

## Massage Professional helps prove there is life after Lyme's!

*(& Living With Fibromyalgia, a Patient's Triumph)*

STUART, FL. – On Friday, October 23, 2009, **Barbara Pettitt**, a former Registered Nurse took a few minutes following her therapy to share her story about **Debbie Roberts** and Massage & Fitness Professionals of the Treasure Coast.

Just as she was finishing a 1 ½ hour therapeutic massage, cupping (to release fascia) and jin-shin-jyutsu (similar to acupuncture, but without needles), **Pettitt** shared that there really is life after Lyme's disease and living with fibromyalgia is possible with the right "team."



**Barbara Pettitt**  
Massage & Fitness  
Professionals client for  
15 years, looking &  
feeling great.  
*Photo courtesy: Richard G.  
Pettitt*

**Pettitt** shared with reporter that she had contracted Lyme's disease near her home in New Jersey several years ago, and went undiagnosed for the first four years. For those grueling years, **Pettitt's** blood tests all came back normal, where it seemed that her symptoms were, "all in her head." By the fifth year, **Pettitt** was blessed with the opportunity to meet a New Jersey doctor that would treat the symptoms. Typical treatment is heavy doses of antibiotics intravenously. Side effects from Lyme's disease occur when the spirochetes burrow into different parts of the body, with **Pettitt**, the parasites attached themselves to her muscles. At this same time, **Pettitt's** 16-year old son was also stricken by an infected tick. If the typical "bull's-eye" rash does not appear at the onset of the infection, it may appear during treatment, as in **Pettitt's** case. **Pettitt** managed to suffer through eight years of monthly, cyclical symptoms of Lyme's disease. **Pettitt** raised three wonderful children, even though she nearly succumbed to septic shock.

**Petitt** and her family moved to the Treasure Coast in 1994, a common occurrence in Lyme's patients (they find relief in the warmth). Later the first year (in FL.), **Petitt** went to the Mayo clinic in Jacksonville for a barrage of tests to find out why the warm weather was not alleviating all of her symptoms. An expert panel of Physicians made a very thorough report of symptoms, and diagnosed **Petitt** with fibromyalgia that was a result of chronic Lyme's disease. The Lyme's disease had penetrated her muscles.

Since 1994, **Petitt** has been a patient of **Debbie Roberts** of Massage & Fitness Professionals of the Treasure Coast. Each, and every day **Petitt** feels better, she travels, cares for grandchildren, is an avid gardener, walks over 3.2 miles per day, enjoys bowling, golfing, and water aerobics. **Petitt** has found **Debbie Roberts** and her staff to be invaluable members of her health care team. **Petitt** also reports that the only medication that she needs is one to regulate serotonin levels when she sleeps, and is so grateful to **Roberts** for "keeping her going." **Petitt** wants other people suffering from either ailment to know that there is help out there...find help, eat right, sleep right, and get some exercise." If I can encourage one person, I will be happy," states **Petitt**.

Massage & Fitness Professionals of the Treasure Coast has also been supporting the Pink Tie Friends for Breast Cancer Awareness month (October), and Massage Awareness week (October 25-31<sup>st</sup>), for the month of October, and any monetary donation to Pink Tie Friends afforded clients a 20% discount off the regular price of either ½ or 1 hour massage, from Oct. 25th-31st.

To find out more about the services offered by Massage & Fitness Professionals of the Treasure Coast, or to reserve your seat at the November 10, 2009, talk by **Roberts**, "Falls Prevention" at Jensen Beach Baptist Church, please see: <http://www.massage-fitnessspa.com/about.html> or visit: 2215 S. Kanner Highway Stuart, FL 34994, or call: 772-288-0073, or e-mail: [massageandfitnes@bellsouth.net](mailto:massageandfitnes@bellsouth.net)