



NATIONAL  
HEALTH FREEDOM  
COALITION

# NHFC

## 2024 Annual Report

[www.nationalhealthfreedom.org](http://www.nationalhealthfreedom.org)

# A MESSAGE FROM OUR CO-FOUNDER



Leo Cashman, Co-founder

“Freedom is not a gift bestowed upon us by other men, but a right that belongs to us by the laws of God and nature.”

– Benjamin Franklin

## Dear Friends of Health Freedom,

Our health freedom journey is not over.

It has been 25 years since we started this journey to secure health freedom in America, and while we’ve had some successes, many challenges remain. Early on, we helped show the country how to create a “safe harbor” within the practice laws of a state to allow unlicensed health care healers to practice without fear of being charged with “practice of medicine without a license.” We exposed some of the toxins such as dental mercury, fluoride added to drinking water and aluminum as an adjuvant in vaccines. The lack of informed consent for these toxins made them a health freedom issue too. With microwave radiation surrounding us, that exposure is becoming like a mandated toxin also. During the covid years, we were strong-armed into social distancing, closures of schools and businesses, and ultimately the mandating of covid shots while access to alternative ways of coping with covid were shut off. It leaves us wondering: what’s next?

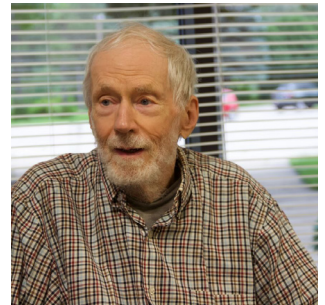
We know we need to be vigilant and ready to deal with whatever is next; efforts to infringe on our rights are surely not over. We need all of you as we continue on in the effort to stay free. Thank you for being part of our effort!

Thank you.  
In health freedom,

A handwritten signature in cursive that reads "Leo B. Cashman".

Leo B. Cashman  
Co-founder, National Health Freedom Coalition

## NHFC Board and Staff Retreat June 19-20th, 2024, Farmington, MN

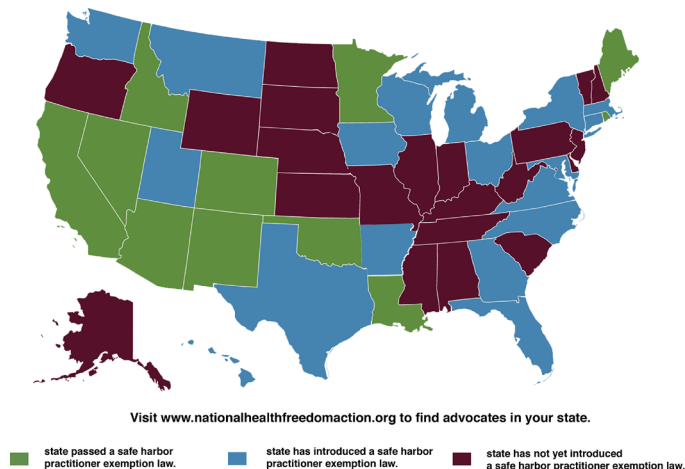


NHFC envisions an America where everyone can access the practitioners and products they need on their healing journey and where all are free to make their own health decisions. In 2024, our mission to protect and advance health freedom has continued to grow including:

- Coaching groups working on policies related to health freedom
- Researching and tracking thousands of Right to Refuse bills across the nation that would protect bodily autonomy and genetic integrity
- Updating NHFC’s Expanded Practice Act Model to allow licensed medical professionals to use expanded practices that are not generally considered to be within the prevailing standards of care
- Giving presentations on laws and bills regarding healing practitioners’ right to practice, people’s right to make their own health decisions, including vaccinations, and protecting homeopathic remedies

## Protecting Practitioners’ Right to Practice

Is there a Safe Harbor Practitioner Exemption Law in Your State?



In 2024, NHFC continued its commitment to ensuring that complementary and alternative health care practitioners can freely practice and remain accessible to consumers. Our team worked in MA, CT, FL, IN, OK, and OR, educating groups on the legal frameworks that safeguard health practitioners’ rights and how to make policy changes.

We are dedicated to spreading awareness about the essential role of health freedom rights...



... and empowering citizens to take action in protecting them.

