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*Above: MN State Senator Jim Abeler (R-Anoka) with Twila Brase and Natasha Chernyavsky*

## Working Nationwide for Freedom

By Natasha Chernyavsky, Legislative and Policy Specialist

With new lawmakers working across the nation, CCHF has been busy educating, testifying, and drafting legislation for state legislators and members of Congress.

In Minnesota, Twila and I have been meeting with senators and representatives on both sides of the aisle. Although many Republicans have expressed frustration about the election, we remain optimistic because CCHF is known for its **bipartisan work and bipartisan wins**, particularly in the areas of privacy and patient rights.

Already, we've received bipartisan support on issues such as a patient's right to have a designated support person while receiving care. We've also found that both Republicans and Democrats recognize the importance of safeguarding privacy rights.

We are diligently working to educate lawmakers on the importance of retaining the **Minnesota Health Records**

**Act** – the nation's strongest medical privacy and patient consent law. We hope our strong constituent base, combined with our presence at the Minnesota State Capitol, will continue to protect privacy rights, the foundation of patient and doctor freedom for all Minnesotans.

**Our work extends beyond Minnesota.** A state representative from Wyoming recently contacted our office seeking to pass legislation originally written by CCHF and distributed at a conference of conservative state legislators. The bill protects a physician's right to prescribe, and a pharmacist's right to dispense, drugs for off-label purposes.

Prescribing off-label means prescribing a medication for medical conditions other than the conditions for which it was originally approved by the FDA. Prescribing off-label is both legal and routine in the medical world. It is specifically authorized by federal law.

*Continued on Page 2*

# Health Freedom Watch

Health Freedom Watch is published quarterly by Citizens' Council for Health Freedom (CCHF), a 501(c)(3) tax-exempt health care policy research and education organization.

CCHF's mission is to protect health care choices, individualized patient care and medical and genetic privacy rights.

CCHF does not endorse any health care treatment, provider, or product. Nothing in Health Freedom Watch should be construed as medical advice or legal counsel.

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However, during the Covid pandemic, doctors came under fire for prescribing ivermectin off-label for treatment.

Last year, CCHF worked to introduce a "Right to Prescribe Off-Label" bill in the Minnesota Senate. We shared that language with other states. **Wyoming state Rep. Sarah Penn (R)** introduced the bill, and worked to get a hearing (no small feat). Twila testified remotely in support of the bill, and answered several questions. After two and a half hours of testimony, the bill passed 6-3. It then passed the floor of the Wyoming House. We are continuing to monitor its progress.

At the federal level, we're working closely with **U.S. Senator Rand Paul's office** in an attempt to add parental rights to the proposed Newborn Screening Saves Lives Reauthorization Act. Specifically, we are asking that parental consent requirements for

use of newborn DNA for federally funded research be added to the bill. This is not the first time we have worked on this issue at the federal level. In 2014, we were able to add language that protected parental consent rights. When that language expired in 2018, it has been our opposition that has kept the next funding reauthorization bill from being passed until we can get parental consent.

As a part of this work, we recently connected with three separate organizations—one includes parents whose children greatly benefited from newborn screening—who all believe that parental consent and privacy are paramount within newborn screening. Despite opposition from the March of Dimes, we hope our collaboration will lead to new parental consent requirements in federal law.

We look forward to reporting more

wins throughout this year. Privacy and freedom are issues that unite people. Despite an unexpected result in the 2022 election, we are committed to continuing to represent the voices of patients and doctors before your lawmakers, wherever they are.



