

a holistic APPROACH to medicine and business

BY MACKENZIE MYERS

When Roseville chiropractor Dr. Charles Boley says he runs a family practice, he means it. Not only does he and his wife, Tracy, run billing for his office, but his son was an unofficial patient at just a few days old.

"When we were finally able to hold him, he had a really shallow respiratory rate," Boley said. "I was feeling his spine and told the doctor I was going to adjust him. He said, 'Oh, you can't do that.' But he's my kid."

Boley recalled listening to his son's shallow breaths and letting his hands tell him what to do. Upon gently adjusting the infant and hearing the click of a tiny rib, he heard his son's breaths return to regular rates and watched the monitor settle. Boley said it's been his favorite adjustment ever.

"That's when you know you're doing what you're supposed to be doing," Tracy added.

Boley wasn't always on the chiropractic path, though. At one time, he wasn't even on the healthcare path. He worked three years as an operations manager at a chemical distributor in Fresno, after graduating from Sonoma State. When he realized he wanted to work more closely with people, Boley left the position and pursued a Doctor of Chiropractic degree at the Los Angeles College of Chiropractic. He graduated in 2001 and began his own practice the next year.

The initial practice had humble beginnings. Out of a rented room in Rocklin, Boley saw five to seven patients a week, according to Tracy. But he moved the operation to Roseville's Johnson Ranch complex in 2004 and has been there ever since.

Boley said he enjoys the fact that every day at his job is a little bit different, that it balances physical and mental work and that he gets to be face-to-face with patients.

Though the main things chiropractors see are lower back and neck pain, Boley also works with other areas of the body: hips, shoulders, knees, ankles and feet.

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"My training is in the biomechanics of the entire body, not just the spine," he said.

He explained that since the nervous system is housed in the spinal column, any time that system is disturbed, it can cause problems in other places throughout the body.

For Boley, the goal is to figure out how a patient's pain impacts them in everyday terms, examine the problem from its source, make a diagnosis and formulate a treatment plan. He believes in educating patients about their own health, and getting to the root of a problem rather than just masking its symptoms with medicine. Boley insists sticking to these principles and philosophies is what makes him successful. He believes in a practice that gives patients resources and options.

One such option is the K-laser, which Boley has used in his practice for the past three years. Incidentally, he is the only doctor in Placer County licensed to use one. The laser, which operates on four different wavelengths of light, scans through the

skin, through muscle and into the bones of a patient. This brings increased bloodflow and oxygen to the affected region, reducing

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inflammation and cutting healing time by about 50 percent. He says that regular chiropractic care will still get the job done and that the laser is a last resort, but the tool has been a great addition to his practice.

Overall, though, Boley believes that healing begins with helping the body help itself.

"If we allow the body to heal itself, it'll do that the majority of the time," he said. "But we've got to stop messing it up. The body is a good machine but we've got to take care of it."

His tips for how to take care of your body? Exactly what you'd expect, but with a twist.

"Get enough sleep, decrease your stress levels, eat correctly, exercise and see a chiropractor," Boley laughed. "Number one, see a chiropractor." ♦



PHOTOS BY MACKENZIE MYERS

Dr. Charles Boley adjusts his wife Tracy to demonstrate part of a chiropractic session.