



# EXponential HEALING

GERALD L. WHALEN, D.C.

## It's entirely possible to break free of chronic illness and soar toward wholeness.

All it takes is understanding how your mind and body are meant to work together in order to provide all the healing power you need. And *Exponential Healing: The Power of Integrative Chiropractic to Restore Your Health and Wellness to Nature's Design* can provide that understanding. It's meant for those whose failed pharmaceutical cures have left them doubting conventional medicine. It's a guide for anyone living with stress and disease that threaten their vision of the future. It's a roadmap to restoring wellbeing.

As former President of the International Chiropractic Association of Indiana and a Certified Neuro Emotional Technique practitioner, Gerald L. Whalen, D.C.'s forty-four years of experience have enabled him to help thousands of people claim true wellness. And now he's sharing the research that proves your mind and body can be used to rejuvenate your health and unlock life's fullest potential.

*Exponential Healing* is an in-depth look at how the Four Foundational Pillars of Health offer untold recovery from fatigue, stress, pain, difficulty sleeping, and more. Using personal data and stories

## ABOUT THE AUTHOR

Gerald L. Whalen, D.C., is the youngest of six born among the rolling hills of rural Southern Wisconsin in the amiable farming town of Darlington. His original inspiration to become a chiropractor emerged from the life-transforming miracle of his own first chiropractic experience at the age of sixteen.

He went on to attend Palmer College of Chiropractic—the birthplace of chiropractic—located in Davenport, Iowa, and graduated with honors in 1979. With an interest in holistic care, Dr. Whalen became a certified Neuro Emotional Technique (NET) practitioner. Through a structure of nutrition, homeopathy, and an emotional approach, he has used NET to help hundreds of patients find their way back to health. He also served as President of the International Chiropractic Association of Indiana from 2019 to 2023, and currently owns and operates Zionsville Holistic Chiropractic & Wellness Center.

coupled with information sourced from experts in the field, Dr. Whalen reveals how following the Four Foundational Pillars of Health can lead you to recovery. By redirecting your focus to this integrative chiropractic method, you can supercharge your health and restore peace and balance to your life.

### You'll discover:

- Solutions for health-conscious people that outshine average prescriptions and reawaken vim and vigor
- Why you don't have to accept aches and pains as a normal part of aging but can stay strong and productive
- Ways you could be interfering with the Four Foundational Pillars and how to stop
- Proof there's a missing piece to modern medicine and how this piece explains your innate ability to heal
- Hope and guidance for those saddled with frustratingly persistent health issues of all kinds

*Exponential Healing* is your must-have guide to alternative medical treatments. Dr. Whalen's Four Foundational Pillars of Health will set you on the rise to resilience through intuitive knowledge, affirming care, and a journey to self-empowerment.

## DETAILS

### Paperback & eBook formats

#### Publisher:

Logarithmic Publishing

#### Language:

English

#### Print ISBN:

979-8-9885389-0-5

#### eBook ISBN:

979-8-9885389-1-2

#### LCCN:

2023911564

#### Publication Date:

September 19, 2023



#### Author Website

[www.zionsvillechiropractor.com/exponential-healing/](http://www.zionsvillechiropractor.com/exponential-healing/)

#### Author Email:

[docwhalen@zionsvillechiropractor.com](mailto:docwhalen@zionsvillechiropractor.com)