



## IN THIS ISSUE



### A Letter From The President

Twila Brase, President & Co-founder *Page 3*

### In the Room and On the Move

Molly Christian, Special Projects Manager, and Natasha Chernyavsky, Legislative and Policy Specialist *Page 4*

### HFM Radio: The Pandemic Narrative is Crumbling

*Page 6*

### In Case You Missed It

CCHF shared important news you may have missed *Page 6*

### Help CCHF Build a New System of Health Freedom

*Page 7*

*Above: Natasha Chernyavsky at the Minnesota State Capitol, 2/22/22*

*Photo by Twila Brase*

## Working for Freedom on Three Levels!

By **Natasha Chernyavsky**, Legislative and Policy Specialist

This new year has been fast-paced with important CCHF initiatives in Minnesota, at state legislatures nationwide, and also at the federal level. As the new Legislative and Policy Specialist for CCHF, I have been fully engaged at all three levels.

In Minnesota, we have continued our efforts to protect patient privacy rights, this time against a state immunization registry. During the first weeks of the legislative session, CCHF drafted amendments to require informed consent prior to a person's immunizations being entered into the registry. We also monitored committee hearings and arranged meetings with state senators where Twila explained CCHF's concerns with a statewide vaccination database. Due to a divided legislature and the power of the Minnesota Department of Health (MDH), the database, built 20 years ago by MDH **without statutory authority**—about five years after CCHF stopped it during the 1997 session—may or

may not be one day dismantled. But requiring express consent before more data is added and letting people leave the registry after having **all** their information wiped clean is the aim of our amendments. Thus far, the senators that we are working with have shared our concerns and have been supportive of these amendments.

In response to the persecution of doctors over the last two years, CCHF has drafted a bill to protect the right to prescribe and dispense drugs off-label without retribution in Minnesota. As our language states, "*a prescriber or pharmacist shall not face retribution or disciplinary action from a health-related licensing board or employer, including loss of employment or hospital privileges or credentials, solely on the basis that a prescriber ordered an FDA-approved prescription drug for an off-label use or for a pharmacist dispensing the drug prescribed for off-label use pursuant to a valid prescription order.*"

*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's 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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## Editor

Twila Brase, RN, PHN  
President & Co-founder

## Associate Editors

Melody Lahmann  
Linda Markowitz

## CCHF

161 St. Anthony Ave. Suite 923  
Saint Paul, MN 55103  
Tel: 651-646-8935  
info@cchfreedom.org



We expect the bill to be introduced in the Senate first. This language would protect patients if government ever tries to again shut down access to effective, life-saving medications.

In addition to meeting with a coalition of conservative legislators around the country to push for several important legislative proposals, including our "off-label" bill, CCHF has had meetings with specific state legislators, most recently with a state representative in New Hampshire requesting assistance on a bill. We're also building our online "**Model State Legislation Library**" for legislators to use in their home states. Find our "off-label" bill there.

At the federal level, CCHF is leading the fight alongside the office of **U.S. Senator Rand Paul** (R-KY) to stop a National Patient ID. On February 10, 2022, CCHF sent a letter to Congressional leadership and leaders of the

Senate Appropriations Committee, asking them to maintain the long-standing prohibition on funding a **Unique Patient Identifier (UPI)**, initially proposed as a part of HillaryCare. It was co-signed by the leadership of 25 other organizations around the nation. You can find our letter and the co-signers names at [bit.ly/35eeLei](https://bit.ly/35eeLei).

This National Patient ID would organize a person's entire medical record under a single federal number, socializing the health data system, and leaving patients with no privacy and no escape from government and other third party surveillance and profiling.

CCHF's president was also **invited to Washington, D.C.** the day before the President's SOTU speech to provide a briefing for GOP staff of the U.S. Senate Health, Education, Labor and Pensions (HELP) Committee. As the committee works to provide feder-

al funds to states under the lapsed **Newborn Screening Saves Lives Reauthorization Act**, which ended in September 2019 as a result of CCHF's work to secure a parental consent requirement for researcher use of newborn DNA stored by states after newborn screening, CCHF discussed the importance of a permanent parent consent requirement – without any exceptions. We almost got this language in 2020, but COVID-19 and the retirement of U.S. Sen. Lamar Alexander (R-TN), former chair of the HELP Committee who supported parental consent, ended those efforts. Stay tuned.

