

Dr. Martha Mathews Libster, PhD, APRN, Founder and Executive Director of the Self-care Institute at Golden Apple Healing Arts and Publisher for Golden Apple Publications is an innovative education designer, master teacher trainer, author, and consultant in integrative healthcare systems, higher education, nursing, botanical medicine, behavioral health, and public Self-care program design and analysis. Dr. Libster is a historian, storyteller, and improvisational poet who helps people, organizations, and communities discover the “medicine in their stories.” She is an expert historian and pattern scientist, a gift that enables her to provide precise solutions for her clients.

Dr. Libster is known internationally for her clinical and scholarly contributions to the development of integrative health, primarily the safe and effective incorporation of herbal remedies in care systems, nursing practice and public Self-care, that utilizes knowledge from biomedical and indigenous / traditional healing perspectives. For 25 years, she has practiced and taught the integration of traditional Chinese herbal medicine philosophy and formulation and western nursing science. Her healthcare model, **the Elements of Care®** that promotes precision Self-care with plants as partners is published for professional nurses in *The Nurse-Herbalist* (2012) and for the public in *Gentle Medicine for Balance in Body and Peace of Mind* (2020).

Dr. Libster is described by her clients, readers, and students as an inspirational, ground-breaking, approachable, and visionary healthcare leader who embodies her historical finding that “kindness is the remedy of remedies.” She is inspired by people and plants and a dream that she had in her 20’s in which a wise teacher told her, “You have the power within you to heal yourself!” Her search for knowing more about this “power within” catapulted her into a life work of great depth and breadth.

Dr. Libster has more than 25 years of experience as the architect of sustainable programs in consumer health, nursing, hospital consultation liaison, self-care education, and telehealth for universities and schools, nonprofit organizations, and NGOs in the USA and abroad. Her research areas include community healthcare and education program innovation and design, history of women, healthcare and botanical medicine, and translational botanical science (applying bench science and historical evidence on specific botanicals and formulations in clinical practice). Her current research and projects are associated with the Self-care Institute and its programs for precision Self-care with plants as partners. The Self-care Institute is committed to providing sustainable programs that are always meaningful, mindful, and memorable! Dr. Libster is leading teams dedicated to the promotion of precision Self-care as the first tier in relationship-centered healthcare that advances shared decision-making practices. Dr. Libster is also engaged in projects focused on developing behavioral health programs, designing an innovative advanced practice psychiatric nursing program, providing a plant perspective on the cannabis industry and the opiate crisis, designing herbal and other non-pharmacological solutions to behavior concerns in infants and young children, and exploring non-pharmacological care models for children with autism, new dimensions in scientific understanding of human physiology (the endocannabinoid system) and the parapsychology of memory.

Dr. Libster is a member of Sigma Theta Tau International Honor Society in Nursing and is a board-certified Advanced Practice Psychiatric Mental Health Clinical Nurse Specialist who practices in Wisconsin, California, Illinois, and Colorado and teaches precision Self-care practices throughout the country and internationally. She is considered an expert in health pattern recognition and the holistic non-pharmaceutical treatment of mental and behavioral health conditions in people of all ages, specializing in the care of infants (0-5), children and their families. Dr. Libster is also Director of Nursing Academic Partnership Design for Rogers Behavioral Health System and serves as adjunct Professor,

Designer, and Coordinator for the Psychiatric Nurse Practitioner program opening fall 2020 at Milwaukee School of Engineering School of Nursing in partnership with Rogers.

In 2006, Dr. Libster founded the **Bamboo Bridge**, an international community of health professionals, indigenous leaders, and the public committed to solving tough health problems through health culture diplomacy the integration of technology and tradition. She defines integration as a “quality of heart.” Health culture diplomacy came naturally to Dr. Libster as she began her professional life in the healing arts by simultaneously training from 1984 – 1986 in nursing and traditional German foot reflexology with topical herb and essential oil applications. Today, she offers her clients, readers, and students a rich experience in the harmony of eastern and western thought and culture gained over her lifetime inspired by family roots in medical missionary work in China, her first career as a Denishawn-trained professional Modern and Japanese dancer, and more than 25 years integrating traditional Chinese herbal medicine philosophy with high-technology nursing care.

The focus of the **Bamboo Bridge** today is holding **Global Tea Houses**, in which a space is created for dialog that leads to inspiration and innovations in health and healing. Global Tea Houses have been held as live or virtual educational events, world cafes, and peace fire circles with health professionals, indigenous healing leaders, and the public at venues from national museums and universities to communities in South Africa, Thailand, New Zealand, Canada, and the United States. Dr. Jean Yan, the 2009 World Health Organization Chief Scientist in Nursing and Midwifery wrote of the Bamboo Bridge that, “As countries worldwide commit to strengthening health systems based on Primary Health Care principles of social justice, equity, universal access to services, and community participation, the Bamboo Bridge program and its community of nurses have the potential of making significant contributions in making PHC a reality.”

A native of Ohio, USA, Dr. Libster holds a PhD in Humanities - Healthcare History from Oxford Brookes University in Oxford, England, a master’s degree in Psychiatric Nursing from the University of Colorado Health Sciences Center, and bachelor’s degrees in Dance Education from New York University and Nursing from Mount St. Mary’s University in Los Angeles. Her history of American healthcare reform, *Herbal Diplomats*, is the winner of the 2005 Lavinia Dock Award for Excellence in Research and Writing. In 2013, she held a Faith Andrews Research Fellowship in Shaker Culture from the Winterthur Museum, Garden, & Library. Dr. Libster is the author of 10 books and numerous scientific papers, and has been awarded numerous national, state and foundation research grants in the USA and South Africa. She was Associate Editor for the *Journal of Holistic Nursing* for five years and Guest Editor for 3 international nursing journals and currently serves on the editorial board for the *Journal of Integrative Nursing*. She has provided inspirational presentations for such venues as the World Health Organization in Geneva, the National Museum Te Papa New Zealand, the United State Botanic Garden, the Royal College of Nursing, and the Philip and Elkin Alston Lecture at the Atlanta Botanical Garden.

Dr. Libster lives in Wisconsin, USA with her husband Harold of 26 years, her twin 7 year-old West Highland White Terriers, Ros and Rowan, and many beautiful plants.

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Golden Apple Healing YouTube Channel https://www.youtube.com/channel/UC-PXSslk9Gp9U2wzH4Lir_A?view_as=subscriber

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Research Gate https://www.researchgate.net/profile/Martha_Libster

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