



Twila Brase, RN, PHN

Public Health Nurse
Co-founder and President
Biography – January 2025

Twila Brase, a registered nurse and public health nurse, is co-founder and president of Citizens' Council for Health Freedom (CCHF), a national patient-centered, privacy-focused, free-market, 501(c)3 health freedom policy organization launched in 1998 to protect patient and doctor freedom.

She is author of the eight-time award-winning book *Big Brother in the Exam Room: The Dangerous Truth about Electronic Health Records* (Beaver's Pond Press, 2018), which is now in its fourth printing: www.BigBrotherInTheExamRoom.com.

Twila says her efforts are only possible due to a great team and terrific donors.

Twila Brase hosts the *Health Freedom Minute*, aired every weekday on 870 stations in 47 states. She 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 also lead to the online **Patient Toolbox** (patienttoolbox.org) and the **CCHF Discharge Instructions** document 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 2009, she organized the nation's first-ever (and successful) parent lawsuit against the secret state storage of newborn DNA without parent consent. Today, parents have sued a total of six times in five states. Her efforts have launched three billboard campaigns: **Obamacare Games** (2014); **Don't Be Bullied** (Covid vaccine) 2021; and **RefuseRealID.org** (2025). 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."