*(BELOW: Twila after Senate briefing, with Zach Bennett, Legislative Counsel, Office of Sen. Rand Paul in D.C.)*



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

# A Letter From The President

The perpetrators of the past two years of crimes against humanity are about to release us from Covid mandate tyranny. Understandably, some call this Narrative 2.0. I call it **“The November Pivot.”**

On February 15, *Newsweek* had an article with this heading: “Republicans Enjoy Huge Lead Over Democrats in Midterms: Poll.” The poll found “Republicans enjoyed 54.4 percent support in the upcoming midterms compared to just 41.9 percent for Democrats.” While a solid 55.5 percent of polled Democrats were very confident a GOP-controlled Congress would block Biden’s agenda, only 39.1 percent of Republicans felt the same. Republicans on Main Street have clearly been too often disappointed by the inaction of their elected officials.

Attorney **Jeff Childers**, whose informative and amusing “Coffee and Covid” email lands in my inbox every morning, says it’s all been scripted to let President Biden declare victory over COVID-19 in his State of the Union speech, which was pushed to March 1 — perhaps to give corporate media, state governors, and others time to do the pivot (lift mandates, discuss living with Covid, etc.)

The pivot hasn’t been easy for the grassroots Left. They’re shocked by the sudden turn of events. They want the unvaccinated to be confined to their homes. They want to normalize masking. Fear, not freedom, is their focus. See my February 20 retort to a physician’s tweet:



Speaking of fear, your doctors are afraid. Most of them won’t even try to treat Covid, lest they be reported, terminated, or delicensed. **We have written a bill to stop this.**

In a 2003 AAPS survey, physicians said they planned to leave the profession five years early due to increased government interference and regulatory burdens. That was before Covid or the time-consuming electronic health record. In a 2016 survey, 48% of doctors planned to exit in three years. The American Medical Association now says 20% of physicians will leave in the next two years in “The Great Resignation.” Add Biden’s vaccine mandates for health care workers and threats coming from state medical boards against doctors found to prescribe ivermectin, and you can see why. We’re losing our doctors, and patients have the most to lose, as corporations use non-physicians in their place.

That’s why CCHF is working now to build a **NEW SYSTEM** of **HEALTH FREEDOM** nationwide — a patient-centered system with affordable prices and no outside interference. We must restore the mission of medicine and rekindle the joy of patient care that physicians are missing today! Thank you for supporting this critical work to protect health freedom.

**One last note:** Supply chain issues for paper are real for CCHF. We’re working to get this publication into your hands and we hope this will not interfere in the third printing of my book, *Big Brother in the Exam Room*—this time with the oft-requested index!

**Thank you for supporting CCHF’s work.**

Gratefully yours,

## IN THE NEWS



### November

“Pushing back and navigating rights” — American Family News, Chris Woodward, 11/01/21

“Billboards Expose Dishonest Media: “Banners for Freedom” Reveal Suppressed Vaxx Dangers” — Lee Michaels, 11/08/21

### December

“Do we really have medical privacy?” — Alison Morrow podcast, 12/08/21

“COVID Shot Mandates & Government Control” — VCY America/Crosstalk Radio, Jim Schneider, 12/13/21

“Pandemic spreading belated new variant called ‘reality’” — American Family News, Billy Davis, 12/29/21

### January

“Why are we treating the healthy and ignoring the sick?” — Financial Issues with Dan Celia, 1/05/22

“Twila Brase Reveals the Secret Language Behind Health Privacy Laws” — Stand for Health Freedom, Leah Wilson, 1/11/22

“Covid Chaos: Conspiracy or Reality?” (Two parts) — Twila Brase and Marjorie Holsten with Jan Markell, Olive Tree Ministries, 1/14/22



Legislative and Policy Specialist Natasha Chernyavsky at the Lincoln Memorial for the Defeat the Mandates March

## IN THE ROOM AND ON THE MOVE

By Molly Christian, Special Projects Manager, and Natasha Chernyavsky, Legislative and Policy Specialist

Attending events is always a fun opportunity to meet people face-to-face, hear their stories, and answer their questions. While attending various events over the past few months, the CCHF table has been fully stocked with copies of our popular *COVID-19 Quick Reference Guide*, information on The Wedge of Health Freedom ([jointhewedge.com](http://jointhewedge.com)), and of course, “Wobble Wedges,” our new giveaway!

Our “Covid Guide” was written to help people better prepare themselves for Covid. This includes starting treatment before (and not one day later than) seven days from the onset of symptoms. It also includes information on how to get treated for or prevent “Long Haul Covid” (LH Covid).

