

CITIZENS' COUNCIL FOR HEALTH FREEDOM
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Health Freedom Minute

November 13, 2026

You Have the Right to Say No

Dr. Kat Lindley says, “Informed consent isn’t a form on a clipboard. It’s the foundation of the relationship between a patient and a physician.”

She says four things have to be true for your consent to be real.

Number one – Information. You have to be told everything you need to know to be informed about the treatment.

Number two – Understanding. The information needs to be explained in plain language until you understand it.

Number three – Capacity. You must be able to weigh the information and make a decision.

Number four – Voluntariness. Your decision is made without pressure or coercion.

And fifth, you have the right to say no.

“What Informed Consent Really Means,” Dr. Kat Lindley, Independent Medical Alliance, October 30, 2026: https://imahealth.org/what-informed-consent-really-means/

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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