

Debby Nguyen

Author | Speaker | Future PharmD







> About the Author

Debby Nguyen studied Pharmacy at Northeastern University, Boston. She is the fifth generation in her family to be involved in medicine and holds a deep reverence for its history. While honoring her own heritage of Vietnamese medicine, among other cultures, she hopes to inspire readers to be inquisitive of the health/wellness practices they incorporate into their lives. Debby is also a New York Times-featured poet and a passionate cook.

> Ask the Author

- 1/ Who should read this book?
- 2/ What do you think about traditional medicine's rising popularity in the West?
- 3/ Are any surprising lessons you've learned from writing these stories?
- 4/ What advice do you have for readers interested in adopting non-Western health practices?

> Get In Touch

-  debbytnguyen@gmail.com
-  www.debbynguyen.com
-  [@debbyiswriting](https://www.instagram.com/debbyiswriting)
-  www.linkedin.com/in/debby-nguyen

> About the Book



Half of the general American public has tried alternative medicine- how often do people do so without understanding the culture where those medicines originated?

Pills, Teas, and Songs: Stories of Medicine around the World is a collection of stories about the people, culture, and history of diverse health practices from China, India, Russia, Nigeria, to Iran and the US.

> Praise for Pills, Teas, and Songs

"Nguyen explores the histories of diverse traditional health systems, reexamining the cultural impacts such medicines and practices have had on societies while weaving her authentic, and much needed voice, into an often colonized field of study."

— **Jenny Ahn, Co-founder of Sacred Roots Holistic Healing Center**

"Nguyen provides an in-depth look at the world of traditional medicine. It is a well-mastered work of research and knowledge that reveals the depth of her passion surrounding wellbeing."

— **Jesutomisin Ipinmoye, Editor-in-Chief of the African Leadership University Editorial, Author of Windows**

> Media Features

The Tempest, Saigoneer, Overachiever Mag, Women Who Slay UK, Culture Magazin Canada, Yellow Moose Mag, Asians In The Spotlight Podcast, Asian Women Empower Podcast, and more.