**Your gift is very much appreciated and fully deductible as a charitable contribution.** A copy of our latest financial report may be obtained by writing to Citizens' Council for Health Freedom, 161 St. Anthony Ave., Ste 923, St. Paul, MN 55103, 651-646-8935. If you are a resident of one of these states, you may obtain financial information directly from the state agency: CALIFORNIA – Cal. Bus. & Prof. Code § 17510.3(a) FLORIDA – A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE, 1-800-435-7352 (800-HELP-FLA) WITHIN THE STATE OR BY VISITING [www.800helpfla.com](http://www.800helpfla.com). REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE. Florida Registration (CH35276). GEORGIA – A full and fair description of the programs of Citizens' Council for Health Freedom and our financial statement summary is available upon request at the office and phone number indicated above. MARYLAND – For the cost of copies and postage, Office of the Secretary of State, State House, Annapolis, MD 21401. MISSISSIPPI – The organization's official registration and financial information may be obtained from the Mississippi Secretary of State's office by calling 1-888-236-6167. Registration by the Secretary of State does not imply endorsement. NEW JERSEY – INFORMATION FILED WITH THE ATTORNEY GENERAL CONCERNING THIS CHARITABLE SOLICITATION AND THE PERCENTAGE OF CONTRIBUTIONS RECEIVED BY THE CHARITY DURING THE LAST REPORTING PERIOD THAT WERE DEDICATED TO THE CHARITABLE PURPOSE MAY BE OBTAINED FROM THE ATTORNEY GENERAL OF THE STATE OF NEW JERSEY BY CALLING (973) 504-6215 AND IS AVAILABLE ON THE INTERNET AT <http://www.state.nj.us/lps/ca/charfrm.htm>. REGISTRATION WITH THE ATTORNEY GENERAL DOES NOT IMPLY ENDORSEMENT. NEW YORK – Office of the Attorney General, Department of Law, Charities Bureau, 120 Broadway, New York, NY 10271. NORTH CAROLINA – FINANCIAL INFORMATION ABOUT THIS ORGANIZATION AND A COPY OF ITS LICENSE ARE AVAILABLE FROM THE STATE SOLICITATION LICENSING BRANCH AT 1-888-830-4989. THE LICENSE IS NOT AN ENDORSEMENT BY THE STATE. PENNSYLVANIA – The official registration and financial information of Citizens' Council for Health Freedom may be obtained from the Pennsylvania Department of State by calling toll-free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement. VIRGINIA – Virginia State Office of Consumer Affairs, Department of Agricultural and Consumer Services, PO Box 1163, Richmond, VA 23218. WASHINGTON – Charities Division, Office of the Secretary of State, State of Washington, Olympia, WA 98504-0422, 1-800-332-4483. WEST VIRGINIA – Residents may obtain a summary of the registration and financial documents from the Secretary of State, State Capitol, Charleston, WV 25305. Registration with any of these state agencies does not imply endorsement, approval or recommendation by any state.





Twila Brase, RN, PHN, President & Co-founder, CCHFreedom.org

# A Letter From The President

**Elections matter.** On January 30, President Biden announced a May 11 end to the two COVID-19 emergencies: the national emergency and the public health emergency. The GOP-controlled U.S. House may have forced his hand. The very next day, the House voted on the first of two bills to end the emergencies. Biden likely wanted to be the first to announce the official end of the pandemic.

Lifting these three-year old “emergencies” will stop excessive federal spending. Some 15 to 17 million people getting Medicaid who are not eligible can now be disenrolled. Other Covid funding will end. As Politico Nightly reports, “free vaccines, free treatment and free testing — will go away.”

However, according to the FDA, this will NOT end emergency use authorizations (EUAs), which led to Covid shot mandates and job losses for noncompliance. The EUAs allowed these mRNA shots to bypass protective human clinical trials despite previous studies in animals warning against mRNA use in humans. Thus, we are in a massive clinical trial. The injected are the subjects; the uninjected are the controls. As a result, many people have long-term cardiovascular, neurologic and other injuries.

Last year, the White House’s Dr. Deborah Birx said: “I knew these vaccines were not going to protect against infection.” The shots also don’t stop transmission. In a December 2022 study, the Cleveland Clinic also found the **more shots you get, the higher your risk of getting COVID-19.** Despite these facts, and despite the more than 700 signals of potential harm found in the long-delayed CDC analysis of the VAERS database, the vaccine mandate for health care workers is still in place and “unvaxxed” foreigners can’t

enter the U.S. Meanwhile, many colleges are requiring the shot for enrollment. Facts (and real science) are being ignored.

**There are REAL emergencies the president could declare.** First, the state and federal war on doctors. Colorado’s Dr. Scott Rollin was just put on probation for “unprofessional conduct” — he prescribed ivermectin without discussing FDA-approved treatments for COVID-19. Minnesota’s Dr. Scott Jensen, MD, is being pursued for the fifth time, this time by the state Attorney General. **The vaccine-injured are a second emergency.** They’ve been ignored and left to fend for themselves. A third emergency is the ongoing threat to individual freedom by abusive public health powers. Notably, the CDC’s reorganization plan includes a new public health surveillance division.