A lot of people today aren’t getting the care they need — and they have no idea that they don’t have to continue suffering from Covid after they survive the virus. If you haven’t yet accessed this resource (written by CCHF’s president), we recommend you download and read it: [bit.ly/CCHFGuide](https://bit.ly/CCHFGuide). One

Midwest physician told us her patients are walking in the door with our guide in hand! We’ve also made available several video transcripts that show how doctors are treating Covid and stopping Post Covid and LH Covid at [EarlyTreatmentOptions.org](http://EarlyTreatmentOptions.org).

When **Dr. Peter McCullough, M.D.** came to Minnesota, CCHF was in the room, sharing our mission and initiatives with hundreds of people who had not previously known about or connected with our organization. Perhaps I met you there! These events are a great way for us to share our information and meet new friends! CCHF is unique in the country and attending events helps us reach out and make a real difference in people’s lives.

—Molly Christian

As the Supreme Court deliberated the legitimacy of the OSHA vaccine mandate, CCHF was actively engaged in supporting an individual’s right to make a choice about the Covid

injection. Just two weeks after joining CCHF, I travelled to Washington, D.C. to attend the **Defeat the Mandates March** where I streamed the speeches and conducted interviews with several attendees.

At the Lincoln Memorial where tens of thousands protested mask and vaccine mandates, individuals of all ages, ethnicities, and backgrounds, came together, highlighting the goal to show a unified front of bringing people together – vaccinated and unvaccinated, Democrats, Republicans, all together in solidarity.

Speakers included Dr. Robert Malone, Dr. Peter McCullough, JP Sears, Robert F. Kennedy Jr., and numerous physicians, frontline workers, and first responders, along with dozens of individuals suffering from vaccine injuries. Although many spoke out about the potential risks involved with the Covid vaccine, I heard no “anti-vaccine” rhetoric. The message remained focused on the right and desire of everyone to determine what is inject-

ed into their own body.

One health care professional told me, “I believe that as a healthcare worker I should be afforded the same freedoms as others, and right now I am not afforded the freedom to work because of the mandate.” Another interviewee, a thirteen-year-old boy, said he was frustrated by not being able to participate in school functions and the ostracization he felt even in middle school. A woman came to support the protests of her extended family living in France. One young professional traveled from New York to D.C. to protest the restrictions that he faced back home. He said his relationships with friends and family are strained because he believes he has a right to refuse an experimental injection.

Everyone I met seemed incredibly encouraged and it was a reminder that if you speak up, others will join you — there were literally thousands of people standing against these mandates. We are not alone.

Videos of the interviews, as well as coverage of the crowd and speakers, can be found on CCHF’s Facebook page. While the visual quality was difficult to maintain due to so many people streaming online, I was encouraged by all the people that watched our live feed and listened to the speakers, whose words came through loud and clear.

—Natasha Chernyavsky



Twila and Natasha with Minnesota Republican legislative leaders (pictured left-right: Chair Sen. Paul Utke and Chair Sen. Mary Kiffmeyer)



Patriots gathered January 23 in Washington, D.C. to show support for the Defeat the Mandates rally | Lincoln Memorial



Dr. Peter McCullough, M.D. and Molly Christian, CCHF Special Projects Manager



Attendees signing up for CCHF eNews



Our “Wobble Wedges” are a hit!

# RADIO: HEALTH FREEDOM MINUTE

CCHF's Minute is growing—now heard on more than **870 stations** around the nation. 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))



## The Pandemic Narrative is Crumbling

January 20, 2022

The pandemic narrative is crumbling. In L.A., where you can't enter a store without proof of vaccine, hospitals can let Covid-positive workers come back to work. Also, the U.S. Postal Service is seeking a 4-month delay in the vaccine mandate. This means the virus is no longer the priority. The façade of fear is falling.

Truth is coming to the CDC, too. Asked how many of the more than 800,000 U.S. deaths are with Covid instead of from Covid, the CDC said the data is "forthcoming." No denials. There must be a bunch of them.

On Good Morning America, she said over 75% of Covid deaths were in people who had at least four comorbidities or other medical conditions, adding that "these are people who were unwell to begin with." Why has this data been withheld for so long?

