



WILSON
CENTER

AT THE **CORE** OF WELLNESS

A silhouette of a person standing on a rock with their arms raised in a celebratory gesture, set against a soft, orange-hued sky.

Taking a Different Approach

"We will work together to overcome the challenges that are preventing you from achieving complete wellness"

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Taking a Different Approach

Dr. Wilson has been in practice for over 25 years. She has extensive education and training in functional movement analysis, physical medicine and integrative functional medicine which allows her to provide a unique and progressive approach to health care and wellness. Having studied with internationally respected neurologists in Europe, Dr. Wilson comprehends the intricate and complex balance between the nervous system, muscles and joints. She uses skilled manipulation and movement rehabilitative techniques to coordinate, heal and strengthen these systems. Dr. Wilson also consults with each patient on diet and lifestyle. Almost all chronic pain and disease is associated with inflammation, and since one of the primary causes of inflammation is a poor diet, it is critical to address these underlying issues hindering complete recovery and wellness. She works with each patient to identify and address the components that are interfering with a healthy active life. You deserve a comprehensive approach that addresses both your physical health and your nutritional/metabolic health. The Wilson Center will help you reach your goals.

Functional Physical Medicine

Current research in the areas of chiropractic, sports medicine, physical medicine and functional movement helps us to understand how our bodies move and how movement affects our physical joints, muscles and nervous system. Empowered with this knowledge, you can recover from your injuries, return to daily activities and learn how to exercise safely and efficiently. You can be on your way to a life full of healthy movement with fewer injuries and increased energy. Dr. Wilson uses clinical techniques based upon the science of manual therapy, movement and rehabilitation to help every patient live life to their fullest potential.

Personalized Functional Training and Sport-Specific Training for all Ages

NeuroCatalytic Training™ is the missing link in your workout program. The body knows how to move because the nervous system gives it instructions. The quality of these instructions and the speed at which they are delivered determines how efficiently you can develop skill, strength, speed, agility, balance, and endurance. Simply stated, if you are not training your nervous system you will never achieve your full potential of movement. Research shows that activation of the core is compromised in most individuals; from those who live a sedentary lifestyle to Olympic athletes. Activation of the core comes from the nervous system and requires the coordination of multiple components. Once the core is retrained to engage correctly, the body is then prepared to develop greater skill, strength, speed, agility, balance, and endurance. Dr. Wilson offers these specialized training protocols to anyone wanting to return to activity, become more functionally fit or to excel in their specific sport.

Customized Nutrition, Diet and Lifestyle Programs

Functional medicine and nutrition is a dynamic approach to wellness. It addresses the whole person, not just an isolated set of symptoms. It looks at how food, environmental factors, physical, mental and emotional stressors and nutritional supplements affect our metabolic processes. It provides a framework to assess, evaluate and treat the patient. Dr. Wilson employs the advanced science of metabolic testing along with the skill of nutritional guidance and support to help each client achieve enhanced health and optimal wellness.

Dr. Wilson uses micronutrient testing by SpectraCell Laboratories. Conventional testing looks at the current nutrients in the bloodstream. SpectraCell allows us to look at micronutrient absorption directly into the cells over a six month period.

Wilson Center also provides food sensitivity testing to identify one of the most common underlying causes of inflammation. Food sensitivity affects approximately 95% of the population and is a major cause of chronic pain and disease.

Dr. Wilson is one of the only physicians in the northeast to provide L3W[®] (Live Long Live Well) testing. L3W[®] is a unique and thorough program designed to balance blood sugar levels/insulin surges and acid/alkalinity in the cells. It helps to optimize organ and gland function, examine vitamin, mineral and hormonal balance which all leads to increased energy. The Live Longer Live Well[®] program aids Dr. Wilson in providing you a personalized diet plan based upon your specific Biochemical Type[®].

With this information, Dr. Wilson will customize a treatment plan that will address your specific nutritional needs. Diet, lifestyle choices and supplementation are all important components “At the Core of Wellness”.



Dr. Pamela E. Wilson

Chiropractic Physician,
ACRB Level III in Rehabilitation,
Kinesio Taping Practitioner

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Mirintus

Over ten years ago Dr. Wilson established Mirintus. The company was founded out of a desire to provide her patients, and the community, with the advanced science of health and fitness plus high quality nutraceutical grade supplements. Dr. Wilson's mission was to provide the best products paired with the advanced science to enhance recovery and restore a state of optimal health. Choosing a company name and tag line was important. She wanted it to represent the scope of complexity within the human body as well as the depth of research and science that is emerging in the arena of exercise, fitness, metabolic testing and nutritional supplements. After a few months of word searching she decided to construct a new word from Latin roots. Mir (the Latin root for wonder or amazement) and Intra (the Latin root for within). When combined, the striking word Mirintus emerged representing the wonder and amazement within us.

Mirintus.....Advanced Science. Enhanced Health.

Mirintus is now a local nutraceutical supplement store at the Wilson Center in Red Bank, NJ as well as an active on-line store at Mirintus.com. Anyone can visit the store at the Wilson Center in Red Bank to purchase nutraceuticals directly. If you or your family and friends live outside the local area, go to the website and order nutraceutical supplements to be delivered directly to your home.

Dr. Wilson has created a library on Mirintus.com where she posts and archives health and fitness articles. The site continues to evolve as additional knowledge in the field develops and becomes validated. Mirintus is your source for the advanced science that is emerging in health and fitness. Dr. Wilson is now providing the local and national community with information, education, consulting and nutraceutical grade supplements.

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