

Gluten-free in the Hudson Valley

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TUSCANY WITH ZENFULLY DELICIOUS

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ZENFULLY DELICIOUS™ AND PERILLO TOURS ANNOUNCE GLUTEN-FREE FOOD LOVER'S TOUR OF TUSCANY IN OCTOBER 2012

NEW YORK, NY — Managing a gluten-free diet is challenging enough, but add in travel and the complications go to a new level. Zenfully Delicious™, the lifestyle company that empowers people with chronic illness to embrace indulgent wellness, is taking the stress out of travel.

In partnership with Perillo Tours, Zenfully Delicious founder & CEO Jennifer Iannolo will host an exclusive, gluten-free tour of Tuscany October 18-25, 2012. So besides taking in the historical splendor of Siena, Florence, Arezzo and other locales, guests will enjoy salumi tastings, sulfite-free wines and a cooking class with ingredients fresh from the farmer's market. Guests will stay all 6 nights at the Villa Casagrande in the 12th century town of Figline Valdarno. The hotel includes a spa so guests can pamper themselves after a day of touring.

Jennifer, a food and wine expert, and creator of The Gilded Fork® and Culinary Media Network®, knows what it's like to travel under a cloud of food anxiety. When her health began a downward spiral in 2010, she was forced to reinvent herself. Once she mastered living powerfully with fibromyalgia and gluten intolerance, she developed Zenfully Delicious to empower others, share information, offer support and provide coaching through every aspect of life's journey with a chronic illness.

"This trip is near and dear to my heart," says Iannolo. "After two decades of exploring the planet, I suddenly found myself hesitant to travel because I wasn't sure there would be an understanding chef in the kitchen. With this tour, we've created a safe place where people can enjoy themselves worry-free, and know they are taken care of."

Reservations are being accepted for the tour, which has very limited space. Call Laurie at Perillo Tours at (855) 784-7687. You can also reserve your place and make a deposit online at <http://www.perillotours.com/groups/zenful/>) For more information about the itinerary,

check out

<http://zenfullydelicious.com/food-lovers-gluten-free-tuscany-tour-2012/>

About Zenfully Delicious

Jennifer Iannolo founded Zenfully Delicious (www.zenfullydelicious.com) was founded in 2010 by Jennifer Iannolo to empower people with chronic pain and food sensitivities to live a delicious life. By celebrating food, wellness and a healthy dose of self-pampering, her site's team is out to live la dolce vita no matter what — and to encourages others to join them in living la dolce vita. for the ride. After 15 years in the world of fine food and wine, working with the world's greatest chefs, Jennifer is determined to continue savoring the flavors, textures and colors (though now gluten-free ones) that inspired her to launch her career in the first place.

About Perillo Tours

Since 1945, the Perillo family has perfected the art of traveling to Italy. This means that when you book your vacation, you can let them take care of the details. (www.perillotours.com)



[zenfully delicious](http://zenfullydelicious.com) | **Chronic illness. Indulgent wellness.**

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Live powerfully & deliciously no matter what your health challenges. For people with fibromyalgia, chronic pain and dietary restrictions.

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About annbyrne

I was diagnosed with celiac disease in August 2009 and now I am navigating my way through the Hudson Valley living gluten-free.

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