## Right to Refuse by the numbers in 2024. Progress is being made for health freedom across the nation.

Medical mandates regarding vaccinations and health decisions have resulted in coercion for many people. Since 2020, NHFC attorneys have been researching and tracking legislation aimed at protecting bodily autonomy and genetic integrity. The numbers tell a story of progress:

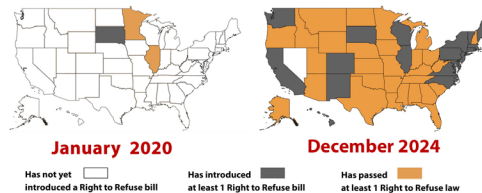
**49** states across the nation have filed over **1380** bills that explicitly PROTECT bodily autonomy. **29** states have passed a total of **83** new laws, **8** new laws were passed in **2024!**

While progress is being made, many states still lack protective legislation. In these areas, coercive medical mandates persist, making our work to educate and support advocacy groups more critical than ever.



Right to Refuse is a national campaign to help state organizations and grassroots advocates connect for the purpose of passing state laws that would protect the rights of individuals to make their own health decisions.

**1380+** Right to Refuse bills filed since 2020  
**49 States** have filed at least one Right to Refuse bill



**83**  
**Right to Refuse Bills**  
**have passed**  
**into law in 29**  
**states!**

NHFC Attorney Steven O'Connor has been educating state groups working on **Right to Refuse** legislation through a series of impactful presentations and resources.

- Laws, legislation, and litigation regarding minor consent to vaccination across the United States
- Fluoride ethics, legislation, and litigation
- Overview of new bills relevant to Right to Refuse efforts
- Religious exemptions to K-12 vaccines
- WHO Pandemic Agreement and amendments to the International Health Regulations (IHR)
- New federal case law impacting Right to Refuse advocacy
- Genetic privacy and integrity laws
- Recent jury verdicts related to Right to Refuse issues

# NEW! Expanded Care Practice Act 2025


This year, NHFC’s legal team updated the Expanded Practice Act Model Bill, now titled the Expanded Care Practice Act 2025 for Licensed Health Care Occupations. This model legislation aims to:


- Allow licensed medical professionals to use expanded practices beyond prevailing standards of care.
- Be in effect when treatments pose no greater risk than conventional methods.
- Require practitioners to disclose their training, the nature of expanded practices, and obtain informed consent from patients.


This Act empowers licensed practitioners to innovate and offer diverse healing options, while ensuring safety and transparency.


The freedom of every person to choose their own healing path is essential.

**EXPANDED CARE PRACTICE ACT 2025  
FOR LICENSED HEALTH CARE  
OCCUPATIONS**

  
Diane M. Miller JD  
Law and Public Policy Advisor  
National Health Freedom Coalition

 National Health Freedom Coalition

 National Health Freedom ACTION

  
Steven O'Connor JD  
Attorney  
National Health Freedom Coalition

NHFC and NHFA  
PMB 218, 2136 Ford Parkway,  
St. Paul, MN 55116-1863  
[www.nationalhealthfreedom.org](http://www.nationalhealthfreedom.org)  
E-mail: [info@nationalhealthfreedom.org](mailto:info@nationalhealthfreedom.org)

## NHFC: Protecting Homeopathic Remedies

NHFC intensified its efforts to safeguard access to homeopathic remedies in 2024. With regulatory pressures mounting, our attorneys collaborated with national organizations to educate legislators and the public about the importance of preserving this time-tested approach to healing. NHFC created a special video to share with the public on **Homeopathic Remedies and the Law**.

**NHFC, and its sister organization NHFA, recommend the federal law be changed to acknowledge that homeopathic remedies are “generally regarded as safe” with the burden of proof on the government to show harm before any action is taken against them.**

NHFA has drafted federal legislation to address this issue and wants to work with any group who shares the same vision to make sure that all homeopathic remedies may be on the market.