**Now for the good news:** Most Americans are refusing the ineffective boosters. State legislatures are moving to block future federal overreach. The U.S. House has a new committee to investigate the weaponization of the federal government against Americans. And CCHF is growing The Wedge of Health Freedom® as the foundation of a **New Framework for Health Freedom.** We aim to expand The WEDGE into every nook and cranny of the nation!

Thank you for supporting CCHF. We love that YOU are on our team!!

**We could not do our work without you in our corner.**

Gratefully yours,

Twila Brase, RN, PHN,  
President and Co-founder

## IN THE NEWS



### December

“Commentary: Celebrate Freedom this Holiday Season by Flying Without REAL ID” — Alpha News, Op-Ed by Natasha Chernyavsky, 12/5/22

“Few are Aware of This ‘Huge Issue’” — American Family News, Chris Woodward, 12/15/22

“Pursuing Health Freedom” — Stand in the Gap Today, Sam Rohrer, 12/19/22

“Goodhearted Technology in the Hands of a Malicious Regime” — American Family News, Steve Jordahl, 12/20/22

### January/February

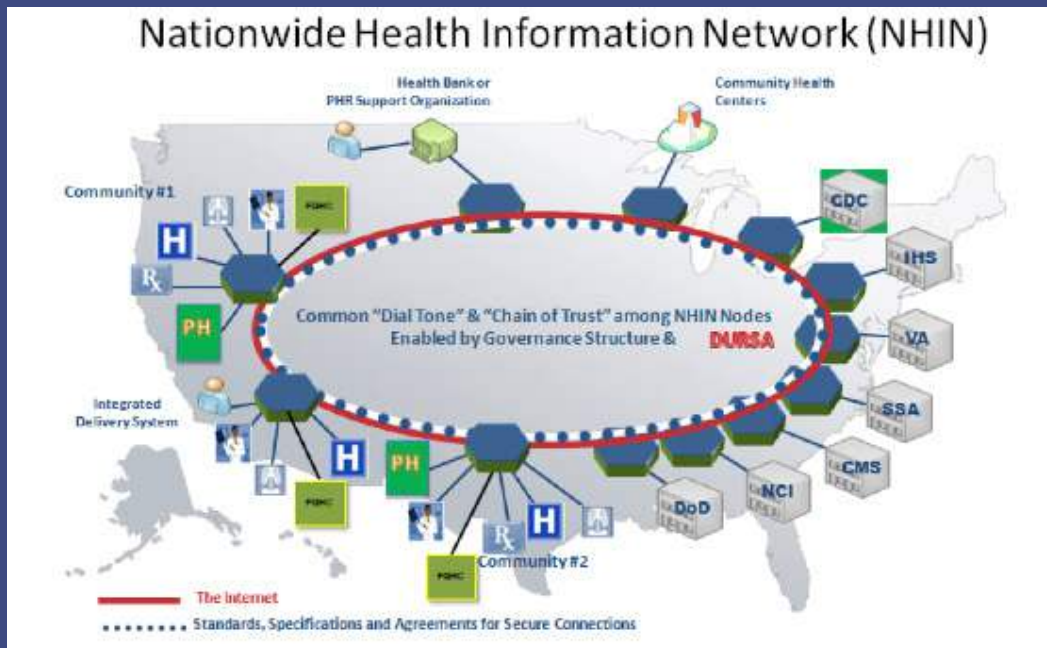
“Commentary: Four Ways to Counter Rising Health Insurance Costs” — Op-Ed by Twila Brase, 1/7/23

“CCHF Visits Borger, Texas” — Ricky Pfeil, Kingdom Keys Network Morning Program, 1/19/23

“The Current & Future State of Medical Freedom in MN” — Bella Dangelo, The Bella Dangelo Show, 1/25/23

“COVID Health Emergency and COVID Shot Update” — Jim Schneider, VCY America, 1/31/23

“Health Freedom Episode with Guest Twila Brase” — Dr. Sherri Tenpenny, This Week with Dr. T, 2/6/23



Nationwide Health Information Network (NHIN) Source: NHIN Exchange Architecture Overview

# EXPOSING “HIPAA HOAX” AND THE EHEALTH EXCHANGE

By John Sonnen, Communications Manager, and Twila Brase, President

CCHF has long been engaged in a campaign to expose the “**HIPAA Hoax**” — the myth that HIPAA protects patient privacy. For years we’ve been helping people refuse to sign the HIPAA form and helping them cross out the “Notice of Privacy Practices” (NPP) acknowledgment statement buried in bundled consent forms. If you’re wondering how to do it, go to our Patient Toolbox ([patienttoolbox.org](http://patienttoolbox.org)).