**"California Allows Healthcare Workers Back to Work After COVID-19 Exposure, Positive Test,"** Gabrielle Masson, Becker's Hospital Review, January 10, 2022: <https://bit.ly/3rs3IFr>

**"Watch: Bret Baier Presses CDC Director on Justice Sotomayor's COVID Misinformation,"** Guy Benson, Townhall, January 10, 2022: <https://bit.ly/3tAjcKd>

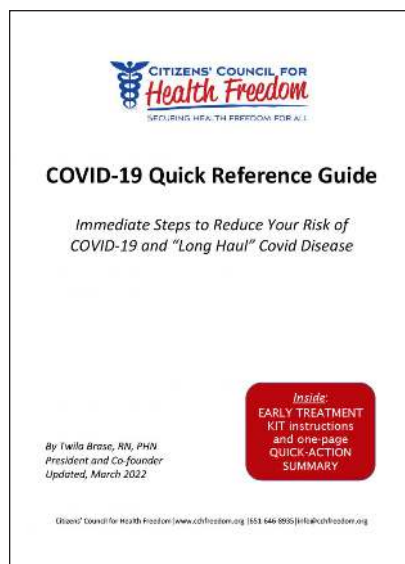
# In Case You Missed It

## Secret Data Mining of Private Medical Records

Targeted advertising of insurance plans to the elderly, including promises of everything from companionship to toilet paper, is the result of vast data mining analytics. These analytics focus on "clinical, social, economic, behavioral and environmental data" from more than 80 sources. An article in STAT news advocates for ending these secret analytics. Consumer data are not protected by privacy rules. Secret analysis of information about individuals' private medical information violates patients' and plan members' trust—and is unethical. This covert activity is motivated by the federal government's push to collect and record the "social determinants of health" (SDOH) of every patient.

## COVID-19 Quick Reference Guide

Most Americans have no idea what to do to prepare for COVID-19 or how to protect themselves. This step-by-step **COVID-19 Quick Reference Guide** is meant to help you prepare yourself and protect your life. Included in the guide: helpful information about COVID-19, how to prevent Covid, what to do if you get Covid, and how to address "Long-Haul" Covid. There is also a great resource on page 10, a list of suggestions for a DIY Early Treatment Kit. As of print, this guide has been downloaded nearly 100,000 times! Get your copy today at [bit.ly/CCHFguide](http://bit.ly/CCHFguide)



## CCHF Welcomes Natasha Chernyavsky



*Legislative and Policy Specialist*

I am excited to be joining the CCHF team! I graduated from the University of Northwestern-St. Paul in 2020, where I studied Communications and Spanish. Prior to CCHF, I had the privilege of spending three months interning in Washington, D.C. with The Heritage Foundation. Living and working in D.C. was an incredible experience! I knew I wanted to return to work in MN on state policy and am looking forward to doing just that in my role at CCHF.

# Help Us Protect Patient and Doctor Freedom



**THE WEDGE**  
OF HEALTH FREEDOM

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For additional information, including a sample letter for your IRA custodian, please contact us:

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## OVERHEARD

**“If you voice any concerns then you are attacked, you are bullied. If you don’t follow government orders, you are the one they now call dangerous.”** — Dr. Mary Talley Bowden, MD, 11/17/21

**“I was never against vaccination but I’ve always supported the freedom to choose what you put in your body.”** — Novak Djokovic, 20-time Grand Slam winner and rated the world’s number one men’s tennis player, 2/15/22

**“They are playing Russian roulette with your safety.”** — Josh Yoder, commercial airline pilot and founding member of the U.S. Freedom Flyers (USFF), referring to airline policies forcing pilots to take the Covid jabs, 1/26/22

**“Why can’t we create a hospital that puts patients first?”** — Steve Kirsch, 1/17/22

**“I had to watch as my patients died.”** — ICU specialist Dr. Paul Marik, MD when he wasn’t allowed to use medications that hospital forbid, 12/20/21

**“Think twice before you vaccinate your kids [...] a viral gene will be injected into your children’s cells that forces your child’s body to make toxic spike proteins.”** — Dr. Robert Malone, MD, 1/9/22

**“You are more likely to die from Tylenol than ivermectin.”** — Dr. Paul Marik, MD in testimony, U.S. Sen. Ron Johnson’s Covid hearing, 1/24/22

**“Although I live in California, I am self-employed. I suspect I will need to fire myself soon. I will not comply with their law.”** — Steve Kirsch, on vaccine mandate, 2/12/22



**“That’s criminal! People are dying.”** — Brian Kilmeade, about Biden administration trying to limit treatment for COVID-19, FOX NEWS, 1/8/22