  
**Watch NHFC Attorney Diane Miller’s Video Presentation: Homeopathic Remedies and the Law**



*Just scan to watch* 

[TINYURL.COM/NHFAPROTECTHOMEOPATHICREMEDIES](http://TINYURL.COM/NHFAPROTECTHOMEOPATHICREMEDIES)

## Raising Awareness at National Conferences:

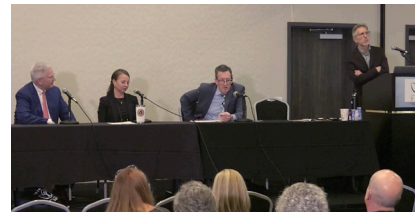
NHFC gave presentations at a number of in person and virtual conferences, educating listeners about their rights, about laws that impact their freedoms, and how they can become active in making changes for health freedom. In-Person Conferences and Presentations:



**Joint American Homeopathic Conference – Reston, VA – April 2024** – Petra Brokken and Julie Booras represented NHFC.

**2024 HomeoSummit – May 2024** – Virtual, Diane Miller gave a presentation called *Homeopathic Legal Issues of Today*.

**Trinity Health Freedom Expo – Indianapolis, IN – October 2024** – Attorney Steven O’Connor participated in the Health Freedom Panel with Robert Scott Bell, Jonathan Emord, and Leah Wilson.



**Holistic Professionals of Color Conference (HPOC) – Oklahoma City, OK – September 2024** – Attorney Steven O’Connor gave a presentation on Safe Harbor Practitioner Exemption, Expanded Practice, and Right to Refuse legislation.

**Ayurveda Association of Florida - Doral, Florida - October 2024** - NHFC’s Nate Gorman discusses Safe Harbor Practitioner Exemptions laws. Florida groups are currently mobilizing to work toward a Safe Harbor bill.



**17th Annual Natural Health Expo – Marlborough, MA – November 2024** – Julie Booras gave a presentation titled *Protecting the Future of Health Freedom*.

**MHA Annual Conference, Northwest Academy of Homeopathy - Edina, MN - November 2024** - Presentations were given by NHFC founders Jerri Johnson, Diane Miller and Leo Cashman.

- Jerri spoke about the history of the health freedom movement in Minnesota as it developed in the mid-1990s.
- Diane presented on the legal and regulatory issues for homeopathy in America.
- Leo spoke on breakthroughs of dental amalgam mercury being currently banned in almost all of Europe and on a federal district court judge’s verdict finding that water fluoridation presents an “unreasonable risk of harm” to the brains and nervous systems of children in America.

## NHFC is educating people about important issues that affect our health freedoms:

In 2024, National Health Freedom Coalition (NHFC) published a series of insightful and impactful articles each week, offering expert analysis and updates on critical health freedom issues. Our team of writers, including Diane Miller, Leo Cashman, and Steven O'Connor, contributed thought-provoking perspectives on a range of topics shaping the health freedom movement.



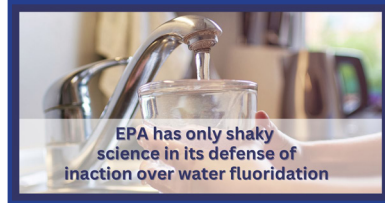
Diane Miller's writings, including "Walking Towards Truth and Freedom Requires Critically Thinking Minds" and "Cattle Baron History Repeating Itself, But Now with Human Herds," emphasized the importance of wisdom, historical context, and critical thinking.

She also penned a heartfelt "Letter to Children and Grandchildren about Freedom and Health," reminding future generations of the value of preserving health freedoms. Throughout her work, Diane highlighted the need to stay true to the vision of health freedom while navigating contemporary challenges.



Leo Cashman kept our readers informed on the ongoing fluoride trials and the controversy surrounding public water fluoridation. His coverage, including "As Fluoride Trial Wraps Up, EPA Defends its Inaction Citing 'Scientific Uncertainty'" and "The

Fluoride Verdict: A Final Victory or a Scandal That is Buried?", shed light on the ongoing legal and scientific battles, emphasizing the need for transparency and accountability in public health decisions.



NHFC attorney Steven O'Connor, brought a legal perspective to NHFC's coverage, offering updates on key court rulings and highlighting critical legal victories that support individual rights and bodily autonomy. His ongoing exploration of state powers

and the Right to Refuse legislative initiative provided essential guidance for grassroots advocates working to pass state laws that protect personal health decisions.



Together, these contributions helped NHFC educate and inspire activists, advocates, and citizens to take action in protecting health freedom.

We will not stop working for the freedom of each person to access what one needs on their health journey.

By learning to navigate the legislative process, everyday people can help shape the future.

## New Team Members in 2024

### Lauren May Malis, New Fundraiser



NHFA is excited to bring on the services of Lauren May Malis of LUXE Partners II, LLC to add to our wonderful fundraising and public relations team.

