

CHRISTOPHER BOSCO, DC

Maintaining Health and Wellbeing On All Levels

By Narielle Living



Lisa W. Cumming Photography

At first glance, Christopher Bosco, DC, is a laid back, easygoing chiropractor with a thriving business in New Town. Underneath that demeanor, however, is a serious man who is passionate about the health of his family, friends and community.

Originally from New Jersey, Bosco (as he prefers to be called) relocated to Williamsburg to escape the frustrations of the crowded northeast. “My parents had been coming down here regularly since I was a kid,” he says. “They came every year, and they loved it!” His parents had suggested he explore his options in Williamsburg. “They had bought a condo here, and they said I could live in the condo because they were only down here a couple of times a year. For about a year I came down with them about once a month.” Those monthly trips helped him to find a place to open his new practice and soon he was ready for business.

Bosco had a very specific plan for what he wanted to do as a chiropractor. He knew there was more to the field of chiropractic, and he wanted to expand his practice into a variety of alternative modalities. While living in New Jersey, he was utilizing various techniques that he felt would enable his patients to grow into their wellness, but it wasn’t as popular as he thought it would be. “I was frustrated,” he says. He was trying to introduce his patients to complementary energy techniques with varied degrees of success. “It wasn’t resonating around there. I was doing talks and going to stores and doing demonstrations, and it didn’t build enough for me to make a living at it up there.” Plus, there were many chiropractors in his area, making competition fierce. “New Jersey is densely populated, and chiropractors were on every corner.”

Bosco attended chiropractic school at Life University in Marietta, Georgia. After he began practicing in New Jersey, he had a life altering event which would forever change his approach to healing. "I was in a serious car accident, and that's part of the reason I got into energy work." According to Bosco, energy work is the one thing that helped him to recover. "I went through four years of chiropractic, physical therapy, all the pain management treatment and everything you can think of conventionally outside of chiropractic." But traditional Western medicine alone was not going to help him to recover.



In a twist of irony, Bosco recalls what he had often said to his patients. "I always told my patients to avoid surgery, spine surgery, any kind of surgery. Prevent it if you can. There are just too many inherent risks with surgery." After four years of suffering from his injuries from being in the car accident, he had to face the inevitable. "The entire left side of my body was almost fully dysfunctional, almost paralyzed. I couldn't move it, and I was in severe pain all the time." After seeing multiple doctors, and having to stop chiropractic work because he was in so much pain, he agreed to the surgery. "I was almost bedridden for six months," he says. "When I got in the accident, I was in so much pain I couldn't move. I didn't want to take any medication. I tried to do the right thing. I wound up breaking down and getting the spine surgery on my neck, my cervical spine. They were just going to take out the worst herniation."

Overall, the entire experience was difficult. Bosco lost almost 50 pounds. He had been an avid athlete who worked out all the time but was unable to do so anymore. "I used to be able to bench press 450 pounds," he says, remembering. "I thought I shouldn't have all these problems. I'm strong enough, but it has nothing to do with that because there are other things involved with getting into an accident and the damage to the body. My body just hurt so much." Everything changed for Bosco when he found the techniques and machines he uses today in his practice. "Once I found these machines to help repair the body and find the underlying causes, I started to heal properly from the inside out instead of superficially or symptomatically."

Bosco discovered these new technologies and techniques when he attended a seminar for chiropractic. "They talked about some new technology, other energy therapies. I knew I needed to learn about this. We had one of the machines where I was working, so once I figured it out and did the research, I started using it. I started seeing the results, and I was actually healing from the inside out." He says this is because he wasn't masking any symptoms or superficially healing anything. "I almost had tears in my eyes, it was ridiculous how quickly I was getting great results using these new therapies." "I couldn't go through life like that," he says of his pain. As he gained strength and continued to heal, he was then able to resume his prior activities, such as weight lifting. "I wound up being super happy about having the surgery because it just 180ed everything. I was in a lot of pain for about a year after the surgery, just with the body and the soft tissue, and the muscles and nerves were getting atrophied so I had to rebuild all that back up. But I'm a much healthier person now."

His practice, BioHarmony Rejuvenation Center, is focused on the physical and emotional wellness of his clients. Bosco is very attuned to helping people reduce stress and regain balance in their lives. His approach is always client first, a philosophy that became apparent while he was talking. In the middle of a sentence, the office door chimed, indicating a patient had walked in. After excusing himself, he went to the front room and talked with someone who had gotten their appointment time confused. Rather than turn his patient away, Bosco led the person into a room and set him up for his treatment.

Bosco says that the heart of what he does is advanced active stress management. “Everyone knows that things can create stress in the body. If you work out too much the stress you just caused makes you sore the next day. So you understand some common sense things, and if you work too much or if a student is studying for exams, they may get worn down or have a headache because they are stressing the body mentally. There’s also emotional stresses, chemical stresses, and the list goes on. Every single thing you can think of that’s out there can be considered a stress to the body, whether it’s good or bad. Our bodies are amazing in that they are able to take the stress and determine what it is, then discern what the body needs to do to rebalance it.”

According to Bosco, we are taught to use drugs to take care of our symptoms. For example, we might take aspirin for a headache. “When you do that the signal your body is giving you doesn’t go away. The drugs take care of the symptom at that site but over time the medication doesn’t work anymore, so the body pushes harder.” This then creates a cycle of stress and pain that never truly addresses the underlying cause of the pain. The services he performs in his practice are varied, and include Pulsed Magnetic Cellular Exercise, Low Level Light therapy, Emotional CPR, and the use of the SpectraVision, which detects interrupted energy flows within the body. In addition, he offers classes in Wing Chun Kung Fu. Bosco says that this range of modalities gives people the ability to process and transform physically, mentally, emotionally, and spiritually so that they can achieve optimal health. “You have to want to come to the truth of what is aching you, or ailing you or whatever is bothering you. If you do that the body will heal.”

Dr. Christopher Bosco has patients from other parts of the country who come to Williamsburg for his services. “They come to see me because of my specific, energy-based chiropractic adjustment. People come from Florida, Michigan, Ohio and New Jersey,” he says. “These are people who heard about me and they’ll come every 3 to 6 months or when they’re able to. They all have their own chiropractors they see regularly, but those chiropractors don’t do what I do.”

Everything Bosco does, from his analysis of a patient to teaching about energy alignments and stressors, is designed to be preventative and used for maintenance. Sometimes explaining this type of work to the public can be difficult, but Bosco believes strongly in the healing power of what he does. “Most of the people who come in here know what these things do and they understand how the body works, and most of all, they want to become optimally healthy and prevent illness and disease.” NDN

Original featured article appeared in the October 2018 issue of Williamsburg’s Next Door Neighbors magazine, a Williamsburg, Virginia publication.