CCHF’s president also dedicated Section IV of her book, “**Big Brother in the Exam Room: The Dangerous Truth about Electronic Health Records**,” to exposing HIPAA.

We spend significant time telling the truth about HIPAA to the American people because, as we often say, “**He who holds the data makes the rules.**” Without medical privacy, there is no health freedom. Privacy protects freedom.

Because it’s called a “privacy rule,” because it’s a “privacy practices” no-

tice, and because Congress and state legislatures think HIPAA protects privacy, Americans have been deceived and their freedom threatened.

Because of HIPAA, government agencies and large health care corporations are working to create a **national medical records system** — right under the noses of Americans who think their data is confidential. In fact, according to HHS, in a 2010 rule, 2.2 million entities could access your medical data **if** those who hold it (e.g., hospitals, insurers, clinics, labs) choose to share it. Your consent is not required.

Thus, the **eHealth Exchange**, formerly called the Nationwide Health Information Network (NHIN, see above), is well on its way. This nationwide, internet-based network is likely already sharing your medical information—a violation of patient privacy rights and individual autonomy. Go to [eHealthExchange.org](http://eHealthExchange.org) and click “Who’s in the Network” to see if your clinic or hospital participates—**then**

**ask your state legislator to stop the flow of data from your state into this federal exchange.**

To expose the “HIPAA Hoax,” we also educate Americans on related subjects such as the federal Electronic Health Record mandate that forced everyone’s data to be digitized and **allowed outsiders to seize control of the exam room.** To counter this drive to digitize, profile and control, CCHF is not only exposing the “HIPAA Hoax,” we’re also building a **New Framework for Health Freedom** based on cash and confidentiality—starting with our online directory of direct-pay practices, **The Wedge of Health Freedom®** ([JointheWedge.com](http://JointheWedge.com)).

Exposing HIPAA is a key part of our presentations, including meetings Natasha Chernyavsky, CCHF’s legislative and policy specialist, has with state lawmakers in **Minnesota, New Hampshire, Colorado, Wyoming,** and more. Following are several presentations, with corresponding



images on this page, that illustrate our work.

In December, **Twila Brase**, president of CCHF, spoke to a GOP women's group in Minnesota about how health care and medical privacy rights have changed since she co-founded CCHF in 1998. Twila was also one of six panelists speaking at a packed health freedom event, in which she emphasized, "The mission of medicine has been taken over by the business of health care."

In January, Twila was a featured speaker at a Minnesota State Capitol rally on vaccine choice. Less than two weeks later, she was addressing a group of GOP men and women in Borger, Texas, where she held an extensive Q&A session. In early February, Twila was explaining HIPAA and exposing the dangers of the eHealth Exchange at a Rotary Club.

At each speaking engagement Twila has been encouraged by the support and enthusiasm of CCHF supporters from across the nation. **Thank YOU for giving CCHF the resources we need to be a voice for patient and doctor freedom nationwide.**

As we celebrate our 25th anniversary this year, **we are committed to sharing our vision and working to oppose HIPAA** and the corporate version of socialized medicine. There is no other choice for America.



*Natasha in conversation with Rep. Dawn Gillman (R-Dassel) and Twila with a group of GOP women supporters she spoke to in Mendota Heights, MN*



*Twila on the road sharing health freedom in Plymouth, Minnesota and Borger, Texas, where she spoke to supporters on the dangers of HIPAA*



*Natasha Chernyavsky, CCHF's legislative and policy specialist, on the move at the MN State Capitol*



*Twila speaking at a rally against vaccine mandates at the MN State Capitol*



*Twila testifying via Zoom in support of WY House Bill 119 to secure health freedom in Wyoming*



# RADIO: HEALTH FREEDOM MINUTE

CCHF's nationwide Minute is heard on more than **870 stations** across America. Find our station list at [cchfreedom.org](http://cchfreedom.org) and tune in every weekday wherever you live!

(To listen: [www.healthfreedomminute.net](http://www.healthfreedomminute.net))



## NY Health Care Workers Win Vax Case!

January 26, 2023

In great news, on January 13, 2023, the New York Supreme Court struck down the COVID-19 vaccine mandate for health care workers. The court ruled the Governor and the state health department had overstepped their authority. The judge writing the opinion called the mandate Orwellian and capricious.