Lauren's diverse executive portfolio brims with nonprofit organizations, government agencies, and for-profit companies, spanning more than two decades.

Lauren is obsessed with wellness and the future of what it can and will do for all. She has concentrated on wellness brands, resorts and spas, health institutes, wellness tech, and wellness and health nonprofits. With a true passion in this area, Lauren went on to study nutrition, earning her a health certificate in Integrative Nutrition. She then continued her studies at Harvard Medical School. Lauren is a Certified Thermographer and Ayurvedic and Indigenous Practitioner and serves clients all over.

Lauren has worked with a variety of wellness and sustainable companies, including the world-famous Hippocrates Health Institute, Israel Cancer Association USA and HealthCorps.

### Greg Miller NHFC Board Member



Greg Miller came to the health freedom movement in 1997 after facing some family health challenges that mainstream practice had no answer for. He was a board member of the Minnesota Natural Health Coalition from 1998-2002 and was involved in the passing of the pioneering Complementary and Alternative Health Care Freedom Act of 2000. Learning about the legal and political obstacles around alternative healing led Miller to further activism around freedom issues and government overreach.

Greg is a graduate of the University of Minnesota and a serial entrepreneur with business experience in software development, payment processing and real estate. He currently manages a portfolio of rental properties. When not working, Greg enjoys being papa to his grandson as well as hunting, fishing and keeping up with technology. He lives with his wife in a rural township south of Prior Lake, MN.



## Meet the team:

### BOARD OF DIRECTORS



Leo Cashman  
*Treasurer, Secretary,  
Acting Chairman*



Peter Helgason



Greg Miller

### NHFC STAFF



Julie Booras  
*Public Outreach &  
Development*



Petra Brokken  
*Staff Attorney*



Judy Buroker  
*Executive Office  
Administrator*



Leo Cashman  
*Accountant*



Nate Gorman  
*Leg. Policy Advisor*



Jerri Johnson  
*Public Relations*



Diane Miller, JD  
*Law & Public  
Policy Advisor*



Steven O'Connor  
*Staff Attorney*



Lauren May Malis  
*Fundraising*

The future of health  
freedom is bright.  
Working together  
we can move  
mountains.

## NHFC Mission Statement



*To promote access to all health care information, services, treatments and products that the people deem beneficial for their own health and survival; to promote an understanding of the laws and factors impacting the right to access; and to promote the health of the people of this nation.*

Your ongoing  
support makes all  
this possible and we  
are so very grateful.

# NHFC FINANCIAL STATEMENT – 2024

## 2024 Statement of Revenue & Expenses

### REVENUE:

Contributions and grants.....178,168  
Interest revenue ..... 5

**TOTAL REVENUE.....178,173**

### EXPENSES:

Wages, payroll taxes and benefits ..... 102,975  
Contracted services..... 48,936  
Online services ..... 10,563  
Rent, telephone, utilities, internet.....4,652  
Travel, transportation and lodging ..... 3,444  
Supplies, merchant and bank fees..... 3,484  
Postage, copying and printing ..... 9,285  
Equipment depreciation & repair ..... 1,372  
Conference fees and tuition fees..... 1,494  
Insurance, sales tax, misc..... 370  
Congress direct expense.....180  
Grant to sister health freedom org.....7,500

**TOTAL EXPENSES ..... 194,255**

**NET, REVENUE OVER EXPENSE ..... -16,082**

## Balance Sheet, December 31, 2024

### ASSETS:

Cash..... 88,368  
Misc receivable ..... 873  
Prepaid expense.....1,080

**TOTAL CURRENT ASSETS.....90,321**

Equipment, Net of Depreciation.....2,260

**TOTAL ASSETS .....92,581**

### LIABILITIES:

Accounts payable .....2,788  
Wages payable..... 6,093  
Payroll taxes owed and accrued .....2,219

**TOTAL LIABILITIES.....12,053**

**NET ASSETS .....80,528**

**TOTAL LIABILITIES & NET ASSETS.....92,581**



**THANK YOU TO OUR 2024 DONORS**  
NHFC gratefully acknowledges those whose gifts support our work.

### \$25,000 and above

Barry Segal  
Anonymous (1)

### \$10,000-\$24,999

Ned Wuertz

### \$5,000-\$9,999

Sharon Ginsburg  
Steve Johnson  
Thomas McKissick  
NOW Health Group, Inc  
Spring Forest Qigong  
Company, Inc.

