



IN THIS ISSUE



A Letter From The President

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

Expanding Our Reach

Natasha Chernyavsky, Legislative and Policy Specialist *Page 4*

HFM Radio: Major Media Silent About Freedom-of-Conscience Win *Page 6*

In Case You Missed It

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

Help CCHF Build a New Framework for Health Freedom *Page 7*

Above: General Flynn at the annual CCHF Fundraising Dinner, 09/15/22

A Fantastic Evening with Flynn!

By John Sonnen, Communications Manager

Thank you to everyone who attended CCHF's 2022 Fundraising Dinner! The theme was "**The Unapologetic Defense of Liberty: Building a Free-Market Framework for Health Care.**"

The room was filled with the buzz of energized conversations as people from far and near joined together to raise funds for CCHF, learn about our successes and plans, and hear a special message from our keynote speaker, United States Army Retired Lieutenant **General Michael J. Flynn.**

Before the event even began, General Flynn wowed the crowd by walking through the ballroom, shaking hands.

He received a standing ovation before CCHF's president was able to read more than a sentence of his biography. People rose to their feet and began clapping in thunderous applause. He told the audience he'd prepared a speech but he was so moved by the

evening he wasn't going to use it. General Flynn shared what's at stake for freedom in America. He told the audience that health freedom is essential for freedom in America, which he said, is why the globalists, the socialists, and the Marxists often target health care as they work to impose tyranny. It was a rousing speech peppered with words and stories woven together into a passionate appeal for every citizen to engage in the fight for freedom.

CCHF president and co-founder Twila Brase also addressed the crowd. She detailed CCHF's plans to build a **New Framework for Health Freedom:**

"We're going to build this parallel system nationwide—just like homeschoolers built a parallel education system. It will be independent, affordable, free-market, and patient-centered, and doctors—the only ones with medical training and an M.D. or D.O. after their name—will once again be in charge, along with the patients. Government

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.

©2022. Citizens' Council for Health Freedom. Permission is granted to reprint any article in this issue (except guest editorials) provided credit is given and notification or a copy of the reprinted material is distributed to Citizens' Council for Health Freedom.

Editors

Twila Brase, RN, PHN
John Sonnen

Associate Editors

Melody Lahmann
Linda Markowitz

CCHF

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



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

A Letter From The President

It's been a fast-paced year. We built more relationships with legislators, created our first CCHF promotional video (enjoy!), and added essential staff. **Thank you** for your financial support, which allowed us to do so much in so little time.

We also had a very successful fundraising event with General Michael T. Flynn. Thank you to everyone who came — and everyone who bought my cupcakes!

Our mission to protect patient and doctor freedom has never been more important because the mission of medicine has been taken over by the business of health care:

1. More than 70% of doctors are now employees.
2. Most employed doctors work for corporate health care systems.
3. Most doctors are required to use electronic health records, allowing outsiders to restrict care.
4. Physicians are often required to seek prior authorization from people who aren't physicians.
5. Most EHRs allow corporate systems to track and control care.
6. If doctors don't comply with corporate treatment protocols, they can be financially penalized.
7. If doctors don't meet government "quality measures," they may receive less pay.

The true mission of medicine is the patient. The *business* of health care is purely for profit.

The doctor has a professional obligation to the patient. The businesses — the hospital, the health plan, the health care system — do not. Government officials also have no obligation to the patient. The current situation, which prioritizes corporations and government, puts patients in a difficult position when they can least protect themselves.

The switch from physicians caring

for patients as a mission to outsiders controlling doctors for profiteering purposes happened largely outside of public view — until Covid.

When doctors refused to treat the virus, Americans who knew there were effective early treatments discovered the takeover of American medicine. When the only treatment hospitals offered was too late or too deadly, Americans began to fear hospitals. One "Covid-care" doctor told me the hardest thing for her was that she couldn't send her Covid patients to the hospital. This should not happen in America.

For the sake of patients, the mission of medicine must be restored.

With your support, Citizens' Council for Health Freedom will build a New Framework for Health Freedom, a cash-based, free-market PARALLEL system of independent, direct-pay doctors—and hospitals.



The Wedge of Health Freedom®, CCHF's online directory of cash-based practices (now with four pharmacies), is the **epicenter of our plan to eclipse** the current health care system. It will be the place to find the New Framework.

Help us build this parallel system.

Your generous year-end donation will support our work and enable us to do the critical work of building a credible **VISION** for a the New Framework in the minds of Americans. Together with your investment in CCHF, we will make this vision—a parallel system—happen! **Please donate generously by December 31!**

and their health plan collaborators must be **kicked to the curb** where they can no longer endanger patient lives."

