



Twila Brase, RN, PHN

Public Health Nurse
President and Co-founder



BRIEF BIOGRAPHY

Twila Brase is president and co-founder of Citizens' Council for Health Freedom (CCHF), a national patient-centered, privacy-focused, free-market policy organization she helped create 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). www.BigBrotherInTheExamRoom.com

Twila's efforts led to a national law requiring parental consent for research using newborn DNA and a national campaign exposing HIPAA as a data-sharing rule. She is the founder of an online nationwide directory of direct-pay practices known as **The Wedge of Health Freedom®** (JoinTheWedge.com). She also is the creator of the **Patient Toolbox** (PatientToolbox.org), an easy-to-use tool to help patients understand their options in coercive situations and to maintain control over their treatment decisions. She also initiated CCHF's **Face Freedom** campaign (FaceFreedom.org) and a "**Don't Be Bullied**" billboard campaign (RealRisks.org) to stop mask and vaccination mandates. Her campaign to separate Medicare enrollment from citizen access to their rightful Social Security benefits was supported by more than 44 free-market organizations nationwide. This request was successfully included in President Trump's **Medicare Executive Order** signed on Oct. 3, 2019.

Twila's "**Health Freedom Minute**" is heard weekdays by more than 5 million listeners on approximately 870 radio stations in 47 states. She provides testimony at state legislatures, meets with members of Congress and health care policymakers, tweets @twilabrase, conducts original research, speaks around the country and has been featured by *CNN, Forbes, Fox News, Nature, NBC Today, Politico, Science, THE HILL, The Wall Street Journal, and The Washington Post*.

In 2021, Twila authored CCHF's "**COVID-19 Quick Reference Guide**" (bit.ly/CCHFguide) which was published online in December 2020 and updated January 2023. The guide, downloaded over 120,000 times, includes a Quick-Action Summary and instructions for an Early Treatment Kit. It further helps readers better understand the Covid disease, find useful resources, and make decisions about Covid prevention and treatment in a timely manner.

Modern Healthcare named Twila #75 on their 2009 "**100 Most Powerful People in Healthcare**" list. In 2020, *Minnesota Physician* included her in their list of "**100 Most Influential Healthcare Leaders.**" 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. Their discussions were used to provide President Trump with a roadmap for restructuring federal quality measurement programs.