William L Rand Company  
Anonymous (2)

### \$1,000-\$4,999

Tara Baklund  
Bales Photonics, Inc

Abby and Chris Beale  
David Duarte  
Christine Fiordalis  
John and Diane Framsted  
Jigsaw Health LLC  
Jerri Johnson  
Mary Langerson & Nick Rumin  
Karen Lyke

Greg and Deanna Miller  
Physicians For Informed  
Consent  
Washington Homeopathic  
Products, Inc  
Anonymous (6)

**\$500-\$999**

Committee For Efficient Gov  
LLC  
Pamela Hansen  
HomeoSummit 2024  
Beth Knudtsen Spears  
Timothy Miller  
Yoshi Rahm  
Annette Vaughan  
Matthew Wood  
Newton Homeopathics  
Anonymous (5)

**\$250-\$499**

Marybeth Buchele  
Rosemary Gladstar  
Anne Hines  
Ronald Kenmir  
Marta Lettofsky  
Jo Lindberg  
Karen McKy  
Melanie Powell  
Stasia Steinhagen  
Linnie Thomas  
Tooth By The Lake

Rebecca Walpole, NP  
Christine West  
Weston A. Price Foundation  
Anonymous (3)

**\$100-\$249**

Ellen Bench  
Tami Breidinger  
Barbara Brockway  
Brenda Bryan  
Judy Buroker  
Geoffrey and Charlotte Clark  
Jerome de Bontin  
Donata Dow  
Roxanne Friedenfels  
Arnold Gore  
Kathleen Gray  
Bruce Hale  
Cecelia Hard  
Linda Hedquist  
Heloisa Holden  
Erin Holder  
Gina Inez  
Alice Kitzmann-Bates  
Susan Koecher  
Jacalyn Krammer  
Amy Lansky  
Denise Litz  
Bill Manahan  
William Mears  
Diane Miller  
Jacob Mirman  
Sally Norton  
Chad Oler

Camilla Rees  
Andrea Reisen  
Hilda Richey  
Ann Richter  
Jessica Rose  
Karina Roth  
Ranji Samaraweera  
Jeff Schragin  
Mary Smith  
Diane Spindler  
Rose Ann Steenhoek  
Karen Stene Finch  
JoAnn Swedock  
Charlene Terrana  
Sally Weatherly  
Bonnie Whitley  
Richard Williams  
Anonymous (16)

**\$1-\$99**

Elizabeth Barnum  
Maria Bondanza  
Julie Booras  
Valerie Borek  
Sara Chudleigh  
Ramona Coronado  
Maggie Davis  
Donald Dyall  
Margaret Feravich  
Dennis Gorman  
Julie Gronberg  
Nancy Groves  
Maureen Hanson

Gary Hogan  
Debra Hultgren  
Deborah Klaus  
Annette Kohn-Lau  
Lynn Koll  
Susan Kraemer  
Lasea Kusbel  
Patrick Lacy  
Elouise Lavender  
Graciela Lopez  
Mark Lynver Mag-aso  
Sally Maslon  
Marcy Meiller  
Kathleen Monaghan  
Christina Newell  
Valerie Noble  
Sharon Poole  
Jeanette Porter  
Robert Qualls  
Paula Quinlan  
Caroline Rider  
Ava Rockwell  
Dennis Schwartz  
David Scott  
Betsy Skelton  
Mary Spielberg  
Jackie Tonkel  
Anonymous (14)



NATIONAL  
HEALTH FREEDOM  
COALITION

**NHFC**

A 501(c)3  
non-profit  
educational  
organization

## OUR MISSION

### **NHFC Vision**

A healthy nation, with empowered people, making informed health care decisions.

### **NHFC Mission**

To promote access to all health care information, services, treatments and products that the people deem beneficial for their own health and survival; to promote an understanding of the laws and factors impacting the right to access; and to promote the health of the people of this nation.

National Health Freedom Coalition  
PMB 218, 2136 Ford Parkway  
St. Paul, MN 55116-1863

*Return Service Requested*

**The freedom  
to make our  
own health care  
decisions is vital  
to liberty and  
democracy**