



## **Twila Brase, RN, PHN**

Public Health Nurse

Co-founder and President

Short Biography – September 2025

**Twila Brase**, a registered nurse, is the co-founder and president of Citizens' Council for Health Freedom (CCHF), a national nonprofit advocating for patient and doctor freedom. She authored the award-winning ***Big Brother in the Exam Room*** and hosts the ***Health Freedom Minute***, aired every weekday on 870 stations in 47 states. Twila spearheaded the campaign that led to a 2019 **Trump executive order** requiring a rule to be written to allow senior citizens to opt out of Medicare without losing Social Security benefits. Her efforts lead to the **Patient Toolbox** and the **CCHF Discharge Instructions** to help patients protect themselves from coercive care. She also founded **The Wedge of Health Freedom**, a nationwide directory of direct-pay practices.

She authored the **COVID-19 Quick Reference Guide**, downloaded more than 150,000 times, and the **2024 Medicare How-To Guide**, with over 3,000 downloads. Her efforts have stopped the federal **Unique Patient ID** annually since 2017, and are now working to stop the **REAL ID**, a federal identification system of surveillance and control. In 2019, Twila was selected as one of 18 leaders to participate in the U.S. Department of Health and Human Services **Quality Summit**, which met three times in Washington, D.C. Twila was named one of *Modern Healthcare's* "100 Most Powerful People in Healthcare" and one of *Minnesota Physician's* "100 Most Influential Healthcare Leaders." Twila says her efforts are only possible due to a great team and terrific donors.