that I can definitely pinpoint back. There were a few of them in my life. But one of them, I don't actually write about in the book, but I have spoken on before is, at one point in my life for many years, I actually owned a restaurant. I remember being interviewed from a local paper something and they were asking me, where did I go to culinary school, where was I classically trained, and all these things. I remember just saying, I didn't go to culinary school. I was taught by mostly just women who worked in kitchens and apprenticing people. As she said, so you went the non traditional way, congratulations. I remember thinking at that moment, actually, no, I went the traditional way. I really recall where I was when we were doing the interview, and in that moment that it was so powerful for me because I recognize that that was part of me beginning my decolonization activism as it revolved around food because me not going to culinary school, I was almost seen as uneducated or less than the male chefs that were also restaurant owners and what not. Yet, I'd had a very busy space, and it was very well known in the city and yet, my way was considered less than. So I really started diving deep into deactivism. So for me, that's when everything about decolonizing food and food sovereignty came on my career path, 100%. Part of the talks I would give after that, my little light bulb moment was that in culinary school, they do speak about the mother sauces. I don't know if you've heard of that term but the mother sauces, anyone listening that has gone through culinary school, or likes to learn about culinary, it's like everything is rooted in French ways. You have the different ways you dice and chop things and the base sauces for everything. They're called mother sauces. I was like, those aren't my mother's, those sauces are not the sauces that I grew up with and I'm familiar with. It's really taking a look at just how you can honestly go back and reindiginize everything in your life. That, I guess, is how I live my day, going back to the absolute first question that you asked.

Darin: Wow, that was a great all the way around.

Felicia: Full circle.

Darin: Again, it's got the roots and common sense for all of us. We in our modern day world are so off in terms of the kind of clothes we're wearing and personal care products we're putting on our skin, and the EMFs that we're just thinking is nothing. It's just crazy what we're doing. If we don't do what it is that you're suggesting and stop and going back to the knowledge to pull it forward, we have divorced ourselves so much that we are living in this horrible consequence. That's why I think now more than ever, what you're representing and what you are doing is so important. I want everyone to check out this book for so many angles. But before we go, we've got a lot of listeners here that loves to take responsibility, smart people, they want to take responsibility. They may be thinking going, I want to take a step forward. What are some little maybe personal care little things that you could describe or give people as a little nugget today?

[00:44:20] Easy ways to incorporate wellness in your life

Felicia: Because I know everyone always comments on my radiant glowing skin--

Darin: Which by the way, I can attest. I have seen you in person, and you are stunning.

Felicia: It's about allowing your skin to feel good. I do believe that healing is not just what you put on your skin but it's coming from the inside out. One of the recipes from my book that I



absolutely love and I partake in as often as possible at least one time a day is, and I want to say too about the book, the book is not a how-to book, it's not a recipe book or an herbal book, it's truly a lifestyle book filled with also little stories of my upbringing and my life and why I created the recipes. One of the recipes I have in there, they're called green water wellness shots. Even though this ingredient is something that is very well known in the "superfood industry" I think now, it's an ancestral food for me and that's spirulina. I do talk about spirulina in the book as it relates to the conquistadors. Just a little history for people because I think it's important that when we're using our ancestral foods that you know from context, so what I have for the recipe is about a good teaspoon. I don't really measure things very well. For the sake of the cookbook or the lifestyle book, I had to, so it's probably about a teaspoon. It's the juice of one lemon and then whatever you choose, so maple syrup, honey, agave, whatever you like. You're basically making a very concentrated green lemonade. I just drink that usually sometime before noon. I really attest that to just my skin, you're getting all of that amazing chlorophyll. Just for me, personally, it's an ancestral food, so it's connecting me to those ancestors. It's easy to make. It's actually really tasty for those that are a little shy about spirulina, it can taste a little swampy, so it definitely cuts through that.

Darin: That's fantastic. Again, that's the most important thing is the skin as this radiant organ, what you're taking in your body is reflecting certainly in your skin, your eyes, your hair, or your nails, all of this stuff. It's a very important aspect.

Felicia: It's an example too is I don't want anyone to feel that my teachings or the book is like, I'm not trying to get us back to 1491. I really want people to just embrace the wisdom ways of my own culture, but also investigate their own for health and wellness, pretty simple.

Darin: It's common sense. It's nature's medicine, this interaction and this alchemy that we have with it, and it's clearly a frickin miracle that we're good to have these avatars called Felicia and called Darin and we interact with this world and we get to play with this stuff. It's part of the experience and they're our allies, and you just demonstrate that so well. It's been just an epic to talk to you, and thank you for sharing your energy, your ancestors, and your knowledge with us today because I think people are gonna really dig what you said. Everyone, check out her book. It's a labor of heart and love and knowledge and story. Thank you, Felicia. Much love.

Felicia: Thank you, Darin.

[00:48:02] Podcast Outro

Darin: Thanks for tuning in to this episode of The Darin Olien Show. I hope you took something valuable away from this conversation that will help improve your life in some way. If you'd like to learn more about my incredible guests, you can find all of their information in the show notes on my website. If you enjoyed this episode, or even you didn't like it, please rate this podcast. The team and I value your feedback so we can continue to give you the most value possible. We want you to get the most out of every podcast. So please rate, subscribe, share anything you feel called to do. I truly appreciate it, and I love and value your support. So, thank you, and I'll meet you in the next episode.