Hopefully, this will lead to more wins and fewer mandates for a shot that doesn't stop the virus, doesn't stop transmission of the virus, has caused heart damage in young men, has a higher chance of strokes in older people, and has increased the risk of getting Covid (according to three studies, one at Cleveland Clinic, one by two universities in Indiana, and one out of Germany). The evidence that the Covid shot doesn't work just continues to grow.

Sources:

**THE RULING:** <https://bit.ly/3J0KWzq>

**"NY Supreme Court Strikes Down COVID-19 Vaccine Mandate for Health Care Workers,"** Tom Ozimek, The Epoch Times, January 16, 2023: <https://bit.ly/3WokORV>

# In Case You Missed It

## New CCHF Logo

Have you seen our new logo? To mark the milestone of 25 years protecting patient and doctor freedom, we have released a new logo! As our organization continues to expand, our new logo gives us a fresh, new look. Thank you for partnering with us as we continue to grow!



## Big Brother in the Exam Room is Selling Fast!

*Big Brother in the Exam Room*, the award-winning book by Twila Brase, reprinted for the third time, is selling fast. Be sure to get your copy before they're sold out! Find it at [BigBrotherintheExamRoom.com](http://BigBrotherintheExamRoom.com).



## CCHF's State-Based Legislative Priorities



CCHF created a packet of legislative health care initiatives for 2023 for approximately **200 legislators**. By identifying a dozen key areas of need and drafting the legislation to move that reform forward, we aimed to help lawmakers easily advocate for health freedom in their states. The model legislation provides patients with privacy rights and advocacy rights, increases competition and choice within health care, and protects physician freedom. Already, one of our proposals has passed the Wyoming House and had a hearing in the Senate. We look forward to building upon this national initiative well into the future.

# Help Us Protect Your Health Freedom!



## \$25 for 25th year

On this 25th Anniversary of CCHF:  
will you partner with us by  
setting up a monthly \$25 gift?

Your investment will help us  
protect patient & doctor freedom  
this year, and for 25 more!

Go to [bit.ly/CCHF25](http://bit.ly/CCHF25) to sign up today!

## YES, I WANT TO SUPPORT CCHF!

**There are multiple options!** You may use the donation envelope you'll find in this newsletter. Or you can make an online donation at [www.cchfreedom.org](http://www.cchfreedom.org). Click on "DONATE TODAY."  
**Thank you for investing in patient and doctor freedom!**

**Please make checks payable to/mail to:**

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**Why make a monthly gift?** Your monthly donation of **\$25** (or more) will help increase our impact, expand our team, and enhance our ability to fight for freedom for patients and doctors across the country throughout the whole year!

Thank you for considering this special request! Sign up at [bit.ly/CCHF25](http://bit.ly/CCHF25)

**For a donation of STOCK or IRA GIVING:** Please contact us for instructions.

**Is CCHF in your will?** Please consider CCHF in your estate planning.

If you have any questions, please contact us at: **651-646-8935** or [info@cchfreedom.org](mailto:info@cchfreedom.org).

\*CCHF has received 501(c)3 non-profit status from the IRS.  
CCHF has also received permission to solicit charitable donations in all 50 states.



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## OVERHEARD

**“Since 2005, 70% of approved drugs have shown zero improvement in survival rates, while up to 70% have been actually harmful to patients.”**

— Dr. Azra Raza, MD, 12/10/22

**“If it had been known two years ago or so, that this vaccine would increase cardiac deaths in young men by 84%, would they have approved it? The obvious answer is no.”**

— Dr. Joseph Ladapo, MD, 10/10/22

**“(The law) assumes that science is some immutable truth. But it’s not . . . Science is a process. It’s filled with imperfect knowledge and people.”**

— Attorney George Mocsary regarding CA law requiring doctors to adhere to the government narrative on ivermectin and Covid shots, 2/16/23

**“We’ve never called the CDC to take care of our patient.”**

— Dr. Angie Ferella, MD, 12/28/22

**“The bottom line here is the vaccine does not prevent infection — does not prevent transmission.”**

— Sen. Ron Johnson (R-WI), 11/30/22



**“All doctors agree when you censor those who don’t.”**

— Dr. Ryan Cole, MD, 12/28/22