The crowd burst into applause!

Twila emphasized the need to restore medical indemnity policies (true insurance) that pay the patient directly. She also outlined the first three strategies CCHF will use in 2023 to begin to put the New Framework for Health Freedom in place, including an expansion of The Wedge of Health Freedom®. She emphasized: **"We built The WEDGE; we will build the Framework."**

Between the two speeches was a live auction with a team of very lively auctioneers. The room was soon filled with hoots and hollers as bidding wars ensued for destination items, special events, and a 1/4 side of beef. To her

usual roster of colorful homemade cupcakes, Twila added a gorgeous green Chocolate Mint Cake! The auction got rave reviews!

Aligning with the theme of the dinner, one gentleman told me: "I see now more than ever the specific steps necessary to protect privacy and health freedoms."

The event was over by 9:00 pm, but General Flynn stayed long afterwards to speak with our guests.

Our thanks to all who generously invested in our work that night. We look forward to seeing you next year!



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. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE. 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.



CCHF President Twila Brase with Del Bigtree, Dr. Peter McCullough, Dr. Sherri Tenpenny, and other speakers

EXPANDING OUR REACH

By Natasha Chernyavsky, Legislative and Policy Specialist

From man-on-the-street interviews at the Minnesota State Fair to organizing grassroots action to try to stop a federal bill (unless it includes parental consent for federally funded research using newborn DNA), we have been busy fighting for your health freedom. I'll detail some of our work.

Our summer started off with a five-day trip to Washington, D.C. where Twila and I met with staff from various Senate and House offices. The meetings included sharing our legislative priorities to help build our **New Framework for Health Freedom**, educating staffers on the history of how the Affordable Care Act has increased government control over care and coverage, and having the opportunity to listen to the Republican plans to reform health care. One of these visits included the chance to talk with Congressman Chip Roy (R-TX) about his plans for health freedom legislation. Congressman Roy listened intently to Twila's thoughts on his proposals and expressed keen interest in our vision for a new framework.

Since returning to Minnesota, we have continued our conversations with D.C. offices, ready to assist them as needed. In late October, we were notified by U.S. Senator Rand Paul's office about a push to pass the **Newborn Screening Saves Lives Reauthorization Act (NSSLRA)** before the end of the year. Groups, such as the March of Dimes, are trying to push forward the NSSLRA without parental consent for federally funded research on newborn DNA collected through the newborn screening program. CCHF has worked tirelessly to require parental consent and protect newborn privacy. Our new national advocacy campaign will hopefully stop the bill— unless it requires parental consent. If it passes without consent, the law will not come back up for another five years!

Additionally, we conducted and published research to educate staffers and legislators, such as our one-page brief on the **Social Determinants of Health (SDOH)**. SDOH initiatives, which consider every aspect of your life as health-impacting and worthy of

government intervention, could lead to centralization of the entire economy. SDOH also calls for "equitable practices" in the exam room that could limit individualized treatment. SDOH language has crept into state and federal bills. Our brief, requested by a House office, has been distributed to other offices on Capitol Hill.

In August, just in time for the Minnesota State Fair, CCHF put up a new **billboard in St. Paul** (see page 3) to invite patients and doctors to join The Wedge of Health Freedom®. The practitioners on this free, nationwide, online directory of cash-based practices work in the patient's best interest, independent of third-party control, free to give their best care and counsel. They accept only cash, check or charge payments. The WEDGE is the foundation of CCHF's New Framework for Health Freedom, a parallel free-market framework which is cash-based at every level.

During the Minnesota State Fair, Twila and I spent more than five hours

interviewing fairgoers about their understanding of HIPAA. **Our belief that the public has been deceived into believing that HIPAA protects privacy was confirmed.** People were surprised and frustrated when they learned that HIPAA allows data to be shared without their consent. Look for a video of our interviews to be released in 2023 as a part of our "Truth About HIPAA" campaign.

On October 1st, the Global Health Freedom Summit was held in Alexandria, Minnesota. The goal of this educational event was to provide a venue to the public to hear uncensored updates from trusted names, while discovering new and important front-line voices for people to gain more knowledge for themselves.

CCHF President Twila Brase was privileged to attend as one of the speakers, sharing the podium with other distinguished voices such as **Dr. Peter McCullough, MD**. The summit was well attended with over 1,000 people in attendance. Twila spoke on the dangerous truth behind HIPAA, including how the real goals of EHRs are data mining, control of doctors, and rationing of care.

