

ON AIR



Health Freedom Minute

May 12, 2026

Use Your Brain — To Change the World

Social media and the internet steal our brains. How many great ideas might we generate if we were making our own stories; not following the stories of others? In 1973, Irving Kristol commented on conservative indifference to changing culture. Those who did not believe in the importance of ideas suddenly found that the ideas of others had captured their children.

He wrote, “The leverage of ideas is so immense that a slight change in the intellectual climate can and will twist a familiar institution into an unrecognizable shape.” Like we’ve seen with churches, schools and hospitals. But, this also means that good ideas can change the world, but you have to be using your brain more often to think and dream, not click and like.

“Restoring American Culture,” Roger Kimball, *Imprimis*, February 2026.

Presented daily by Twila Brase, President and Co-founder
Citizens’ Council for Health Freedom.

*The Health Freedom Minute is now heard in 48 states:
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