



For Immediate Release
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**DR. MELINA JAMPOLIS AND DR. WENDY BAZILIAN LAUNCH NAPA
VALLEY FESTIVAL DEL SOLE WELLNESS SERIES**

July 17 & 19 & 24, 2010
www.fdsnapa.org

NAPA VALLEY, CA—June 20, 2010— *Cabernet and chocolate, anyone?* Napa Valley Festival del Sole is pleased to announce a series of informative and entertaining presentations on food, wine, and wellness to be conducted by popular diet and fitness experts, **Dr. Melina Jampolis** and **Dr. Wendy Bazilian**.

Dr. Melina Jampolis, author of *The No-Time-to-Lose-Diet*, currently serves as the diet and fitness expert for CNNHealth. On Saturday, July 17 at Calistoga Ranch and again on Monday, July 19 at Bardessono, she will discuss the beneficial effects of wine and chocolate, giving new meaning to Hippocrates' declaration, "Let food be thy medicine." The program features an overview of the power of food in disease prevention and treatment and includes an in-depth discussion of the role of antioxidants—including those found in cabernet, chocolate, berries and nuts—in achieving optimal health. The program concludes with a food and wine tasting featuring cabernet, chocolate, pistachios and other health-promoting delicacies.

For Dr. Wendy Bazilian, healthful eating and music have a lot in common: good ingredients come together on the plate like a beautiful symphony. A nationally-recognized expert in nutrition and exercise, and the author of *The SuperFoodsRx Diet*, she will join Napa Valley Festival del Sole on Saturday, July 24 at Bardessono for a stimulating discussion on the ways we can choose foods to boost our metabolism, fight disease, and live longer. She'll discuss ways to incorporate antioxidant-rich foods into our diet simply and deliciously every day, and how to eat in *tempo adagio*—in other words, to eat more mindfully and consciously—to feel more nourished and satisfied in the mind as well as the stomach. Her presentation will conclude with an enlightened food and wine tasting including SuperFoods like pistachios, walnuts, tea, and dark chocolate.

Festival del Sole takes place every summer in California's beautiful Napa Valley. The festival features concerts by some of the world's most celebrated musical artists, five-star cuisine and wines from Napa's top vintners, blended in a unique celebration of the art of life. The festival celebrates its fifth anniversary season, July 16-25, 2010. This year's ten-day schedule is packed with events for every taste and budget—from classical music to jazz, from exclusive gourmet meals to free family-friendly concerts, from wellness programs to wine tastings and after-parties, and a first-ever croquet match between artists and vintners. For more on the festival, visit www.fdsnapa.org.

Dr. Melina Jampolis

Dr. Melina Jampolis is an internist and board certified physician nutrition specialist (one of only a few hundred in the country). She specializes exclusively in nutrition for weight loss and disease prevention and treatment.

A graduate of Tufts University and Tufts School of Medicine, Dr. Melina currently serves as the diet and fitness expert for CNNHealth. In 2005, Dr. Melina hosted a program on the Discovery Network's FIT TV titled "Fit TV's Diet Doctor" and her first book, *The No-Time-to-Lose-Diet*, was released in 2007. Dr. Melina is a member of the advisory board and a regular contributor to *Better Homes & Gardens*, *Vivmag*, and *Heart Healthy Living* (Meredith Corporation).

She has been interviewed by *USA Today*, *USA Weekend*, *New York Post*, *Family Circle*, *Better Homes & Gardens*, *Glamour*, *Ladies Home Journal*, *First for Women*, *Women's World*, *Alternative Medicine Magazine*, *Women's Health*, *San Francisco Magazine*, *Clean Eating*, *Baby Talk*, and more on nutrition and weight loss related topics. She has appeared numerous times on Live with Regis and Kelly, CNN, FOX News channel, FOX Business Network, and numerous local television and radio stations including ABC, NBC, FOX, KGO radio and KRON-4 news.

Dr. Jampolis maintains a small private practice in San Francisco and Los Angeles. She believes whole-heartedly in the role of nutrition in preventative medicine and achieving optimal health. She teaches a balanced and sustainable lifestyle based eating and exercise program and has helped thousands of clients improve their health and wellbeing.

Dr. Wendy Bazilian

As a writer, educator, and food enthusiast Dr. Wendy Bazilian brings experience in nutrition science, public health and counseling to her work. Dr. Bazilian graduated summa cum laude, Phi Beta Kappa with a Bachelor's Degree from Tufts University, and received her Master's Degree from the University of California, San Diego. She completed her Doctoral Degree in Public Health and Nutrition from Loma Linda University, graduating summa cum laude and receiving the highest academic honor, the prestigious Chancellor's Award.

She is a registered dietitian and an American College of Sports Medicine–certified Health and Fitness Specialist. She has served as the head of Nutrition at the renowned Golden Door fitness resort and spa in Escondido, California for the past 7 years and is co-owner of Bazilian's Health Clinic in San Diego with her husband, Dr. Jason Bazilian. She has been a guest on NBC's Today Show, Regis and Kelly, ABC's Good Morning America Health and ABC's View from the Bay, Fox Business' Money for Breakfast, NBC's Telemundo, Univision and a variety of other local and national programs.

Dr. Bazilian has written for and her advice has been featured in numerous national magazines including *Martha Stewart Living*, *Healing Lifestyles & Spas*, *Town & Country*, *Natural Health*, *Spa Magazine*, *FIRST for Women*, *Allure* among others, and as a professional writer on nutrition and exercise, has published over 200 articles for corporate and other media. She is the author of *The SuperFoodsRx Diet: Lose Weight with the Power of SuperNutrients* (Rodale).

CALENDAR EDITORS, PLEASE NOTE:

WHAT: *Napa Valley Festival del Sole's* Wellness Series led by Dr. Melina Jampolis and Dr. Wendy Bazilian

WHERE & WHEN:

“Cabernet & Chocolate: A Prescription for Health with Dr. Melina Jampolis”

* Saturday, July 17, 2010, 11:30am, Calistoga Ranch

* Monday, July 19, 2010, 3:00pm, Bardessono

“The Pleasures of the Plate: Composing a Symphony of Good Health with SuperFoods led by Dr. Wendy Bazilian”

* Saturday, July 24, 2010, 3:00pm, Bardessono

TICKETS:

Napa Valley Festival del Sole's wellness programs are open to festival patrons holding VIP passes (VIP passes must be purchased for the day of the wellness event). For more information about obtaining VIP passes, please visit www.fdsnapa.org.

Tickets for *Napa Valley Festival del Sole* start at \$35. Order online at www.fdsnapa.org or by calling 888-FDS-NAPA (888-337-6272). Tickets are also available in person at the Napa Valley Opera House and Lincoln Theater box offices, the Robert Mondavi Winery and Castello di Amorosa gift shops, and other locations.