As the election drew near, I produced a short CCHF video outlining five key issues citizens could use to better decide who would be more likely to defend health freedom and protect patient privacy. The video is available online: bit.ly/3gZabWI.



Natasha Chernyavsky in pre-election CCHF video: "Who is a 'Health Freedom' Candidate?"



Twila talks with Highwire's Del Bigtree at the Global Health Freedom Summit and Twila and Matt meet with CCHF supporters Chris and Bruce in Washington state.



Natasha and Twila in Washington, D.C. with Congressman Chip Roy (R-TX) and Twila with "Covid care" physician Bradley Meyer, DO (Okoboji Wellness Clinic, IA)



Explaining the New Framework at AAPS conference of physicians in MO



Twila and Natasha doing "man on the street" interviews - MN State Fair

RADIO: HEALTH FREEDOM MINUTE

CCHF's nationwide Minute is heard on more than 870 stations across America. Find our station list at cchffreedom.org and tune in every weekday wherever you live! (To listen: www.healthfreedomminute.net)



Major Media Silent About Freedom-of-Conscience Win

September 6, 2022

Good news! The Fifth Circuit Court of Appeals has granted the hospital, Franciscan Alliance, a permanent injunction against the former Obama administration's mandate that it perform gender-transition surgeries and abortions or be penalized. To my knowledge, national and major media haven't yet breathed a word about this win.

Just before this ruling, the Biden administration issued a similar so-called non-discrimination proposal to force all doctors and hospitals to perform these surgeries and abortions – no exemptions allowed. But now that the administration has lost in court on the Obama rule, what does that mean for the proposed new Biden rule? More than likely it will be good news for those who shouldn't be forced to violate their morals or their conscience.

Source:

"Federal Court Blocks Biden Administration from Forcing Doctors to Perform Gender Transitions..." Caroline Downey, National Review, August 26, 2022: <https://bit.ly/3RRHmcb>

In Case You Missed It

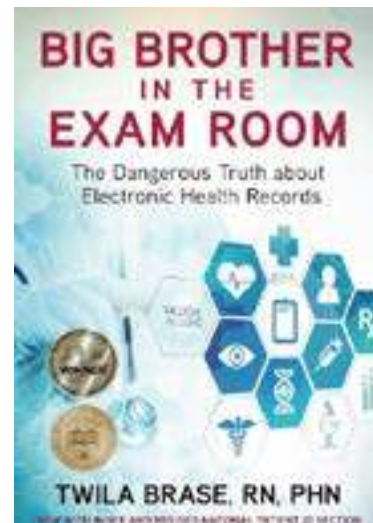
New CCHF Promo Video

Watch CCHF's new promotional video, first shown at our fundraising dinner. The video highlights our work at the state and national level. The video is available online: bit.ly/CCHF PROMO.



Big Brother in the Exam Room – Reprinted!

Big Brother in the Exam Room, the award-winning book by Twila Brase, has been reprinted a third time, this time with an index and revised section on the National Patient ID. Find it at BigBrotherintheExamRoom.com.



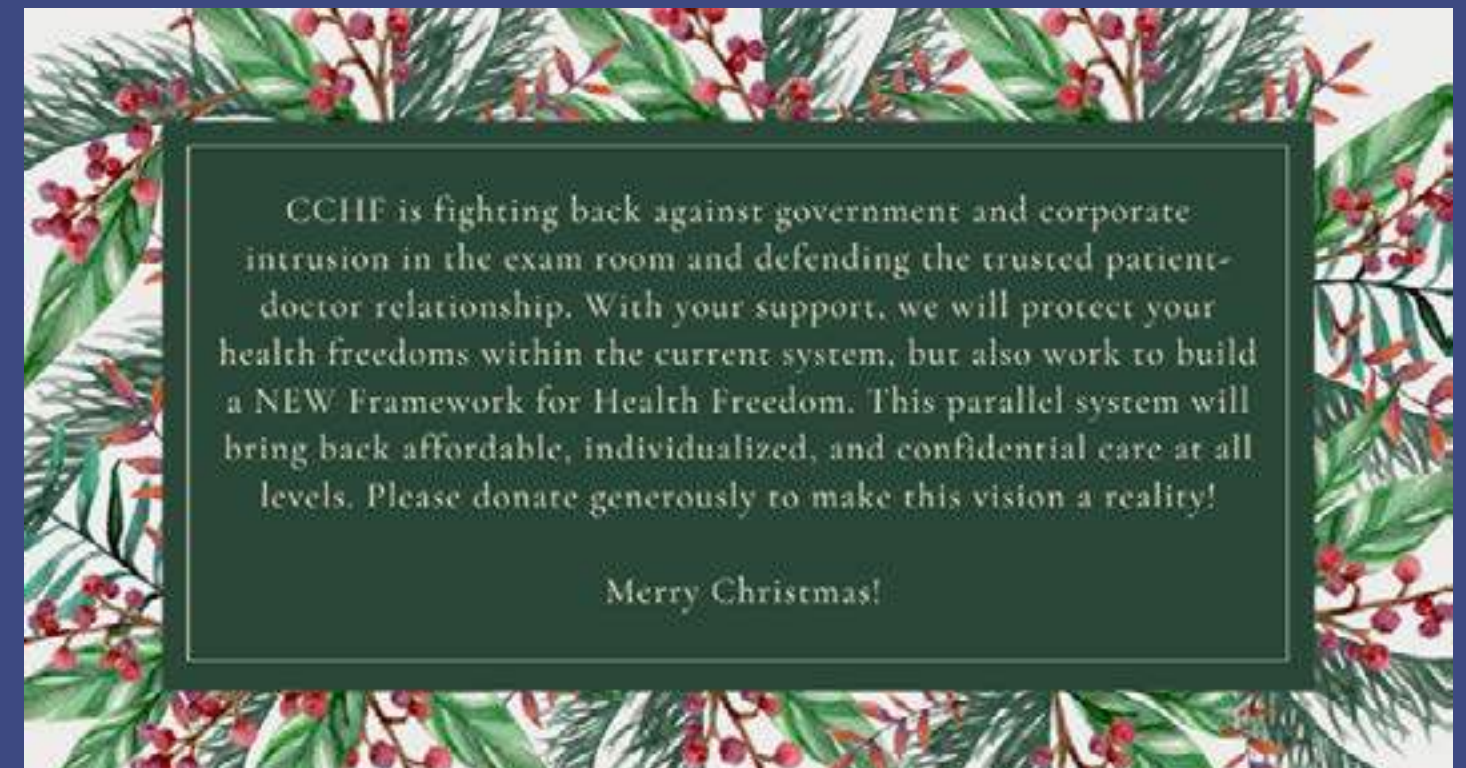
CCHF Welcomes John Sonnen



Communications Manager

I am excited to be joining the CCHF team! I graduated from the University of St. Thomas in St. Paul, Minnesota. Prior to CCHF, I had the privilege of living and working in various countries, bringing together a vast background of communications experience. I am enjoying my role as the Communications Manager and am working hard to increase our visibility and outreach, continuing to engage the public and the media. I look forward to advancing health freedoms at the state and national level.

Help Us Protect Your Health Freedom!



YES, I WANT TO BUILD A NEW FRAMEWORK FOR HEALTH FREEDOM!

You have options! You may use the [donation envelope](#) found in this newsletter. Or you can make an [online donation](#) at www.cchffreedom.org by clicking on "DONATE TODAY."

Please make your check payable to/mail to:

CCHF
161 St. Anthony Ave., Suite 923
Saint Paul, MN 55103

Thank you for supporting health freedom!

IRA Giving: If you are age 70½ or older, you may instruct your Individual Retirement Account (IRA) to transfer up to \$100,000 directly (and tax-free) to Citizens' Council for Health Freedom.

Note: A gift from an IRA does not produce a charitable contribution deduction, but fulfills some or all of your required minimum distribution (RMD) without increasing your taxable income.

For a donation of STOCK: please call us for instructions at 651-646-8935.

Is CCHF in your will? Please consider CCHF in your estate planning. If you have any questions, please contact our office: 651-646-8935 or info@cchffreedom.org.

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

651-646-8935
info@cchffreedom.org
bit.ly/IRAforCCHF

**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.*



“I just really like freedom.”

— Tim Kennedy, Special Forces, Joe Rogan Experience, 6/16/22

OVERHEARD

“The flu shot is stupid. Period.”

— Dr. Pierre Kory, MD, 10/19/22

“‘Standard of care’ causes all this groupthink.”

— Shawn McBride, Attorney, 9/22/22

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

— Dr. Joseph Ladapo, MD, Florida Surgeon General, 10/20/22

“Your individual freedoms should follow you into the doctor’s office.”

— Michele Tafoya discussing The Wedge of Health Freedom®, 9/27/22

“Lockdowns ... should be excised from the public health toolkit forever.”

— Jay Bhattacharya, MD, 10/26/22

“If you went to a hospital, would you want your medical decisions made by a bureaucrat? Or by your doctor? ... The culture of the hospital has changed.”

— Victor Rohe, candidate in FL, 7/30/22